

/r/RedPillWomen

TOP POSTS

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ABOUT THIS ARCHIVE

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

About /r/RedPillWomen. The original Red Pill Women subreddit. TheRedArchive has archived 26,015 of its posts, collected since June 2013 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.

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Best regards,

/u/dream-hunter

Founder of TheRedArchive
August 21, 2026

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807

UPVOTES

What I learned about male psychology in line at the airport

kittxxn · 7 August 2018 · Archived copy · Reddit

Last November, I had a brief exchange with a man while boarding a red eye flight across the country that taught me an invaluable lesson about men and the state of masculinity.

The Exchange: I was exhausted, our flight was delayed, and by the time we began boarding around midnight, many of us had joined together in solidarity of our unfortunate present circumstances. The man standing behind me in line began to engage with me in small talk, as well as a few people around us. He asked me where I was heading, and I told him I had an interview for a nursing program. He said he was traveling for work, and I asked him what he did for a living. He sort of looked down at his feet, and told me, "I don't know, it's pretty boring. You probably wouldn't want to hear about it." I laughed and said I'm sure that's not true. He explained that he worked for a company that was developing electrical devices that would be sealed into the concrete of skyscrapers that could remotely report the structural integrity of the building during earthquakes, hurricanes, etc. "Just an office job." I told him I actually really thought his work was very interesting and very cool, and that I was sure it would save a lot of people's lives. His eyes sort of lit up, he straightened up, stared at me, and told me he'd never really thought about it that way before. We got on the plane, I made my way to my seat, he ended up about ten rows in front of me, and a few minutes after sitting down, he stood up and passed his business card through ten rows of people, and gave me a wave.

I wasn't single, and probably wouldn't have been interested even if I had been. I was just trying to be kind and courteous to a stranger in line. But although he never heard from me, I really do hope he was able to keep that light in his eyes and confidence that I saw develop in those few fleeting moments.

The Lesson: It's the oldest archetype known to man. The Hero. The dragon-slaying princess-saving man of admiration and honor. The man little boys dream of becoming. In 2018, that little boy grows up to be told by women everywhere that his masculinity is toxic, that his strength is oppressive, that his accomplishments are the result of privilege, that his efforts are futile, that his nature is predatory, that fatherhood is meaningless, that husbands are useless...

...that he won't be able to find his way without pulling over and asking for directions.

In five minutes, a few words of encouragement, genuine interest, and admiration from a stranger completely changed this man's attitude about his work. It's quite possible that for the first time since he was a young boy, he felt like he could be a hero. A woman made him feel better about himself, instead of tearing him down. Imagine the impact you could have on a man in a lifetime. I take it back - the oldest archetype isn't the hero. It's the Woman. The Woman Worth Fighting For. The Woman that civilized man, the Beauty to the Beast. Feminism has decided that it's not fair that the hero archetype belongs to men - we want to be heroes too, right? But when you compete with a man instead of supporting him and loving him, you take away his pride and motivation, and become an adversary instead of his princess and number one fan.

Yes, ladies, we have a masculinity crisis in this country. But who's responsible, and what will it take to reverse the damage done? Whether you're entering the dating market, or have been married for 30+ years, take a second to remind yourself to look up at a man, instead of looking down on him. See the hero in them they desperately want to be, even if he does just work an office job. Be a woman who inspires him. Admire his efforts, thank him for his sacrifices, let him be your hero. And as he begins to see himself through your eyes, *magic happens*. I've even seen this happen over the course of the past several months with my own man, and can't wait to see where he'll go from here.

I hope you all are having a beautiful Tuesday.

638

UPVOTES

I got to feel how my husband felt when I was a stay at home wife. Really showed me the value of a housewife.

ferg1e · 22 August 2022 · Archived copy · Reddit

Hi! I (22f) just wanted to share this story. For a long part of our relationship, I've been a stay at home wife. I cooked my husband (27m) breakfast, lunch, dinner. Kept a clean house, washed and ironed his clothes, and in general I took great care of him by doing sweet and meaningful things like hiding notes for him, or making him a surprise dessert. I always wondered how noticeable it was, or if it was just normal and expected. But I started working to help bring in more money for our household, and today my husband had a day off while I had to go to the office. Well, I came home and he had made me a very special dinner! I follow a low carb diet, and he specially made me a low carb lasagna! He washed my laundry, made the bed and set a teddy bear on my side, cleaned the house, and made me feel really special and taken care of. And it was such a beautiful feeling!!!! He told me about his day of being the house man (LOL) and going on a nice nature walk and I was really happy to hear of his nice day. This experience really showed me how valuable the housewife is, and I can't wait to be one again. It was the most amazing experience to come home and be enveloped in love and care after a long work day. (Also, isn't my husband so amazing?! I am so grateful for him!)

621

UPVOTES

I was surprised at how much men value women cooking for them

Happy_Holly87 · 11 August 2018 · Archived copy · Reddit

Thursday evening my husband and several of his friends took part in a motor bike charity ride. They camped out and came back around noon today. I had a feast waiting for them when they arrived, I cooked them a large mixed grill lunch, a simple gesture I thought but almost all of his friends commented that I was a “star” a “gem”, they made comments like they wished their wives would do things like this. One even said his wife complains when all the men are together.

I thought this was just a kind gesture to say well done and to end their little trip with a meal together. I was surprised at how shocked some of them were that a woman would actually cook a meal for 8 people.

I felt very appreciated.

579

UPVOTES

If the redpill is so wrong, why do all the women here seem so much happier? Take a look at any relationship sub. It is disastrous. This is the only sub I see with at least decently happy women.

missylizzy · 25 March 2021 · Archived copy · Reddit

I have spent a lot of time on Reddit, and I spend a lot of time reading relationship-related subreddits.

This sub is the only one I see where women seem generally happier. It doesn't mean I see perfection - by no means!

But, it just seems different.

I think we are right at this sub. We are women who want to improve ourselves and do what is best for our men. In return, our men try to honor us.

Just a random thought, since the redpill concept, and the women at this sub, get attacked a lot.

PS: I love my husband and marriage, and he loves me and respects and honors me. I follow basic redpill tenets (I am Christian btw...so it kind of fits).

511

UPVOTES

Sex is truly the key ?

robikn22 · 13 November 2023 · Archived copy · Reddit

I've been with my husband for 7yrs and I finally understand how pivotal a **healthy sex life** is in our marriage. It's been the missing piece.

For the last few years in our marriage, I've gotten lazy and selfish. I'd turn him down for sex regularly, with my only excuse being "I'm tired". Mentally excusing it away as "I've had a long day" or "just not right now." Then, seemingly unrelated, I'd get upset because he wasn't affectionate with me how I wanted outside of the bedroom. Then I'd spiral and start to think "does he even really love me?"

A whole dramatic mess.

But, I've finally realized that that miserable cycle I was in was my own doing.

These past couple months I've totally changed my perspective when it comes to sex. I've initiated much more frequently and I've stopped turning him down. And ladies, I have never seen this man so affectionate in my life. He even walked me to the front door this morning, kissed me and told me he loved me as I left for work. (In the past it would've been a yell "goodbye" while I'm walking out the door and he's getting ready for work.)

I've been craving that connection and affection so deeply and now I see clearly that I was the one standing in the way of getting it. It truly feels like we're young again, love sick.

I don't have a question and I hope a post like this is ok to share. I'm just so happy and feel like I have my marriage back.

495

UPVOTES

Learning about the male protective instinct from my brother

CountTheBees · 7 March 2021 · Archived copy · Reddit

My brother is about 8 years old, and he's a huge softy. But already the gender differences are coming out. I was on the phone with him today, and he was telling me about his quails.

He has 4 quails, and something terrible happened a month ago. He left open the door of the quail cage and some of the more intrepid quail wandered outside, where they were quickly picked apart by crows. Nothing was left but feathery tufts and scattered viscera, and 4 of the quieter quails remained huddled, terrified, in the cage.

So he said now he guards the quails. "I take them outside for more than 15 minutes to play on the grass, and I stay guard over them. And it feels so good to guard them from crows because they are cute and fluffy!"

His protective instincts have kicked in for something smaller and cuter than he is, and he revels in his duty as Protector of the Small. This instinct will never leave him, he will always want to protect things smaller and cuter than he is (like women). For now, though, he is still 8, and is small himself, so quail are the only outlet.

Takeaways to trigger men's protective instincts:

- be small
- be cute
- stay close when there are crows around

My brother didn't see the quails as an imposition, or a burden, or weak. He just saw them as something that added joy to his life. He recognised that if he wanted the quails to continue to add joy to his life, he must guard them from crows, and he was happy and proud to do so.

I used to get a little annoyed when I got called cute by men, but I now realise it had nothing to do with me being inept or weak. It had to do with them recognising instinctively that in a tough situation, they'd have to be the ones to act, because they're faster, stronger and bigger. And their instincts are screaming at them to protect me, because I bring joy to their life, and the worst case scenario is feathery tufts (or human female equivalent) and viscera. The way it is consciously expressed, though, is "you are cute".

(Incidentally, this is why men hate being called cute.)

Which got me thinking: a woman that acts in a manner that implies she is receiving protective benefits from her man will in turn, make him feel useful and proud, and reinforce her cuteness to him, all subconsciously.

Such as;

- keeping physically close to him in unfamiliar surroundings
- not wandering off by yourself (I have given some of my male friends quite a scare by doing this!)
- relying on him for transport and shelter (as much as practicable)
- taking his advice for personal safety (sigh... this one's tough, because I like doing risky things)

If you don't do the above, he will constantly feel like you don't appreciate his protectiveness. Be appreciative instead and let him be proud of protecting you.

471

UPVOTES

Men are trash.

squideye62 · 31 July 2020 · Archived copy · Reddit

Alright. Since when did this become an okay thing to say? My girlfriends say it like it's no big deal. They laugh about how much they hate men and say "hahaha I'd be lesbian if I could, men are trash, men ain't sh*t". They don't say it often but when it comes up, they go off - swearing, insulting.

Does anyone else feel this pain in their heart when they hear that? Like, I have such respect for men. The responsibilities and expectations and judgments placed on them in this day and age are immense. Men shouldn't just have a job to provide for their entire family - they're expected to cook and clean too, because it's considered sexist for that to be the primary role of the woman. And their mental health levels are so much lower than ours, and they die prematurely compared to us women too. If anything, they need more assistance.

But no. Here are women who think that saying "men are trash" is a joke and that women are superior. Let me just say this - I'd be in a whole lot of trouble if I said "women are trash" to anyone. Women aren't trash. But neither are men.

Men are strong. They're resilient, persistent. Responsible. Kind. Gentle. Sensitive and deserving of the utmost respect and love.

Why do we (other girls) treat men like they're nothing? Why do we think it's okay to bash men like this in private? Is this really 'empowerment'? Is this really what building women up looks like? Or are we just tearing down men instead?

And most importantly: how do we respond when people tell us these sorts of things? I find it easiest to just laugh along and act half-offended but I'm really getting sick of it now. I have guy friends and they are *not* trash, they're some of the kindest human beings I've ever known. And I hate that I laugh along with my girlfriends who say that men are trash, just to avoid any conflict. I want to change, and I think more of us need to speak up when we encounter this behaviour.

Men are not trash. Men are brilliant.

457

UPVOTES

Hot take: Fat Acceptance = Less Competition

whoo_chile · 5 February 2022 · Archived copy · Reddit

I know this is a hot take and controversial. This just occurred to me today. But I can't be the only one. ONE of the reasons I'm totally okay with fat acceptance and radical body positivity is because there's less competition in the dating market and the women in the movement are happy being fat.

I was always perfectly fine with fat woman. Seeing as they are just friends to me as a straight woman. As long as they are happy, I'm happy. And I think they should be respected. I also understand why straight men don't find their bodies attractive. I saw a photo of a famous obese model and thought her face is gorgeous, it's a shame that there's so many men that would turn her down simply because of her body. And then it occurred to me, that means that even if a woman doesn't have a model face, if she's fit she's more likely to turn heads no matter how much makeup that model wears, what perfume, how kind she is, how rich she is. And as a very average looking woman who is trying to get fit and look great in a bikini, this was really encouraging. I think I saw a statistic that soon almost half of US population will be overweight to obese. And that more women than men are obese. Sooooo, this just means I have more of an advantage in the dating market if I can get a tight body, than a woman whose face is prettier, but she's obese.

All's fair in love and war? What do you ladies think, also men lurking I'm curious what you think as well.

416

UPVOTES

I dumped my low-value boyfriend and things have been amazing

balletaurelie · 15 May 2020 · Archived copy · Reddit

26 years old. I was in a relationship with someone for 3.5 years, and he was emotionally abusive to me, critiquing everything about me, from my feminine style of dress to the way I am sweet to cashiers to how I like to measure when baking. He didn't like my volunteering or reading fiction books or exercising.

I am more educated and significantly better-looking than him, and he continued to critique and put me down, likely because of that. While he earns literally 3x what I do, he never paid for me and would constantly whine about any time he bought a drink or coffee with me, and got angry when I didn't evenly split the groceries, even though I actually bought a lot of stuff for him.

I made myself constantly available for sex (he was only my second partner, but he was awful), cleaned his whole house all the time, everything a girl is supposed to do. Rather than be grateful, he constantly whines about me.

I was nervous about breaking up with him. I thought it would be harder to date as I enter my late 20s. I thought I should settle with the quarantine.

Well, I talked to a lovely older woman on this subreddit via FaceTime (leaving her name out as she asked me not to share), and she told me to recognize my value and his. She said I could be afford to be picky for a little while.

So I did. It was so scary, but now...

In the past two months, I've had many first dates with Ivy League-educated doctors my age, with guys who are incredibly good-looking, with guys who open the door and pay for me.

I am dating for marriage, so I am trying to be careful about who I enter my next relationship with. I haven't had any trouble finding someone appreciates the sweet girl I am. Even if I don't, it's better than being with someone who abuses and does not take care of me, no matter how nice I am.

I'm really happy. And it's all thanks to this subreddit and recognizing the value I have and what I can bring to someone who will be a good captain.

Idk if this is the kind of stuff I can post here, but thank you so much!!!!

410

UPVOTES

How to avoid branch swinging

LeilaintheDark · 13 September 2019 · Archived copy · Reddit

Hi lovelies,

Lately, I keep running across posts (on this subreddit and beyond) by women who claim they're in good relationships with good men, but are "bored" and not feeling it anymore and are considering breaking up/divorcing and I just felt like I had to say something about it.

Basically, this post is about the phenomenon of cognitive dissonance, and how we can consciously use that to our advantage.

There are some studies that show assuming a straighter posture will make you feel more confident. This is because your brain is trying to avoid cognitive dissonance (confusion) by finding reasons for why your posture is so dominant. "Maybe it's because I'm a confident person," your brain thinks. There are studies that show that if you want an acquaintance to like you, you should ask them to do a favor for you, and not the other way around (you doing a favor for them). Their brain will try to avoid confusion by finding a reason for why they did a favor for you. "I must like that person," their brain thinks.

I think a great deal of this can be extended to love, and I've felt it extend to love.

Some of you probably heard that story of a husband who wanted a divorce. His wife agrees but on the condition that he carries her into bed every day for a month. After the month, he finds that he fell in love again. Whether it's a true story or not, it resonates with a lot of people because it captures some truth about how emotions work.

We don't have to be slaves to our emotions. We can gradually change and direct our emotions through conscious action. Our brains will find an emotional "excuse" for why we're performing certain actions.

My own example: I've been with my partner for almost two years and love him as much as ever. But recently, I had some stresses with work and I mostly neglected cooking and noticed we didn't have sex for 3 or 4 days. This was just a week or two but around that time, I noticed that my feelings were waning ever so slightly. I was slightly annoyed at him for no reason, since he was behaving the same as usual. But, I was behaving differently. Fortunately, I knew what was going on so I consciously decided to take some time to make a nice meal and get myself in the mood to be really submissive and giving during sex. After that night - really as the night was progressing - I felt my emotions come back with a vengeance. It almost felt like I had a crush on him! I was giddy and excited.

So it's slightly sad that when the wife is unhappy in a marriage, she seems to look first at her husband. What is he not doing for me? Can't he be better? Sometimes a conversation is had and the husband makes a bunch of improvements which tragically only makes him love her more. Her feelings remain unchanged. Her feelings probably changed in the first place because she was putting in less effort than before. Feeling slightly disrespectful, then behaving disrespectfully, then feeling more disrespectful can spiral out of control. The solution is for the wife to consciously act in a respectful and loving manner, and be patient for her emotions to come around.

Don't get me wrong, if the husband is abusive or something, obviously don't do this. This post is specifically for the common case of "my husband is such a great guy, I don't know why I'm so bored!" And of course this theory doesn't only apply to women. If a husband starts losing interest in his wife, it may just be because somewhere along the way, he got comfortable and stopped putting in the work to please her. This is why some relationship books suggest that the wife always share her hopes with her husband, so he can have a chance to fulfill them.

Edit: Whoa I got a star! That's so incredibly encouraging! I owe a lot of my current happiness to randomly finding this subreddit so I hope to show my gratitude by contributing/participating more in the future :)

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UPVOTES

"What even is Red Pill Women lolol?? pLaTe sChOoL???1?"

zsadiist · 15 July 2020 · Archived copy · Reddit

I made the mistake of browsing PPD the other day. Out of morbid curiosity, I searched for 'RPW' to see how BP-ers 'spin' our little niche.

As I have noticed in my interactions with active PPD folks who come to post here, it seemed they were hell-bent on willfully misinterpreting and straw-manning what we stand for here. Most posts asking 'What do RPW actually stand for?' were answered with 'Being abused. Plate school. Internalized misogyny. Sucking TRP mod cyber-dick.' With few exceptions, these were answered by PPD-ers whose opinion was formed out of their own little circlejerk rather than actually participating here.

So even though I'm posting in RPW where I'm already preaching to the choir, and this won't be new knowledge to anyone here, I'm going to throw in my two cents, because I think I owe this place more than to sit by and let it be maligned.

I came to RPW because the blue-pill message I had received from the dominant culture had failed me.

- "The right man will just fall into your lap when it's time. Don't worry about dating to try to increase your odds, you precious Woman. You never have to do anything that puts you outside of your comfort zone."
- "The right man will love you unconditionally exactly as you are, and if you're fat and mean, well-- he's just not Man Enough to handle you."
- "A woman needs a man like a fish needs a bicycle. There is no value in male leadership. If you let a man lead, you're being abused. Watch out, all men are just trying to fuck you over."
- "Weight doesn't matter. BMI is a lie. All sizes are sexy and healthy!"
- "Men are most impressed by Spunky Women who are smart enough to verbally spar with them, and win by attrition, every hour of every day. So don't worry about being positive, receptive, easygoing, or sweet. Be critical and competitive with men to show them you're Just So Smart."
- "Having kids can always wait. Never prioritize family over career. You can just postpone these decisions indefinitely. Did you see that article about that woman who had a kid at 50?"

Given how often I heard these mantras-- and from the abundance of sources, from my Smith-educated pals to Buzzfeed to TV shows-- I figured, 'They must be right.' And even I was complicit in my own deception. I repeated these lies to myself when I felt a pang of anxiety. These lies were a great security blanket, because most of them required very little action from me. I could stay chunky and sad! I could avoid having to put myself out there and date in the dangerous world! I could stick my fingers in my ears and avoid the nagging sense that I was falling behind, that I'd really like a husband.

Ultimately, I had to take the much-maligned, oft-misunderstood Women's Red Pill.

RPW helped me fix my body issues and my brief stint in what I can now recognize as depression. RPW helped me date rationally, intentionally, without anxiety, and without feeling undue pressure to put out and act unlike myself.

Since I knew what men ACTUALLY wanted-- a sweet, healthy partner who is receptive to their strengths as men-- I was freed from the pressure to act cool and aloof, constantly be on the defensive, and chase men. Since I knew how to vet for a wonderful man, I was freed from petty insecurities, from the fear that he was just looking for a quick nut, that he'd just string me along. I knew how to recognize men like that and what to do to protect myself.

Living out the ideas on RPW helped me find a wonderful husband, a better job, a healthier body, and a healthier mind.

And I'm still here, because I'm starting to see that it's part of a broader picture. Even though sometimes we gotta roast the guys who post here for giving bad advice, I believe that the RPW readership (and the men who comment

productively here) are the only group of people in the Pill-o-sphere that are focused on harmony between the sexes-- not just sexually, but in terms of our society.

I think the deepest BP lie, being propagated consciously or unconsciously right now, is that Men Are Bad. Men are cruel, men are power-mad, men hate women, men want to subjugate women. Yes, there are some men who are like this, just like there are women with equally evil qualities.

I think that the fundamental RPW truth-- the reason I read here even though I'm past needing to learn the SMP basics-- is that men are good. The sexes evolved to complement one another, not to scrabble in a power-struggle for eternity. I believe men are not emotionally stunted failed women-- they are stoic because they can't afford to freak out and cry when the tigers come to eat our babies. I believe they aren't sex-crazed monsters-- they are biologically wired to want sex just like any other type of biological wiring. I believe they are not evil chauvinists upholding the patriarchy by keeping women down-- they are leaders and protectors.

Thanks for reading this far lol.

391

UPVOTES

He proposed!

redandpearls · 11 November 2019 · Archived copy · Reddit

It finally happened, y'all!

It was perfectly us- at home with wine, comfy pants and a freshly cleaned house. His speech was amazing and commented on a lot of qualities that I thank this sub for helping me to develop and hone. He talked about how far we've come, how I inspire him to be the best man he can be, and how he doesn't want to live a life that he's not sharing with me.

I'm so excited to spend my life with my captain, my fiance (eek!), and my best friend. I thank you amazing women for helping me get my life together, helping me learn how to find a man worth it all, and helping me snag him for good. I have come so far as a partner and person thanks to this sub and the amazing people who participate here.

390

UPVOTES

About to turn 27, and I've realized the truth about "The Wall"

pascale_blues · 16 April 2020 · Archived copy · Reddit

I discovered the Red Pill when I was 19, and I have lived in fear of aging ever since. So I have spent the past 8 years wearing sunscreen every two hours, eating 100% clean food (not even birthday cake), drinking minimally, and going to bed on time. I also began anti-aging skin products at 25. Like I was American Psycho-level about it, drinking collagen and refusing to go outside without my sun umbrella.

I'll turn 27 on May 29th, and I looked at myself in the mirror. I look literally the exact same as I did at 19. I have pictures, and there's no difference, except that I have more abs. The only difference is that I have two lines under each eye, and they are very small. I'm a graduate student, and everyone thinks that I'm 20 and is surprised to hear my true age.

Many of my friends, both male and female, have aged horribly. Like, they look like they're in their mid-30s at 25-26 because of poor skincare and diet and health. I know people think the Wall is just for women, but many of my male friends, especially the ones who smoked pot/were more hippie, look bad .

So I don't know if this comforts anyone, but the Wall has to do more with your life choices than it does age. I know eventually my beauty will fade, but it's not happening now, like I thought it would. It's possible that it's because of my genetics (even though I'm snow white, my mom is Mediterranean), but I really am surprised to see how much good diet and exercise improved my chances.

360

UPVOTES

Your husband is your number one. Always. - Sage advice from my grandmother.

SeveredTreeStump · 2 May 2022 · Archived copy · Reddit

When I was a young bride, I was at my grandparents' home one day. My grandmother looked me in the eyes and said something to the effect of:

Honey, always treat your husband as your number one. Always, in every situation. His wish is your command. Never take him for granted. Treat him like God's gift to you.

There will be times when you will be frustrated with him, there will be times when you quarrel. There will be times when you will feel drained or when practically speaking, you must attend to the baby. Nevertheless, even during these times, you should do at least one thing every day that tells him loud and clear: **you are always my number one in the whole wide world!**

At the time, my head was filled with other ideas. Ideas of female empowerment and equality. I was convinced that I would enter into a marriage of equal partnership between equal partners.

I was respectful of her because I love and respect this woman, with all my heart. But my facial expression must have given away my disagreement. She continued:

You don't agree with me now. That's okay. One day you will learn. I hope you learn the easy way and not the hard way.

I got married and everything was going well for the first year or so. After all, what's to go wrong during this time? We were both young and healthy and our needs were minimal. We were madly in love and we had sex very often.

But then, over time, life started to get in the way. The marriage wasn't so new and that special excitement wore off. We started to argue a bit more than we had previously.

Then there were some health challenges, pregnancies, births, babies, toddlers... Obligations and exhaustion dialed up to 11. I'm ashamed to say, that for many months, I almost completely neglected my husband. Even worse, I was short and demanding. I nagged him to hell and criticized his every move. I became a real bitch.

In my head, I felt justified. After all, he's a grown man and the babies are helpless little humans. I was in full mommy mode and I deserved **-DESERVED-** the world from him for nothing in return.

This went on for a while until I was over at my grandmother's once again. She asked me how it was going and I was about to start saying that everything was fine when she held my arm to stop me. She said:

Honey, you can't fool me. I know it isn't going well. You can speak to me if you'd like. You don't have to.

I burst out in tears. So many emotions all at once. She kept handing me tissues as she held my shoulder and arm. I realized that she had been right all along. I wanted to change but I was afraid and terribly embarrassed.

Over time, she taught me how to rebuild my marriage and regain the trust of my wonderful husband. Maybe another day, I'll write down some more of her wisdom.

What I'd like to conclude with today is the lesson that is in the title: to always treat your husband as your number one. Always always always. No matter what.

He needs to know that he is your number one. Your children need to know that he comes before they do. It's good for them to not be the center of the universe. It's good for them to see how you treat your husband like God's gift to you. It's good for your marriage too, obviously.

Yes, sometimes, you need to change a diaper or calm a crying baby, before anything else. But even during these times, try to **do** at least one thing every day, that tells him loud and clear: **you are my man and you are my world!**

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UPVOTES

told friends I never say no to sex

EcstaticPlastic3783 · 3 October 2023 · Archived copy · Reddit

I told my friends I never say no to sex (except for serious illness or injury which my husband wouldn't ask for sex if it were actually very painful or dangerous). First I love sex with my husband. Are there times I'm tired or not technically in the mood? Sure. But I would never say no.

My friends felt it was so horrible and degrading. But the way I see it, before marrying me my husband could have sex with so many women. He made the choice to marry me and just be with me. As a good wife, I want him to feel I'm available to him whenever he wants and needs. Even if im tired I put in effort, give him head etc. If he's in the sauna and the other men are complaining about their sexless marriages, I want him to be able to say oh my wife never says no.

What's so horrible and degrading about being desired by your husband?

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UPVOTES

Things your SO cares about that he probably isn't telling you.

Mewster1818 · 3 February 2019 · Archived copy · Reddit

Hello everyone! I work in a male-dominated industry and hear a lot of conversations about things that my coworkers say about their wives and girlfriends. A LOT of it are all things we discuss regularly, but I thought I'd make a list to share what I've heard directly from the horse's mouth:

1. **They do not want the weight of your debt to fall on their shoulders.** This includes student loans. If you took out a lot of debt, even if it was in order to better yourself, don't expect that your man will be happy if you suddenly want to stay at home. After all, you took out those debts because you were planning on being able to pay them yourself.
2. **A clean house, means a happy spouse.** Some of my coworkers do have wives that work less or not at all, and yet comment that the first thing they have to do when they get home is dishes, vacuuming, laundry, etc. Not a single one of them expects the house to be perfect at all times, but they can't understand why they have to pick-up the second they get home when their wife was home all day.
3. **Food is the way to their hearts.** Two of our older managers have wives that pack their lunches every day, not once have they ever had anything negative to say about their wives. In fact they often speak very fondly of their wives, and clearly cherish them very dearly. The rest of my male counterparts do not show this much affection publicly, while they might not say anything negative about their wives they don't say anything positive either.
4. **When you're stressed, they're stressed.** They work long hours and when they come home and you're not happy, they feel that negativity tenfold. Some of my coworkers have given up on trying to solve the endless stresses at home, and stay at work long past having anything to actually work on because they dread returning home.
5. **They like displays of affection.** Cute text messages, love note snuck into their coat pockets, a container of brownies to take to work, surprising them with lunch, etc. It is amazing how much little things can brighten a man's week.
6. **Men like to have the opportunity to wow you.** Many of my male coworkers compete with each other to see who can give their wives the most romantic surprises, they want to be the ones to initiate dates and surprises.
7. **They want to be relied on, but that doesn't mean carrying dead weight.** Men are fixers, when there's a problem they want to fix it. This is part of why endless stresses and complaining at home is so hard on them, because it demonstrates not that you're relying on them but that instead you've become a ball and chain that contributes nothing and can't be solved.
8. **Men like having their ego stroked.** Compliment them when they act, even if it's for little things. My male coworkers hold being handy and considered capable in very high regard at work and at home. They want you to think they're good at what they do and to admire their hard work.

These are the most common things that they discuss, and they all boil down to exactly what RPW teaches. None of them expect their SOs to be perfect but what would you rather be: the SO who is spoken about like the best prize your man has ever won or the SO he has nothing to say about? So keep him fed, the house clean, and affirm him with appreciation, and he'll be ten times happier!

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UPVOTES

My husband told me that my making him breakfast every day "changed his life"

FriendCountZero · 29 August 2023 · Archived copy · Reddit

I just want to share this positive interaction that surprised me so much I'm still thinking about it days later.

I've been making the same breakfast for my husband every day for like a year and a half. Our life together has had many phases and due to work and other responsibilities, I have not played a very traditional role for most of it.

Yes I have done most of the cooking and always cared that he was fed, but never before have I been so consistent. It's always been "are you hungry/ do you want me to make you breakfast?" Where sometimes it was a yes and other times a no... but the no wasn't coming from a lack of desire for my breakfast. It was him not wanting to be selfish or ask too much of me. I didn't see that and I didn't care to. I wifed like my mother wifed, as though it was a daily checkbox of burdensome obligations and hey, I asked, so therefore I get to check that box and go on with my day feeling good about myself while his perspective wasn't even on my radar.

A year and a half ago is when we started caring more about our physical fitness. His goal was to gain weight and mine was to lose it. I actually thought about what that looks like for him, considered that he really struggles to eat big portions so therefore the best way to help him was to feed him more often. I need to save my first meal for later in the day so cooking breakfast is something I do just for him.

I'm still amazed at myself because many-a-time I have thought "He wants to gain weight, there's food in the house. What more can I do? It's up to him. I can't control his eating, it's his fault he won't just get up and eat." And yet this time I decided to make a meaningful attempt to help.

I never realized until recently how significant all this is.

He told me the other day that my breakfasts changed his life. I was stunned, "What, changed your life? What do you mean?" He said that it's delicious and that it's steady and predictable, something to look forward to, makes him more capable of handling the day. This still doesn't sound life changing to me, it's just food! But I accepted his words without challenge and told him I was happy that I could help and we went on to have a great day.

I just want to say to everyone here who finds it so easy to minimize their contributions... they matter more than you can possibly understand. The way you move through your day with gratitude in your heart, the way you let go of resentment and simply do things out of joy and not obligation, that is what makes you incredible and it's value can't be overstated.

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UPVOTES

Rule 5: No Feminism

LivelyLychee · 8 December 2022 · Archived copy · Reddit

Hi RPW,

A major reason why [r/redpillwomen](#) was created is because there was almost no place on the internet where women who felt at odds with the direction that the feminist movement was going could speak their minds at the time. Because the goal of this sub was to have happy, healthy, and fulfilling relationships with men (which to us means male-led relationships), its founders recognized that feminism is very often at odds with that goal, as well as many other life goals that the women here tend to have regarding family, friendships, network, career, and more.

In the early days of RPW, there was a much more unified anti-feminist stance amongst the majority of the community. This not only allowed for more open discussions about why the feminism movement's effects on modern society have disadvantaged women in various ways, but also let the women here know that it is *okay* to have doubts about the social conditioning that we are given as Western modern women. It was a red pill in and of itself, because it unplugged the women of this community from that social conditioning and gave them the freedom to form their own opinions and values that benefitted *them*, no matter how controversial and at odds with the rest of modern society.

Fast forward to today, and we have noticed that we are moving away from the origins of RPW and its intent on being an anti-feminist community. One of our maxims that our mods often repeat is that women from all walks of life are welcome here, whether you're a chaste Christian girl raised to be traditional and conservative, or a full-time BDSM submissive in a kinky relationship with her life partner. We have no intent on changing this policy, and feminists are certainly allowed to read, participate, and engage here as much as anybody else. However, we've noticed a trend/behavior from our feminist users that goes against the core beliefs of our sub.

Whenever we get posts or comments from women recognizing the fact that they don't agree or align with modern feminism, we inevitably get multiple feminist RPWs who chime in to defend "true feminism". What results is that the anti-feminist women here in the anti-feminist community made for them have to defend their own beliefs against the same attacks that this community was meant to be a safe haven for. Their own personal and lived experiences with bad feminists are invalidated because the feminist participants here often insist that the idealistic version of feminism is not like that, not recognizing that that version is rarely what exists in practice.

This community has been and will always be anti-feminist. We allow feminists to participate here because we truly believe that ANY woman who wants to can gain something from this sub. To our feminist participants, please extend the same graciousness to the anti-feminist women here who this sub was explicitly made for. The women who are not feminists do not need to be questioned or challenged on their beliefs, or made out to be ignorant/uneducated/evil/bigoted, and do not need to explain themselves to anyone for holding the beliefs that they do.

Furthermore, please do not derail our threads with feminism and arguments for its validity. You are free to be a feminist and mention that you are a feminist here and how that affects your utilization of the RPW toolbox, but we do not need any proselytizing in the name of feminism here. That goes against the core values and origins of the sub and is unproductive for the community. **Ultimately, the mods will be removing any comments and posts that defend feminism in a way that antagonizes our anti-feminist core.**

Thank you!

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UPVOTES

Being in shape is truly the key

acorn735764 · 22 February 2025 · Archived copy · Reddit

That's it. That's the whole post. While I can't speak for the entire continent, there certainly is an obesity crisis in America. If you're a woman who's in shape, you will stand out. Especially as you get older. Most women truly let themselves go as they get older. Don't be that woman. Be that woman who stays in shape and is automatically top shelf by that alone.

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UPVOTES

You're not marrying a millionaire, so stop worrying about it.

Wife_and_Mama · 17 February 2026 · Archived copy · Reddit

A few points from Google:

- As of 2024-2025, millionaires account for 7%-9.4% of the U.S. population, which is 40% of the global number of millionaires.
- Most millionaires in the U.S. are in their 50s and 60s, with an average age of approximately 61 years old. Over 80% of millionaires are over the age of 50, with the 55-64 age group representing the largest segment at over 27%.
- Most millionaires are married, with research consistently showing that roughly 80% to over 90% of millionaires are married. Furthermore, about 65% of these millionaires are still in their first marriage.

So there you go. It isn't happening. You can stop asking how to make it happen. For the very few women who manage it, they're probably not getting their how-to advice from Reddit. If you want to meet someone, focus on realistic and attainable goals. This isn't one of them.

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UPVOTES

High Maintenance vs. Low Maintenance Energy

Fractal_Visionary · 21 December 2021 · Archived copy · Reddit

My boyfriend and I have been through thick and thin together for several years since our early twenties.

He has always been a very eccentric and driven man. Hilarious, witty, and easily a natural at engaging with women despite being very much an introvert.

He would have plenty of options if he was single, especially now that he is respected in his field and making over six figures. However, it was not always like that.

The relationship was rocky while we were broke and in college as I had not dealt with some emotional instability and dramatic tendencies on my end (insecurity at its finest). He knew he could date around and was not ready to commit.

What solidified the relationship for him was after he was laid off from his first out of college job. It was a huge blow to his mental health and purpose.

He admits to me now he would have spiraled out of control if it wasn't for my patience and support in that time. I learned fast that he needed me in his corner more than ever, and my own neediness and attention seeking behavior had to be dealt with immediately or the relationship was over. So I put a stop to the nonsense and learned to be lower maintenance.

Fast forward to today. We have been living together happily for two years.

I encouraged him to go out and have some "him" time the other day. He called me on his way home to say that he appreciates me so much and that he hopes he doesn't ever take me for granted. What prompted this?

He ended up going to a local pub for a couple beers and struck up a conversation with a woman around our age (30-31). The woman was apparently very attractive, very into him, and asked for his contact info. As they talked he said he started to feel sick.

He said she gave off negative feminine energy, or tells in her conversation that she was high maintenance and "testing" him for specific reactions ("The bullshit that girls do" in his words). He said he forgot that other women can be like that because I am low maintenance and so easy to be around. He never has to "deal with" me. He then asked me "I want to treat you. Is there anything I can get you?" then offered to pay for an expensive electronic item I've had my eye on for a while.

I've started thinking about high maintenance and low maintenance behavior. Men talk negatively about high maintenance women and to avoid the trappings of a woman like that. But what does that mean?

I've compromised a list of my experiences and examples about high maintenance behavior and what constitutes low maintenance behavior:

High Maintenance

-Covertly demanding resources ("So Rebecca told me that HER boyfriend is planning on taking them on a road trip. He SHOULD do those things with her, they've been together for a year!")

-Snide comments about men ("Yeah that figures... typical men.")

-Petty gossiping ("I know Samantha is my friend, but she's still single for a reason ..." *goes into unprompted, lengthy story*)

-Disrespectful of his time ("Can we stop in Sephora while we're out? That limited edition palette I talked to you about was released and I want to test out some swatches.")

-Dismissive of his interests ("You collect Pokemon cards? Isn't that stuff for kids?")

- Lack of gratitude ("What do you expect? A round of applause every time you take out the trash?")
- Boastful and aggressive ("You should have known that I ALWAYS win when we play trivia.")
- Creates drama ("Didn't you notice how Jake's friend was hitting on me? You should have said something to him.")

Low Maintenance

- States preferences clearly without demanding ("I have always thought it would be cool to visit X place.")
- Positive about men as a whole ("Look at those dudes working in the cold! Props to them, that looks rough.")
- Mindful of oversharing ("Samantha is going through a hard time right now. I was thinking of inviting her over.")
- Respectful of his time ("I'll run over to Sephora later after we get home. There's something I want to check out there.")
- Encouraging of his interests ("You collect Pokemon cards? What are some of your rarest cards?")
- Expresses gratitude ("Thanks for taking out the trash! I didn't notice it was full.")
- Humble and peaceful ("I always have so much fun with you when we do trivia night!")
- Difuses drama ("I'm glad we left when we did. Jake's friend was making me feel uncomfortable.")

Being high maintenance I think stems from insecurity or a jaded distrust of men while simultaneously expecting a worthwhile man to commit and give 100% with little sacrifice in return.

I've learned that being low maintenance does not mean giving up your preferences and needs or letting a man walk all over you. It means being aware of realistic relationship dynamics between men and women. It means being emotionally mature enough to be mindful of how you are being perceived and flexible enough to be content with what is in front of you, not manipulating a specific outcome into existence and treating men as an accessory to that outcome. It means being satisfied with the boring reality of the everyday, not looking for the next dopamine hit and relying on men to keep you entertained (More dates! More vacations!)

Being low maintenance has kept my relationship alive and thriving with a great man who absolutely dotes on me, I'm pretty sure.

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UPVOTES

Just saying yes to sex has made him more affectionate!

LoveWitchXo · 15 May 2022 · Archived copy · Reddit

I dont have the highest libido and my man is always in the mood. Sometimes when we're both just waking up I feel him rubbing me up and sometimes it will turn me off because I think that sex is "too much" or some other thing like that.

When we have sex he is really affectionate. We've been going about twice a day & he has been kissing me and holding me and telling me he loves me :3 im very happy! Because yeah I may not feel like it completely it always feels good with him. I take pride in satisfying him & in return he gives me the affection i need ☺

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UPVOTES

A lesson I learned from a stranger on the bus

kittxxn · 29 April 2020 · Archived copy · Reddit

This past winter, I was riding the bus consistently to a new job in a new city. I'm a nurse, and the transition was stressful, and the shifts were long and the mornings were dark, early, damp, and cold. There was a woman who would ride the same bus at the same time as me, and although we never exchanged a word, she has made a lasting impact on me, and I find myself thinking of her often. I wanted to share my experience with you ladies.

This woman was an average woman, likely in her 50s, with a rather plain face, plain clothes, and sometimes rather disheveled. She often sat across from me, with muddy rain boots, and hair slightly askew from wind and rain. Every other person on the bus was either sleeping, or on their phone, scowling, irritable, and cold.

But this woman wore a smile. Her expression was always soft, inviting, friendly, and she had a peaceful presence about her that was mesmerizing and downright fascinating. She was beautiful, warm, and kind. She never looked impatient, she never scowled down at a phone screen, she would not look away when I met her gaze but would smile sweetly at me, and I would smile back. We shared these rides together in silence, and I found myself smiling too. I would look out the window as the first traces of light came up through the treetops, and I would find stillness in an otherwise stressful commute.

Then, as weeks passed, I noticed a shift in my own behavior. I noticed myself smiling at work, among coworkers who were stressed, anxious, and exhausted. I noticed that I could make the people around me laugh, and smile too, and maybe even complain less. My patients seemed to smile more as well, despite their suffering and fear. I noticed that I would catch myself smiling while standing in line at the grocery store, or while doing the dishes, or weeding. I would smile in the car, when going on rides with my partner.

And as the world has changed through this pandemic, as people have begun social distancing, and fearing not only the virus but one another, smiles have seemed to disappear altogether, mask or no mask.

Whether you cover your face or not, smile more. Smile for yourself, smile with your eyes. It will change your life, it might change someone else's. It is feminine, it is gentle, it is kind. It seems we need more of that these days than ever.

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UPVOTES

Why do women have to do EVERYTHING nowadays?

treetreeree3737 · 5 March 2020 · Archived copy · Reddit

I feel so much pressure to do it all. Excel in my field (computer science), be beautiful (makeup, hair, outfit: which I enjoy), have a nice body (lifting: which I enjoy), date and be in a relationship (I want this), have many friends, sleep 8 hours a night, have fun in college, relax, learn things on my own, PLUS have hobbies. I feel like things were so much easier when all women had to worry about was looking beautiful, being a good wife candidate, and finding a husband, then starting a family. I feel like this is exactly what would make me happy, because I like doing myself up and looking nice and getting positive compliments from everyone, I like working out and dieting, I like feminine hobbies like cooking and cleaning and gardening, I like dating, I like taking care of kids. I like taking care of a house. Why do I have to do all the other stuff, why do feel the push to get this degree when I don't even want to work because it doesn't align with my values. I feel like this feminism stuff just messed things up for women. Now we have to play the role of the woman and man. I just want to be a woman... Edit: thank you for the gold! This is my first time getting gold. Very exciting. Lol.

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UPVOTES

I, as a woman, hate feminism

maggiesborderline · 24 January 2019 · Archived copy · Reddit

I consider myself quite openminded, I am a libertarian and believe we live how we want to live, but what i cannot stand are women who are shaming me for wanting to settle down with a husband and kids. I want to raise my babies whilst my husband is working.

I want vote as I see fit. But these feminists are shouting at me to WAKE UP but i am awake. I am being logical. Shouting and crying will do nothing for you. I live my life content. Before I settled down, i had a job working as a hotel manager. I am capable to live independently but I choose not to. Women are equal and have a choice. My choice is be a housewife. My choice.

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UPVOTES

The RED PILL has been QUARANTINED...

rockstarberst · 27 September 2018 · Archived copy · Reddit

Interestingly, on the same day as shit is hitting the fan with the Kavanuagh trial...

It's a sad day for freedom of speech.

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UPVOTES

I'm starting to understand men and now 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

So...a thing that happened

Automatic-Praline568 · 8 April 2022 · Archived copy · Reddit

My boyfriend (24M) and I (25F) say what our favorite part of the day was to each other every night before we go to sleep. Two days ago his favorite part of the day made me feel like I'm doing something right!

Some background: my boyfriend has been working really long hours this week for both of his businesses. He loves to cook, but he's been tired and getting home late. The other day he came home right as I was finishing cooking dinner. I greeted him with a "Perfect timing! Dinner is done!" and he smiled at me. We enjoyed dinner and conversation and I let him talk about his day. It was a great evening. That night when we were saying our favorite part of the day he said coming home to me and dinner and not having to worry was his best part of the day. I felt so accomplished. I provided that comfort for him.

The next day (yesterday) my boyfriend came home and I went to go greet him, as usual. He had a huge bouquet of yellow flowers in his hand (my favorite color) and I still get so happy thinking about it! He said it was a thank you and a sorry for not being home much. I just about melted. He is such a bright spot in my life.

So...yeah. That happened!

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UPVOTES

Has anyone noticed that movies/shows seem to all star aggressive/masculine women nowadays?

aussiedollface2 · 23 March 2019 · Archived copy · Reddit

Hello wise hive!

Has anyone noticed a trend of masculine and aggressive women in movies and popular culture?

I saw captain marvel last night with my husband and afterwards we discussed it and he noted that the female lead character was a backchatting and violent woman eg. had a snappy answer for everything and kept punching men in the face. When I thought about other things we've watched recently in Netflix or otherwise, there seems to be this common theme. They are also showing a lot of women having affairs, being violent towards men (eg. slapping or punching them), calling all the shots and the male character bumbling along behind them trying to keep up. I find the male characters a total turn off and the women I just don't identify with at all, which makes me wonder if I'm too old fashioned and boring?

Anyone else noticed this? Any other examples?

xo

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UPVOTES

The Magic "After-Work Conversation"

HB3234 · 21 August 2019 · Archived copy · Reddit

When he first comes home from work, your partner is at his most vulnerable. How you handle this small window of time can have an enormous impact on your relationship. But it is often mishandled, making men feel drained and taken for granted.

When we are waiting for our partners, our instinct is often to treat them as we would like to be treated. We make them the center of attention as soon as they walk in. In return, some men retreat or even get angry! "I just need a few minutes." "Can't I have five minutes to myself?" Whaaaaat's going on? Why doesn't he appreciate coming home to a loving partner?!

The reason for this is simple: he needs to decompress. He needs to switch from "work mode" to "home mode". In order to do this, he needs to be able to stop thinking about work.

We often think about several things at the same time. However, most men prefer to work through one idea at a time. When he comes home from work, he may not be done thinking about all his "work thoughts". Until he sees those thoughts through to a logical conclusion or ending-point, they will nag at him. It's like trying to read a website with a big, neon popup flashing in the corner. He won't be able to be fully present, and he will find your bid for attention to be tiring rather than flattering.

Instead of overwhelming him, allow him to come to you. Greet him warmly, then busy yourself with something while he decompresses. I find making my partner a warm drink and then reading is a great thing to busy myself with. Each man is different in his decompression activity and how long it takes - if you don't know what your partner's is, try to figure it out. My fiance likes to read the news on his phone. Maybe yours likes to go to the garage to tinker, or play with the dog.

When he's decompressed, he'll approach you warmly. Only then should you initiate the "after work conversation" about how his day was.

During this conversation, he may tumble out any last 'work thoughts' he can't resolve easily. Your job here is not to try to solve them (unless he explicitly asks for advice) but provide two gifts he cherishes. First, validate his concerns. Then, offer a small piece of admiration. Is he tired of the long hours needed to meet a deadline? Acknowledge that it must be exhausting and thank him for working so hard for your family. Or maybe he has an annoying coworker; it must be hard to get anything done with someone like that around but you're impressed by how well he handles that shit-slinging baboon of an accountant. This show of support is often the last thing he needs to get into "home mode". It flips the switch.

He's in his haven now.

SO... What's your partner's after-work decompression ritual? What do you do to make this time a "soft landing" for him?

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UPVOTES

I felt so uncomfortable when I came across this sub several months ago. I actually hated it. I hated it because I knew y'all were right, and I needed the correction. So, thank you.

what_about_the_cats · 5 March 2022 · Archived copy · Reddit

I am 25. I work in finance, and have for 2 years. My feminine side was squashed so much that the idea of even *trying* to pull mine back out sounded exhausting.

I did it anyway, and it was, in fact, exhausting, but is now something I find so much joy and freedom in.

I began by slowly implementing some of the lifestyle changes I've read on the sub. I started really leaning into and embracing my feminine side by dressing nicer, putting some lotion on, making myself do my skincare routine no matter how done I was with the day, etc. I wasn't dating when I started any of this because I wanted to become secure in myself, and I wanted to learn how to maintain these habits for myself first, so that I wouldn't lose them in a relationship if they went unnoticed or anything.

I went about this for several months, then decided I was ready to start dating. I approached dating FAR differently this time around, and focused on holding myself to higher standards, while giving men validation for their kindness, efforts, successes, intelligence, etc.

Y'all. The number of times I have heard, "You're the only woman who has ever said that to me, thank you!" is actually heartbreaking. The number of times I've been thanked for being "different," when, after reading the sub, is really just leaning into what feels right by being supportive and genuine, is scary. It's scary because I realized I used to be the kind of woman who didn't lift men up, and still expected to be lifted up, and I am ashamed of that. I'm ashamed that I was so afraid of being a "pick me" (ugh), that I was willing to sacrifice years of happiness and fulfillment within marriage or motherhood in the name of liberation and freedom, when I had that within myself all along. I just needed to be myself, which, for me, meant regaining the femininity I had lost and losing the entitlement I held.

I really needed this sub, and that's why my immediate reaction was not great. And yet, I couldn't help myself from coming back, because deep down, I SO wanted the peace, love, joy, and humility you all had. I'm proud to say that I'm a lot closer to being the kind of woman I want to be, and I have all of you to thank for that.

Thank you for being such an uplifting group of women. I appreciate you more than you know.

Edit: it won't let me comment yet, but I wanted to reply to [u/throwawayisathing](#) who said they'd love to see examples of validation. This is how I do it, feel free to let me know if I can improve!

I use both online dating and in person, so I'll try to include both.

I focus in a lot on the things they bring up, as well as anything in their photos or profile that they've made a point to show. If they've made a point to fill out a bunch of questions and allowed their personality to come through, I'll say something along the lines of, "I appreciate how much time you put into your profile! Your personality really comes through, and I like that you're funny/witty/driven/etc.," depending on what qualifies and traits I see. I assume those are the qualities they're most proud of, so I want to encourage that. If they mention they've just gotten a new job, or just moved here, I always congratulate them and ask how they're adjusting and if they need any recommendations for anything, since I've been in the area for years and know a bunch of places for food, tires, home repair, etc.

If they say something nice to me about my profile, I'll tell them that I appreciate the compliment, and that I love xyz about their photos and profile. I accept it, give my appreciation that they noticed and complimented me, and turn it around to compliment them right back. I usually aim to follow it up with a question, too, that way they're not having to carry everything.

I've found that asking questions and trying to listen more than I speak, and being sure I don't turn it back to myself and focusing in on what he's needing/talking about/doing, has helped me to uncover a lot of great things about the

men I've met, serve them appropriately and respectfully as someone who isn't their girlfriend or wife, and made it easier for us both to determine whether a second or third date is warranted. My goal is to always make them feel better than when they came into the conversation, regardless of where it leads. :)

I also wanted to thank everyone for the sweet encouragement and guidance in the comments. I'm not surprised that this was met with a hug and a warm welcome because everyone here is so kind, but it means a lot regardless. Thank you.

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UPVOTES

Christmas showed me how much my marriage needed RPW

mrreynoldswife · 25 December 2019 · Archived copy · Reddit

My husband and I exchanged our Christmas gifts this morning. It's been a strange few months for me trying to take on a more traditional role in our marriage since we both grew up in very feminist households and I wasn't sure how my husband would respond to changes.

Then this morning he absolutely spoiled me, as usual! In my stocking were aprons (I started wearing them recently and didn't realize that he LOVES them), baking supplies, a Sephora gift card (so I can "doll myself up" the way he likes) and so many feminine things! He told me how much he loved buying my gifts this year and how our life together is more than he imagined.

I can truly see how much he values my gentleness, how well I take care of our home and that I present myself femininely! It's so worth it ladies, keep it up even when the world is fighting against you! Our men need women :)

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UPVOTES

I lost my baby.

ManEatingMatzahBall_ · 21 July 2020 · Archived copy · Reddit

My daughter was stillborn after a nightmarish labour and hellish pregnancy. She rests among the stars now.

God is helping me sanctify his name through this test. And I will not fail him.

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UPVOTES

Ladies, please heed the advice here

Back2Faith · 24 October 2022 · Archived copy · Reddit

I wanted to do a field report. I used to come here periodically under another username, but decided to delete that account after someone attempted to doxx me. Anyway, I have been following the advice here and the advice found in the book *Fascinating Womanhood* for the past year or so, and wanted to say this stuff is truly a path to a peaceful, thriving relationship.

My marriage to my husband has been rocky at best for most of our relationship due to my past mental health issues and always, most of the time unknowingly, emasculating him. What do I mean by emasculating him? Making him the butt of my jokes with my family and friends, always doubting his decisions when he tells me we are going to do something, etc. Anyway, a year ago it was beyond obvious that we were both miserable so I decided to change lots of things about myself.

I got professional help for my issues and started doing some soul searching on how to be a better wife. That's how I found this sub. Then, I put in the work. I bought some cute, albeit sexy, negligee to wear to bed, started doing some light makeup even though I work from home, and started putting more effort into keeping a clean house. I also had a really bad habit of bombarding my husband with what he calls "word vomit" as soon as he walked into the door. I'd unload on him my frustrations about work related gossip, how much work the house was to maintain, etc. before he even got to take his coat off. But I stopped that and it's been night and day.

My husband, dare I say it, adores me now. My birthday was last weekend and my husband who is a self proclaimed non-romantic spoiled me in ways that I did not think he was capable of. He woke me up with coffee and breakfast in bed and told me the day was mine. Whatever I wanted to do that day, we would do. He ended up drawing me a hot bath, lit some candles, made me a cocktail, and took our rambunctious dogs who never leave my side, with him for an hour so I could have some quiet, alone time. Then he happily made me dinner before we watched one of my favorite movies together before bed.

Everything in our relationship has improved. It feels light and fun and he says the highlight of his day is coming home now everyday. We communicate so much better, and because I stopped doubting his every decision, he opens up to me more now. He gets the final say in everything, but he values my opinion and that makes it easier for me to allow him to lead.

TLDR: If you're doubting the advice here, just know that it is literally life's cheat code to having a great relationship with a great man. I wish I would've followed it sooner myself.

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UPVOTES

GTFU. Grow The F*** Up.

vanBeethovenLudwig · 6 September 2020 · Archived copy · Reddit

RPW, I used to write a lot about girl game and femininity in this sub. I've taken a hiatus from writing - mostly to continue on with my life - but to also grow as a lady, to grow as a woman. What does it mean to be a mature woman in the modern age, where youth seems to be a security blanket that haunts us as we get older? How can we be both mature, responsible, and fun? We talk about being that hot, bubbly, fun girl, but is she also wife material? How can we safely and productively combine the adult qualities with the energetic innocence that keeps us excited about life?

GTFU. Not GTFO, not STFU. GTFU. Grow The F*** Up.

[1] Discover your personality outside of your career. Our careers are not our personalities, they are simply either (depending on you) a money-making role, or a status-role that labels you as a contributing member of society. But regardless of your monetary assets or your job title, who are you? What makes you excited about life? If you didn't have your job, what kind of books or activities would you partake in? That is your personality, and that is the part of you that our men like to know.

[2] Learn how to nurture others. Men seek a wife who can also be a counselor and lend a listening ear. Learn to sympathize, and don't fuck it up by bringing the conversation back to yourself again. This is a true test of your consideration towards your man. Can you listen to him, sympathize with him, and when he needs it, advise him? The maternal nurturance of affection (physical and emotional affection) is the maturity that men crave in a partner. It is the "Agnes" quality (in *David Copperfield*), it is the blessed, emotional matriarchal quality that men so insanely desire in addition to the physical beauty of women. A man cannot fully dedicate himself to you unless you are able to show him sympathy and wisdom.

[3] Read and expand your vocabulary to develop your self-expression. A mature woman requires strong communication skills: she has eloquence, she is articulate, she possesses social grace. Practice writing, practice small-talk, practice the discussion of topics (especially ones that you are passionate about!) Don't be one of those women who brings her rants and complaints everywhere. Practice talking about topics and ideas, rather than the petty negative elements of daily life.

[4] Find your sass! As women, we have something called our *animus* (or our masculine qualities, in which every single woman has, in order to become wholly functioning). Women can be adventurous, mischievous, spirited (because who wants to be boring?) - and this kind of fire can energize your partner and within your own life. Find that inner imp inside of you. That is the life-force in you: your wit, your character, your enthusiasm, your morale. Infuse your actions with your warmth and vigor. Your man will appreciate it. Don't be a doormat; no, I'm sorry: REFUSE to be a doormat. Instead, be FUN.

[5] Abolish your negativity. We don't need a thesis to know that men don't like to be around negative women (actually, nobody likes to be around a downer, period!) This skill requires gradual and long-term growth, as being kind and optimistic is a *practice of values* that occurs over time. If you struggle with negative rumination, then meditate, get psychotherapy, practice self-care, journal, *whatever it is you need to do* to stop being obsessed with negativity...bottom line: eradicate that nastiness!

[6] Develop a quiet, inner strength. You are a full-fledged adult woman. Women can be beautiful and strong, soft and strong, feminine and strong, graceful and strong, loving and strong. To be feminine is not to be *weak*, it merely is an indicator of either your physical image or the methodology of how you approach things (Do you approach with empathy or rigidity? Do you approach with fun and flair or with harsh aggression? Do you approach with laughter or anger? Do you approach by sitting still or by hunting?)

Now get out there, ladies, and be the best, beautifully vivacious woman you can be.

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UPVOTES

"You're so sweet it makes my life so much easier"

countrylemon · 9 October 2019 · Archived copy · Reddit

Hello ladies and lurking lads!

I've made a Happiness Sundae, all sweetness.

Today my boyfriend said something that I think made both of us very happy. I was just doing my hair and he popped into the bathroom to simply tell me "You're so sweet, it makes my life so much easier." I smiled and said "AWH REALLY?!" and he said "Yes, you give me all this motivation and energy. It's been a bad month at work and every moment I've been around you has made it durable." I obviously stopped doing my hair to give him a ton of kisses.

This is a field report because I suffer from mental illness and am an incredibly anxious person. I am also an immensely outwardly expressive person, if I'm happy, you know/feel it if I'm sad, it's all over my face. So I re-read Surrendered wife (it's basically my bible) and remembered: "soft place to land". So I've been focusing on "sorting out my moods" while I'm alone so that I can be my better side (my REAL self) around him, since we only see each other a few hours every day.

So assume my sweetness is the icecream of this sundae.

IT WORKED THAT QUICKLY. Why though? Simple - he loves ice cream! and why else? I LOVE ICE CREAM TOO! So as a result, I feel so much better. I can tell that my energy changes how much I want to work towards improving our lives, pushing out a positive energy a "sweetness", made me more motivated and allowed me to enjoy the present more. He then gets that energy too.

The caramel drizzle? Was his response to it all. I've made him so happy, JUST BY BEING A HAPPY PRESENCE!!

Let's throw some sprinkles on this sundae too because my sweetness has increased how much he pays attention to my needs/moods. He's quicker to ask me if I'm okay. Instead of thinking- asking if I'm okay will open up a can of sad worms. He has also asked more about the things that make me less-sweet and has helped me work towards that (my finances stress me out for example, so he offered to draft me up a new budget and took over the internet bill). I think it's because he's less worried about my reactions, he can gauge me better.

Cherry on top? He took me out to this new restaurant I've been dying to go to and every morning for the past two weeks has been a frisky one.

His hugs are tighter, kisses are longer and he lingers around the kitchen when I'm making dinner instead of going on the computer because he wants to be around me more.

Basically moral of the story? Don't underestimate the power of your own positive attitude!!

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UPVOTES

Do not fall for the lie of having fun now and settling later while you in your twenties or be involved in meaningless relationships.

cknyakina · 29 January 2020 · Archived copy · Reddit

I very often see most people in their thirties and forties post in many subs including this one asking if there is hope for them to ever find love. What makes them feel the pressure? What makes them all of a sudden to feel like they are going to spend the rest of their life alone?

Society now has us believe that we should explore as many options as possible in our twenties (which is not necessarily a bad thing) before settling on one in some few years down the line but the truth is as the years go on, the options keep trickling down.

Imagine this scenario, there is a meeting about to begin in a hall, people are settling down as they wait for the speaker to begin his speech. Most people will naturally pick the best spots to sit in and with people they are comfortable with. Now imagine you come in late, and find that the speaker is already giving his speech and it's silence all across the hall, you see a chair in the middle that is free and you want to sit there but there are also chairs near you. As you try to access the chair you want, people start staring at you and you feel uncomfortable and you finally decide to sit in the chair closest to you.

I feel like that's what happens to most people in their thirties, they get a sudden realization that most of their friends and people around them are engaged or married and that they didn't commit to any relationship or were involved in many meaningless relationship. To make matters worse, external pressure kicks in, so it's not about finding a suitable partner for you anymore but trying to fit in and be like the rest.

It's why I believe one should take the relationship in their twenties seriously, vet the people coming to your life and ask yourself the question, is this a man or woman I would like to have children with, is this a person I can create a meaningful relationship with that can lead to marriage, is the person working towards a future that can be relied upon. If the answer is no, do not proceed, remember in your twenties there is no pressure, it's why it is a good time to find a good companion for yourself.

Chances of settling become higher the more you get older.

This also cuts across all types of relationships, the more you grow the harder it becomes to create new friends so also make a point to associate yourself with ambitious people in your twenties.

The fear of missing out is not real!!! What are you really missing out? Sex? I find it more appealing to do and create good memories with a few individuals who are guaranteed to be by your side than with a multitude of people who will leave you at the end of the day as you cry by yourself to sleep all alone. You get to choose the memories and life you create with the right people by your side.

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UPVOTES

I tried wearing a nightgown to bed last night, and this is what happened

amadexodus · 24 January 2020 · Archived copy · Reddit

Specifically, **this** nightgown+robe set. I don't live with my boyfriend, so this was purely for the sake of "me-time," and perhaps something he would see in the future.

I put it on and went to the bathroom to brush my teeth and do my normal night-time routine (makeup removal + night cream + eye cream). For some reason, I felt compelled to finally shave my legs, as they needed it and I've been procrastinating. I also felt compelled to moisturize my entire body with my eucalyptus+spearmint lotion, another thing I've been procrastinating.

Then I brushed my hair and took a look at myself. **I swear ladies, I looked and felt like a goddess.**

I woke up this morning feeling productive, energized, and sexy AF. My boyfriend is coming to pick me up later today so we can spend the weekend together in his town, and I have been stupid giddy about seeing him (we're talking, day-after-our-first-kiss flutters ALL MORNING, and we've been dating for 5 months). I'm definitely packing this and wearing it at his house before bed/in the morning. We don't share a bed when I stay over, but I'm definitely going to make sure he sees it on me.

All I did was wear something sexy to bed instead of a T-shirt and boxers (or nothing at all). I love this burst of feminine energy I've experienced in the past 12-18 hours, and I can't wait to give it to my Captain!

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UPVOTES

Men Are Kind

PrincessaRusalka · 15 July 2021 · Archived copy · Reddit

Since there's a lot of bashing men these days I thought we should start a hashtag or a movement for the opposite, at least in this sub. :-)

Write down a nice thing a man has done for you today that was uncalled for and tag it, #Men are Kind. We can push this on social media, too!

It should be something random or uncalled for, not something routine that was agreed upon beforehand. I get your bf is great but it's not about something you expect. There's no obligation involved because it's different to do something out of obligation instead of love.

Men support our society and get no gratitude for it. Good men are everywhere! We should make it a priority to talk about *what we want or value* in men instead of only pointing out bad behavior. The bad apples get enough attention, let's stop that.

I had two things happen to me. I was at the clinic and a man scooted aside and told me that I could sit on the bench next to him, I stand because I know it's polite and didn't want to disturb him. Instead of scoffing at his manspreading I was quietly being polite and waited for him to go first to his appointment, but he didn't. He let me sit, then let me go ahead of him when I was called. I thanked him and that made him smile a little.

Later, I was at a health store couldn't afford the tea I needed for my sore throat and the male cashier stopped me and took money out of his own pocket to pay for it! I was so touched. It was only 75 cents but I don't make a lot and neither does he so I felt cared for in a very fatherly way. I thanked him and that left a smile on my face.

The last example is not me personally but it speaks volumes. It was in an account of a survivor of 9/11. Her male colleague stepped in front of her to shield her with his body when the first tower collapsed (they were in the WTC and didn't know the second plane would hit). I really felt how beautiful it is that man is willing to sacrifice himself for a woman.

Guys, men are good. I have my share of bad experiences but men and women can act in very cruel ways. I've been groped, I've been harassed and verbally abused but it's not men, just human nature. As women we have the responsibility of being the fairer sex and being kind no matter what, instead of resentful and cruel and demanding and harpies. Men aren't obligated to do anything for us. They do it out of the big bear love in their hearts and I just think we should acknowledge that more often. The more you notice good in your world the more it tends to happen to you!

What do you think ladies?

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UPVOTES

PSA: men care a lot more about your body than your face

FDSanon · 20 January 2021 · Archived copy · Reddit

I see a lot of “woe is me” posts in here about women who feel that their prospects are poor because they have an ugly face.

The good news is that most men prefer a hot body to a pretty face. And you can do something about getting a hot body!

Because of the obesity epidemic the bar to having a hot bod is pretty low. Maintain a healthy body weight, do regular cardio, and throw in some resistance training and you’ll have a tight little body that puts you ahead of 70% of other women, regardless of how pretty their face is.

And you’ll feel good, be healthier, gain confidence, etc.

ETA: for all of the women saying that a man likes a hot body for a hook-up and a pretty face for a LTR: I think you are severely underestimating how physical and sexual men are. Men don’t just morph into docile, desexualized creatures once they are in an LTR. Gotta keep it tight ladies, even in an LTR. If they like your hot bod in the beginning they will continue to appreciate it in the relationship.

ETA part 2: I’m not saying that other qualities don’t matter (e.g. being a good mother, supportive wife, compatible personality, easy to get a long with, etc.). I’m just saying strictly in terms of looks, if you don’t have a pretty face you can work on your body and still be a smoke-show.

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UPVOTES

A letter to young women

kittxxn · 30 July 2018 · Archived copy · Reddit

A letter to the younger women of RPW,

I write to you as a young woman myself, as a recent college graduate, as someone who has found a man in whom I have the utmost confidence to lead and build a wonderful life and family with me. I know he will make a wonderful husband and father, and he has made clear his devotion and commitment to me. I couldn't be happier.

I know that many of you are still searching. My heart breaks for the young women in 2018 who are looking for traditional love and marriage in a sea of feminism, boys who never seem to grow up, or serial players and plate spinners. I read your stories. The real men out there seem few and far between, and many of you have reluctantly chosen a less-than-ideal man you think might have potential with the right encouragement, which often ends in disappointment. It's easy to become discouraged and many women settle.

But one of the beautiful aims of this subreddit is to encourage women to abandon the typical female dating narrative of: how can I get a good man to commit to me? In favor of a superior question: what type of woman is worth committing to, and how can I become one?

The value of the man I'm with is clear to women who know him well, who either pursue him to no avail, ex girlfriends who still say they lost the best thing they've ever had, friends who tell me they want to find what I have, or cynically pretend he must be too good to be true. But these women have many things in common, expressing habits encouraged on college campuses and by feminism, habits that I myself had years ago, and habits that will be difficult to unlearn. I don't have all the answers, but I hope someone out there can find this advice helpful.

Be beautiful, not "hot" Men have two evolutionary mating strategies built into their biology (edit: see link to Weinstein podcast below). Women need to know this. The first is to get as much seed as possible into as many women as possible, and hope some children are born and turn out okay. This is the older, more animalistic strategy, but has worked for some. The second is more "evolved." You find one woman, with the best genes possible, and have children with her, but stick around to ensure their safety, competence, and survival. Monogamy has been around for millennia. These two strategies remain in men today, indicated by men unanimously answering two questions in the affirmative (try it): can you imagine a woman who is hot, but not beautiful? Can you imagine a woman who is beautiful, but not hot? These terms differentiate which mating strategy will be used. Hot women are the women in porn, strippers, or in clubs. The women men know they could sleep with, but would never bring home to their mother. Beautiful women are still sexually attractive, but their attraction expands beyond the physical to grace, kindness, intelligence, and feminine charm. The key difference: beautiful women are still beautiful as they age, even past an age where they might not be fertile. All men can identify a beautiful older woman, but would never find them "hot." Men don't commit to hot women, because sex is their only value, and will be useless over 35.

College campuses encourage women to be hot. My friends would dress in the tightest clothes, drink in excess, and be very sexually forward with the men they wanted attention from. Then, the next morning, wonder what they did wrong and why he isn't texting them back. Stop talking about sex. Women in college will talk about sex in front of men, about blow jobs, about funny stories from one night stands. It drives men crazy, and successfully gets those women all the attention in the room. But if you want marriage someday, being wanted isn't good enough. It feels good to be looked at and lusted after by men, and it can be intoxicating. I know, trust me. But you're appealing to the wrong dating strategy. Delete tinder. Stop snap chatting your body. Be beautiful, and someday you'll be wanted in a different way, for a lifetime not just a good time. And that is... extraordinary.

I'm realizing how long this post has become. I have many more things to say, and if you'd like I can make a part 2, 3, etc.

I hope you all have a lovely day.

Part 2:

https://www.reddit.com/r/RedPillWomen/comments/94efea/letter_to_young_women_part_2_the_charm_of_the/

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UPVOTES

Fwb is wrong on so many levels. No woman should entertain it.

Appropriate_Bee_9006 · 8 May 2022 · Archived copy · Reddit

What's a guy really saying here? You're good enough to have sex with but not be his girlfriend that's what.

And if he does meet someone he's really into, you'll have to hear all about it as you're mates, right? As for the friends bit, sex and friendship can't mix anyway. That's even if you believe straight men and women can even be friends! Even worse than a one night stand as that's at least clear cut. Don't be anyone's fwb.

You can't 'switch' to a relationship or become a couple. If you're both unattached, you'd know if you were emotionally attracted and date. It'll be effortless and natural and it will work out or it doesn't.

If your fwb DOES all of the sudden want a relationship you can bet that he needs to use you for some reason e. g. Money, somewhere to live.

Because a man can have sex with a woman a thousand times and it won't emotionally attach him to her if he's not feeling it in the first place.

Probably preaching to the converted but I see so many women go for this nowadays.

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UPVOTES

Continuously amazed by the results (rant)

fairydust91 · 28 August 2020 · Archived copy · Reddit

My fiance just left to help his dad do some stuff around his parents home. Before leaving he got mushy and told me how much he appreciates me and how he's the luckiest guy ever. So many cuddles and hugs. I think this was simply because I've been all smiles since he woke up and made him a nice breakfast before he left. Who would have thought!

This might sound silly to someone who was brought up with RP values. I was brought up by a mom who claims to be feminist but is actually quite sexist. I was not taught to cook simply because your man is hungry. I was not taught to be 'girly' or feminine. If anything, I was taught that "your man can cook his own damn meal" and "you are so much more than your looks and femininity". I was not taught to be neat and tidy or take PRIDE in doing so.

Since discovering this sub and you lovely ladies, I've also been reading/listening to LD, FW and lurking around the manosphere.

I've really been stepping up my game on all aspects: my looks, building him up, making sure he's fed and satisfied and the house is clean and tidy. I've been trying to (gently) also get him to understand that he doesn't need to worry about my pleasure every time we have sex. That it's also my responsibility to get myself off. The sex has been crazy, spontaneous and hot 🙌 Cheers to that, ladies.

I cannot even put in words the change in his attitude towards me since I REALLY studied the information provided here. The first paragraph is literally just one of many many examples. Another one is yesterday: I got my menses and was in pain, uncomfortable and feeling crappy. He barely let me lift a finger all day and yelled at me when I tried to sweep the kitchen. I responded with girlishness and told him I have to do it it's driving me crazy and he basically melted. I have never felt more cherished in a relationship than I do now. I think I'm going to start that little booklet that FW mentions.

I realize now, sadly a little late, that feminism has nothing to offer me in this day and age. In my lifetime, it has done more harm than good. Men are so much more simpler than women. Look good, be neat and tidy, feed him, build him up and satisfy him and you will have the kind of relationship that feminists won't admit they want.

I never thought I would do such a 180 but I am truly thankful that you ladies exist, you are such a breath of fresh air. ❤️ I am genuinely scared to think of the state my relationship would be in if I hadn't discovered this sub when I did.

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UPVOTES

I feel bad for women who deep down want a soft life but media manipulated them into thinking men want another man

SeaMuted9754 · 6 September 2025 · Archived copy · Reddit

Just had an interaction with my now ex friend. She became my ex friend because she just holds to much hate in her heart. She made a nasty comment when I paid the dinner bill. "Must be nice not to pay rent" this isn't the first time she has been rude about my relationship. She's truly bitter. I told her after we left the restaurant why does it matter when you get a free meal.

This girl pretty much says life isn't sunshine and rainbows for everyone. that I need to know that people are struggling but I have it easy. That I would have nothing if it weren't for my boyfriend and ex husband. Life is about making it on your own.

She went on a whole feminist rant that apparently I am setting women back. Personally I believe she wants to be taken care of and for a man to lead her. Though she so caught up in being strong by herself that confronting what is against her beliefs has made her angry at life.

She's just too emotionally unstable to continue hanging around her. Maybe in a year if she apologizes we can be friendly but people who only want to watch you suffer why have them around. Other friends aren't cutting her off but they agree she needs space.

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UPVOTES

"Thank you for making me feel like a king"

topfop · 5 November 2019 · Archived copy · Reddit

Only about 10 days into the RPW lifestyle and my husband said this last night! This was in response to having dinner on the table, dessert in the cake stand, and a cute dress on when he got home.

BUT I will add that I've always sort of done these things but WITH A BAD ATTITUDE. It's not going to make anyone feel good when they are served a home cooked meal with big sighs of annoyance and a sour face. Now that my eyes are open, I'm constantly cringing at things I've said and done in the past.

Now, if anyone could lend me some jaws of life to freaking force me to STFU.. especially when it comes to in law stuff - that would be great. ☹️

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UPVOTES

I envy the women who married well and seem to have a good life

toadfrogfamily · 11 June 2025 · Archived copy · Reddit

I know that I shouldn't compared myself to others, and maybe those women work hard or have a tough life too, but I can't help but envy them.

I'm in my mid 30s, and I've worked very hard to climb the corporate ladder. However, once I got to the position I wanted, I realized that I hated it. I left the place a while ago because of workplace harassment. As for love, I did put plenty efforts into dating, but I moved too much so non of them worked out. So now, look at me, no job, no love, and no purpose.

And what's worse is that I actually do want what those women have: a husband, kids, and someone to lean on, but now I may never have that. I feel stupid for not trying to find a successful man to marry when I was younger, instead of choosing to move all around the world for jobs I thought I want.

Thank you for reading my rant, would appreciate any thoughts or advice!

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UPVOTES

Modern wimpy men

BelleBonbon · 11 July 2022 · Archived copy · Reddit

What state would you say has the highest amount of traditional men? Every time I go on a date, I discover the person sitting across from me is a modern, effeminate and weak man. I know it's taboo to say this these days but I want to be a housewife. It seems like many men want you to work hard like a man, split bills with them and be a forever girlfriend. Which I completely disagree with.

Thank you in advance.

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UPVOTES

Tomorrow is my 10 year anniversary with my fiancé; here are some things I've learned to cultivate a happy relationship

Dusty_Rose16 · 20 February 2022 · Archived copy · Reddit

Edit: WOW thank you for the awards!! What a great day!! 🎉

(I thought about posting this in [r/relationship_advice](#) but I have a feeling I would be "shamed" for some of the things in this post, so I really hope you all understand where I'm coming from!)

I have been with my fiancé since I was 18, and tomorrow marks 10 years total of being together. We are still so in love, can't keep our hands off each other and absolutely love being around one another. We are getting married next month and are planning to try for a baby later this year. I have been writing down a list of the things that I think has made our relationship so strong and I thought I would share! (Of course our relationship is **not** perfect and I'm not claiming that it is, this is just my personal experience.)

1. **We communicate everything.** This one is of course mentioned everywhere, in every relationship advice on the internet, but it's because it's so incredibly important. I personally have a hard time communicating my emotions verbally, and he knows that. I had to tell him that I have a hard time articulating my thoughts and that it overwhelms me when I have to explain *exactly* how I'm feeling, especially when I get flustered/upset over something. A lot of times I would be upset about something, and because I couldn't accurately explain why I was upset (sometimes I would say I didn't even know why, which I'm sure was frustrating) he wouldn't understand how to help me. It has taken quite a while but recently he started doing something that has helped me so much. When I get upset, sad, flustered over something, he says "What exactly about X is making you feel Y". For example: "What exactly about that email is making you feel overwhelmed?" It allows me to take a step back and really take a look at my emotions from a logical perspective instead of being drowned in emotion and catastrophizing the situation.
2. **We don't cuss, name call, or yell at each other.** I think in the past 10 years I have called him an asshole one or two times when I was really mad (this was in year 1 or 2 of our relationship). He has never ever cussed at me, or yelled. He has raised his voice of course, but he's never full on yelled at me. He talks very sternly. I honestly feel like a big reason for this is because we don't drink, so we never say something we didn't mean just because we we're intoxicated. This also contributes to having a peaceful home environment.
3. **We are very sexually compatible.** Honestly this should be #1, although these aren't in any particular order. I cannot stress how important this is. If you are not compatible sexually, then you have a roommate, not a spouse. It's as simple as that. This doesn't have to be penetrative sex all the time, but we focus a lot on intimate moments throughout the day. He smacks my ass when I'm cooking, I run up and sneak a hug when he walks down the hallway or I straddle/kiss him when he's laying on the bed. Sex is also frequent and amazing. I have to admit that the way he compliments me during sex/oral makes me want to keep doing it because of the self esteem boost. Maybe that's vain of me, but it's the truth! He makes me feel like the most attractive woman in the world whenever we are intimate.
4. **We share long hugs everyday.** Gosh I feel like I could write an entire novel on this. Hugs are very important in our relationship. Everytime we hug we really hold onto each other for a good 10-20 seconds. Sometimes this also involves me kissing his neck or him kissing my cheeks. I think longer hugs produce more feel-good hormones in your brain that make you closer to that person. We have something called a "super hug" where I lay on the bed and he lays on top of me hugging me while I wrap my legs around him. Our first hug we he gets home from work is my favorite and we usually tell each other that this is the best part of the day.
5. **We haven't let ourselves go.** This one can be a sensitive topic to talk about, but it does need to be talked about. Of course age is going to have an affect on our bodies, and we aren't going to be attractive forever, but a lot of times people in relationships feel like they don't have to "try" anymore because they have their spouse and aren't on the dating market. This can lead to a lot of resentment, and I've seen it happen in many relationships before. A major mistake is dressing up *only* when you are leaving the house. I urge anyone out there to put a little bit of

effort into your appearance on a daily basis. Before my fiance gets home from work I take about 15 minutes to make sure I look nice, have a cute outfit on and I'm clean. It doesn't take long and I know he appreciates it. I know it will be harder when we have children but I will do my absolute best to keep this up, along with working out and eating healthy.

6. **I care about tending to his needs.** I make dinner almost every night and try to have it ready when he gets home from work. I like to give him massages, especially on his hands since he works with his hands. I enjoy sexually pleasing him and I don't turn him down. (I'm not a robot though, of course there's times where I don't enjoy it as much because I wasn't particularly in the mood, but he never makes me feel forced to do it.) He also tends to my needs as well both sexually and emotionally (when I need to vent he's there to listen).
7. **We verbally compliment each other a lot.** This isn't just sexually, but it does include that. We always express how attractive we think the other person is. Hot, cute, sexy, smart, funny, masculine, feminine, hard working, etc. I love to tell him how I appreciate him and he tells me how he appreciates me.
8. **We care about our hygiene.** This one may sound silly, but trust me it makes a huge difference. You want to have sex with your partner? *Shower. Shave. Smell good. Brush your teeth.* We have always been on the same page about this. And even though it can ruin the "spontaneity" of sex, we find that we enjoy it 10x more fresh out of the shower. Of course we still have sex and enjoy it if it has been a few hours since we showered, but we both prefer freshly showered.
9. **We try to argue fairly.** We honestly do not argue very often, but when we do I have found that I tend to let my emotions get the best of me, especially when I don't like what I'm hearing. I get quiet, put my head down and act like a child being scolded. Meanwhile he tends to harshen his tone of voice to the point where it almost sounds like he's talking down to me. I had mentioned to him during a casual conversation that I don't like when he talks to me in that harsh tone, and he didn't know what I meant. So the next time he talked to me like that I called him out on it and told him "that's what I'm talking about." And he said "Oh, thank you for pointing that out in the moment so I know". And then he adjusted his tone. On the other hand, there was a time where he called me out for disconnecting and getting emotional over something just because I didn't like what I was hearing. I quickly snapped out of it and said "You're completely right" and changed my attitude. Learning to fight fair and not get too caught up in being "right" is a very hard thing to practice.
10. **We are rooting for one another.** This is another way of saying we support each other, but I think saying we are rooting for one another gives a better description. We would never be jealous, envious or try to sabotage the other person trying to accomplish something. He has stuck with me through tons of failed businesses, and I've stuck with him when he was in between jobs and trying to figure out what he wanted to do. My success is his success and vice versa. I love sharing milestones together and striving to hit financial goals.
11. **Bonus #11: We don't say "I love you" everyday.** I'm not sure if this actually contributes to our happy relationship, but I thought it might be interesting to add. From the very beginning he made it clear that he didn't want to get into the habit of saying I love you just to say it. It took 7 months for us to say I love you for the first time, and then from then on we said it maybe once every few months. This wasn't because we didn't love each other, but because we *showed* love more than just said the words. When we fall asleep holding hands, he doesn't have to tell me he loves me. When he takes my car to change the oil and wash it he doesn't have to say I love you. We don't say it when we wake up, hang up the phone or go to bed. But let me tell you, when we **do** say it, I swear it feels like the first time. Gives me butterflies everytime.

There's other things that are important to have as well such as respect, integrity, loyalty, shared values and life goals, but I didn't want this post to be too long!

Throughout our relationship I have always heard from people, "just wait until you hit 7 years together, then you will really hate him!" or "just wait until you get married!". It's as if it's expected that you will hate your spouse after a certain amount of time together. So I just wanted to let anyone out there know that it's possible to still be in love even after a decade +

Anyways, I had a lot of fun writing this and I appreciate anyone who took the time to read it!

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UPVOTES

STFU in Practice

Kara__El · 9 July 2019 · Archived copy · Reddit

STFU (shut the fuck up) is probably one of the most misunderstood pieces of advice I see here. It seems like once a month I read the following:

My husband has been out of work for the last 18 months, since he was fired from the Dog Food Factory. Initially, he was really depressed, so he'd spend his days playing video games and complaining about how unjust the whole thing was... except that it really wasn't. He called in sick all the time, because he didn't feel like going to work, since he hated his boss. I didn't want to say anything, because I read RPW and know the importance of STFU, so I trusted him to be responsible... but he wasn't. After a few months of video games and moping, I assumed he'd start putting in job applications and going on interviews, especially since I was working double shifts with our first baby on the way. Now it's been a year and a half of being the dutiful and faithful wife. I encourage him and spoil him, even though I'm exhausted from new motherhood and 60 hour work weeks, but he won't put in any applications! I'm trying so hard to keep my mouth shut, but I'm not sure how long I can go on like this!

STFU is not a directive to be a doormat. It's a sign of trust and respect, both of which are *earned and reciprocal*. If your husband is intentionally sabotaging his current job or has been unemployed for an extended period of time, without looking for new work, he's not respecting you as his wife or himself as the leader of your household. He's abusing your trust and loyalty. A similar situation:

*My boyfriend and I have been living together for five years. When we moved in, the plan was to get engaged within a year and married within two. We were both on board with this and excited about it. However, my boyfriend hasn't mentioned engagement since shortly after we signed the lease. I've been reading RPW and I know I should continue to STFU, but it's been **five years** and I'm about to turn 28! I'm not sure if anything will ever change, if I don't speak up.*

While the above boyfriend isn't neglecting his family, he is disregarding the goals and the plans you made together. He's disrespecting the parameters he set *with you* and wasting your time if he's changed his mind without saying so. In both situations, you're completely within your rights to *speak up*, because you're strongly impacted. STFU isn't intended to reward steamrolling or abusive behavior. It's a method of respectfully placing your trust in your partner. So what *does* it look like?

A few months ago, my husband and I were expected to go to dinner with his supervisor... who he *hates* and still thinks is a moron. I didn't want to go, because I know he finds the man insufferable, but the supervisor was paying and being really pushy about it, so my husband made it clear he'd be pretty upset if I refused to go. Day of, we were running errands and lost track of time. I didn't have time to go home and change, even though I didn't feel dressed for a restaurant. My husband thought I looked fine, so I decided to STFU. Dinner was awkward, but bearable, until it came time to pay and the supervisor asked for separate checks. Wait. What? I thought he was paying! I looked to my husband for some sign that this was unexpected and saw nothing. He seemed totally fine with picking up our check. Earlier in the day, he'd told me he wanted me to wait on a purchase, because we didn't really have the money, but he could pay for a dinner neither of us wanted, when he promised it was on the supervisor?!?

But wait... I trust my husband. I know he's not a pushover and supervisor or not, he would not have just taken that hit, when he didn't even want to go to the stupid dinner. There must have been something more to this. So, I decided to STFU. When we got to car, I calmly asked "Did we pay for that or...?" to which my husband explained that his supervisor had given him and his coworker cash, so they could order what they liked and not have to worry about going over some limit.

Consider the alternative. Instead of accepting that my husband didn't care that I wasn't dressed to impress, I throw a fit and insist on going home to change. By the time we get home, it's too late to go to dinner at all, my husband has to cancel with his supervisor, and he's pissed, because he'll never hear the end of it. Perhaps I *do* keep my mouth shut over my attire, but the check is the last straw. Instead of trusting my husband to handle it, I blurt out "I thought he was paying," to which I get the same explanation, but I sound ungrateful to the man who bought us dinner and

embarrass my husband and he's pissed, because he'll never hear the end of it. Instead, STFU saved the day, because *I trust my husband*, who has *earned my trust*.

While I've outlined a daily interaction, STFU has long term applications as well. The supervisor my husband hated? I was always worried that he'd do something to get my husband fired. He was constantly pinning things on my husband and taking credit for his work. He spread rumors about everyone and bad-mouthed my husband to upper management. He kept him from getting a promotion and multiple people thought it was because he was threatened by him. I vetted well, however, and married a man who had been very successful in the oil field, something that only happens if you know how to play the game. When he'd vent, I'd occasionally ask if he'd mentioned some of these concerns to upper management and sometimes he did, but I was careful not to nag. The culture of my job is *vastly* different than his. I had to trust that he knew what he was doing, despite my fears that this idiot supervisor was going to screw him over. It's a good ol' boys' game and my husband is the best good ol' boy of them all, so I STFU.

Three months ago, upper management called my husband into the office to talk about his supervisor and some issues they were having with him. My husband told them, without exaggeration or feeling, some of his problems. He left the office with a promotion to crew chief of another department, proving that my trust in him is earned... and sometimes so is my silence.

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UPVOTES

Go. To. The. Gym.

inthacut12 · 12 May 2022 · Archived copy · Reddit

hi RPW; I am new to this sub. I actually just discovered it last night while doing some research [?] but I feel like a lot of the topics on here resonate with me. Not going to get into the details of what exactly but I did want to share something on here.

If you feel like your relationship needs a refresher, I'm going to suggest that you go to the gym. Or just go to the gym if you're trying to find a new HVM. I've been with my man for years now, but recently I've been going to the gym and excelling past previous progress I've made (was stuck in and off and on cycle for foreverrrr but Im finally making serious progress!), and my man is really obsessed with me. Like obsessed like never before. Our relationship has always been good, but I feel like since I've been improving my body, he treats me differently. He puts up with more from me (im latina so ill put the disclaimer im a little spicy n crazy ok), is more thoughtful, and just treats me like I'm a treasure. Its crazy that just improving your body can make a man more thoughtful emotionally as well. Men are visual creatures, so it only makes sense that improving your appearance is going to end up with them all over you. Just wanted to share this tidbit with you all - pretty (/sexy?) privilege is real! [?]

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UPVOTES

It happened!!

alien_eater289 · 13 November 2020 · Archived copy · Reddit

I just wanted to share - I got engaged last night!! Oh my gosh it feels so crazy to even write that sentence.....but it happened!!

I'm so thankful for this community. I found it about a year and a half ago and it really helped me to improve my relationship. It helped me check myself when I start to nag (which I was struggling with and was negatively impacting my relationship), helped me up my game with beauty/self care, and helped me be more mindful of the STFU concept and to trust my man to make the right decisions. And it WORKED!

Just wanted to celebrate with you all!!

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UPVOTES

Bringing Our Toddler to a Steakhouse

Teacup000 · 3 August 2022 · Archived copy · Reddit

This past week my dad offered to take my family out to a nice restaurant to celebrate my husband's most recent raise.

I was thrilled! The kids are 2 years and 3 months; going out can be tricky but I was eager to make it work. I packed up a couple toys for the toddler and we were on our way!

10 minute wait when we arrived. This was no problem - I volunteered to take the toddler for a walk around the building and play with the shrubbery in the meantime. My dad waved me over when the table was ready, and we sat down and ordered drinks.

Immediately, my eldest was squirmy. Neither the crayons provided nor the toys interested him. Two year olds are infamous for their poor emotional control, small vocabulary, and short attention span and I wasn't about to allow a meltdown in this setting. My dad suggests we go home, but I said I wanted to stay.

I scribbled down both our orders and escorted the toddler outside again. It's hot enough to get sweaty pretty fast, and in 5-10 minutes he's ready to head back in and have a drink.

The food comes, and we all barely have time to take a few bites before the toddler is wanting to get down and move around again.

I resign myself to taking him outside a third time.

This time I can feel the resentment creeping in. *Why isn't my husband taking him outside? Doesn't he know I'm tired/I do so much/I'm always with the kids/etc.*

I try to fight it off. *This meal is to celebrate him. He doesn't even like going out that much, let alone with the kids - I wanted this way more than he did.*

Finally, my husband leaves the restaurant and walks over to me and our eldest, ready to take over. I beam at him, give him a kiss on the cheek, and tell him how happy I am to see him.

I head back inside and tell my dad that I'm having a nice time and that I appreciate the good meal. He helps me cut my food while I nurse the baby. I feed our toddler his meal during the car ride home and make him laugh.

Later that night, my husband told me he loved me. That he was proud of me. That he knew I had a tough night, but that I did it with a smile.

It was probably one of my proudest moments.

This didn't really come naturally. I had to actively fix my mindset. I had to remind myself it wasn't about me, and manage my expectations accordingly.

But I did it. And I hope I can do it more often. I've already fallen short a couple of times since, but I know the standard of behavior I want for myself. I want to handle the kids with a smile, especially when it's not coming easy. I want to make family outings enjoyable for us all. I want my husband to keep falling in love with me.

I'm super grateful to RPW for all the thought-provoking posts that have encouraged positive growth in my mindset! I love seeing myself act more and more like the woman I want to be.

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UPVOTES

Your husband comes before your children. Almost always.

SeveredTreeStump · 2 May 2022 · Archived copy · Reddit

This comes in response to some pushback I received on [my previous post](#), in which I suggested that your husband ought to be your number one in the whole world. Some people took issue with this, arguing that your children should come before your husband. I will make a case for why your husband should always be the center of your universe.

Marriage is a unique bond, unlike any other. It's a fragile bond that will easily disintegrate if left unattended.

Did you ever not see your sibling for a few months? Did you ever not see a close friend for a few months? When you meet up once more, you can continue where you left off.

You can do no such thing in marriage. If you don't constantly nurture the bond, it will quickly unravel.

The bond you have with siblings and friends, is a bond based on sameness. Thus, it is a bond that is cold and still. You can leave it alone for a while and pick up where you left off.

The bond of marriage is a bond of opposites. There are always opposite forces at play, pulling you apart. You must be active to keep the bond going. Thus, this is a fiery, passionate bond that is in constant motion. A bond that must always be actively maintained.

Therefore, if you want your marriage to survive - let alone, thrive - you must treat your husband as the center of your universe.

But how can you neglect the needs of your children?

Good question. This is perhaps the only caveat that I'd place. Yes, when there is an immediate need, you must tend to the helpless child before you tend to your husband.

Obviously! The baby cannot change its own diaper, cannot feed itself, clothe itself etc.

However, you don't need to be doing this 24/7. Even when life gets hectic, you can still make your husband feel like the center of your universe. A simple example of this would be to express appreciation for what he does and yearning for longer and deeper connection in the future. You can always nurture that flame, each and every day.

When you aren't constantly putting out fires with the children - a little planning goes a long way. Plan into your schedule, daily bonding time with him. I remember growing up, my parents spent 30-45 minutes having tea together every night and we were not allowed in! Yes, sometimes their tea was shortened or canceled due to a screeching baby... but generally speaking, they made a point of doing it every day and they're still at it!

Tending to the needs of dependent children, need not interfere with prioritizing your husband.

But my husband is a grown adult who can care for himself!

Yes. He certainly is. I'm sure he took care of himself just fine, before he met you. He didn't marry you because he **needs** you, he married you because he **wants** you.

As explained earlier, the marriage bond will disintegrate if left unattended. You may have a thousand reasons and justifications for why you shouldn't have to treat him as your number one priority, but if you want a successful marriage - this is what you need to do.

But I don't want to turn him into a narcissist.

Don't worry about that. The world will give him plenty of beatdowns and lessons in humility. Your job is to be his biggest fan, his support team, his cheerleader, his safe space.

But it feels weird.

Yes. I understand that. I felt that way too. As mentioned in the previous post, my marriage was unraveling because I was acting based on all the justifications, including the fact that it felt weird. This is part of the toxicity of the current zeitgeist...

My grandmother showed me the way on this. I have come to appreciate that the way she treated my grandfather, wasn't merely an antiquated way from the olden days.

No! She was actively nurturing her marriage, every single day! As soon as I started acting more like her, my marriage too, began to blossom and bloom, just like hers. And you know what - the resulting benefits, melted away the awkward feelings!

In conclusion, treating your husband as the center of your universe, is about continuously nurturing the fragile bond that is marriage. Children present challenges to navigate, to keep this flame alive. Children should not be an excuse to get lazy and allow your marriage to disintegrate.

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UPVOTES

Some advice for the teen-aged girls who read here.

stevierose789 · 2 May 2019 · Archived copy · Reddit

A word from the wise: Don't be in such a hurry to grow up.

I know you just rolled your eyes.

Did you know that teenage years, the time when a child grows into adulthood has only been recognized in the last hundred or so years? Do you realize that there are many kids who can't be a teenager because of war, or poverty, or cultural expectations, and so forth? Did you know that there is a growing faction of men who want to take this time away from you and marry you off before you reach 20 years?

Have I got your attention?

I really would rather that you didn't read here, because most of the advice does not apply to you, but since you are here, I would like to point out some of the advice that does pertain to you and put it in terms that relates to your circumstances.

Don't ride the cock carousel.

This advice is mostly directed toward women who make the conscious choice to sleep around. I would hope that most of you have not gone down this highway. If you have, take the first exit you can. That being said, it is also unrealistic in most cases to recommend remaining a virgin until marriage. Virginity is not an attribute when you are in your late 20's unless it is due to ones faith.

So what is the balance? The balance is having a set of standards for yourself and only allowing a boy who meets those standards into your bed. It also means that every boy you sleep with should have enough of an impact on you that you will be able to remember him years later. One night stands will do nothing for you except make you feel used.

I know this either seems like a lofty or too simple attitude, but it really boils down to some pretty grounded advice. The RP advocates that a man's attractiveness is behavioral. If this is true, then you must be on the top of your game when you are around young men so that you can really look at their behavior and learn. Now keep in mind that I am talking about young men who are your age. Older men add other factors into the mix and I don't recommend trying it.

When I talk about being on top of your game I am talking about keeping a clear head in terms of alcohol and drugs. Get a buzz on with your girlfriends. Do not go out and party in social situations until you know how much you can handle and still keep your wits about you.

Do not put yourself into situations with any boy you do not trust who will pressure you into having sex when you aren't ready or just don't want to. Let's talk about the concept of **last minute resistance** that is standard RP subject matter in how to get a girl into bed. It can be intense and I know because I caved to it once a long time ago, long before the red pill gave advice on this. Some men just won't give up and I met my match. From being lectured on the agony of not finding release, to being called a dick tease, to being called frigid (look it up), and then threatened that he would tell all his friends horrible things about me, all the while refusing to take me home. I finally capitulated to have truly unmemorable sex except for the fact that I was so humiliated and I felt like complete shit afterwards. This was not rape. I conceded. I could have held my ground and I don't think he would have forced me. I made the mistake of being alone with him in a situation that I was not equipped to handle.

Dress in a feminine manner that is appropriate for your age.

If most of the girls around you are in sneakers and jeans, you are going to look ridiculous if you are dressed like a 30 year old headed to the club. Sure you can wear feminine tops, skirts, and dresses. Just be sure you can move freely and act naturally in them without worrying about showing the world your ass or more cleavage than you

intended. Leave a little for the imagination. Also, when it comes to make-up, think less is more. You want men to think of you as a natural beauty. Piling on the make-up and wearing clothes that are too sexual for your age makes you look cheap and also gives older the men the excuse to approach you, stating that you don't look like an underage woman.

Enjoy being a girl.

There are occasional posts here teaching women how to be childlike and fun. This is your area of expertise. Use it. Have fun, be silly and don't try to skip over this part of your life. You have a long time to be a RP woman. For now enjoy being a red pill girl.

I hope you will take my advice. I was a high school teacher until recently, and I also raised a daughter who is happily married with two children.

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UPVOTES

To the younger girls in this sub: Some things I wish I knew when I was younger

POWERPLANTHOMER · 4 May 2021 · Archived copy · Reddit

Society today is becoming increasingly hypersexualized and tries its best to tell you confusing messages that sexualizing yourself is empowerment, yet sexualization is bad. Advocacy posts that normalize online sex work, pornography, and self-sexualization and self-objectification are abound.

When you're a teenager or young adult trying to figure out your identity, willing to please and looking to fit in, this can be incredibly dangerous. So many young girls today are posting intentionally provocative photos and videos of themselves in hopes of gaining more followers and likes, and therefore giving them the "good feels" and building up their self-esteem that can be easily shaken, and a false sense of identity.

It can be tempting to start doing the same.

What they forget is that every girl has physical sexual assets. Every girl has boobs and butt. Every girl can take provocative photos of themselves and gain attention (from men and women alike) if they want to. There is nothing special about doing so. So many girls today believe that showing off their physical assets makes them special and the next in thing, but they are just like everyone else who are doing the same thing.

They also forget that the same people who give them the attention also give hundreds of other girls who are doing the same thing, the same attention.

I won't even mention the dangers of posting provocative content on the internet — in short, photos that go online, stay online, and people *will* screenshot, repost, reblog, sometimes with your full name, and they will remember you for it.

You are not building your self-identity by displaying yourself in a highly sexualized manner. You are not building up your self-esteem in a healthy manner that can withstand tests and time. And if you're trying to get into a relationship, you're making it more difficult for yourself because you won't be attracting the right kind of men — men who fall for your personality, instead of only your body.

Instead, focus on building your self-esteem and identity in a healthy manner. Work on your personality flaws, find something you're good at and work really hard at it, find your hobbies, build good habits that last for life. It'll serve you much better in the long run.

Just something that came to me as a shower thought but probably can't be posted elsewhere without being shot down for "slut-shaming" or "puritanism". Bonus video: [The lie of female empowerment](#) by Sydney Watson.

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UPVOTES

Men commit only when they're ready. Doesn't matter how great you are.

kroshkamoya · 18 April 2024 · Archived copy · Reddit

I saw this clip on Instagram and I think it's 100% true. It was basically saying that it doesn't matter if you're beautiful, hard working, traditional, great cook, educated, etc etc etc....none of that matters if he's not ready to commit.

A man can stay with one woman who's a 10/10 for years and won't commit. They'll break up. And he'll marry a woman 5/10 only because he's at that point in time when he's ready to commit, and he will commit to whomever shows up at the right time and right place.

So ladies, before you date a man.....find out the stage in his life that he's at.

Thoughts?

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UPVOTES

They lied to me.

TheTwincessMaker · 12 November 2021 · Archived copy · Reddit

In December of 2018, my husband and I decided to stop preventing pregnancy. By June of 2019, we were trying in earnest. By September, I was tearfully asking him to get his semen tested. By February of 2020, we knew IVF was our only hope for children. Luckily for us, despite the pandemic, we were pregnant by the end of 2020 and I gave birth to two healthy girls in June.

A librarian, I always planned to work full time when I had children, following in the footsteps of my mother and her mother and my dad's mother. My husband knew this from the beginning and we planned our life around this model. We thrived with two incomes and bought a home just 10 minutes from both of our workplaces. We took out credit cards and cashed in some investments to pay for our \$30,000 worth of babies, knowing that, together, we'd make six figures and could afford to pay it off. Throughout my pregnancy, this was our plan. Even after I nearly died giving birth, we never discussed an alternative. I would stay home during my recovery and then I would go back, putting our girls in a nearby church daycare. I'd get to be the career woman *and* the mom. It's perfect, exactly as I've always hoped... *and it sucks.*

For six weeks now, my husband and I have been waking at 6:00 a.m. to feed our girls, before getting them ready for daycare and ourselves ready for work. We leave the house by 7:30 and drop them off at 7:45, together. We each go home for lunch, where we do chores that we don't want to do later, then finish the day at 5:00, when we head to the daycare. We get home at about 5:30 and try to balance daily tasks with enjoying our girls while they're awake. By 6:00, they're asleep and we can make dinner and eat before they have their final bottle at 8:00 and we put them down. We'd like to feed them earlier, but they'd go to bed that much earlier and we'd miss more of the cumulative hour or so we get with them. After we put them down, we do household chores and watch a show before bed. This is every night, until the weekend, when we have to run any and all errands, because we don't want to miss out on time with our babies during the week. Instead of enjoying them at home, we drag them around while we shop for groceries and get the oil changed and return packages and store purchases. Then we share them with family or friends, if there's some get together, before returning home to put them to bed.

All my life, I pictured having a career I cared about, where I worked full time, and then coming home to my family. I went to college and then grad school. I worked two jobs while carving my professional path. I got a job I loved with understanding managers and made good money. I had as close to zero commute as possible and a clean, safe, nearby daycare minutes away. It was the American dream and it was a lie. I have never considered myself a feminist, but I still thought I could do this. This is the model *most* people follow. Of course we would, too.

Six weeks. I made it six weeks before handing in my notice to leave my "dream job," the job I can't seem to build any enthusiasm for anymore. Everyone keeps telling me that it gets better, but when I ask how much time they get with their children at night, they almost always answer less than an hour. After two back-to-back rounds of Pandemic IVF, an emergency C-section due to extensive pneumonia and pregnancy-induced heart complications that impact .00001% of women, three blood transfusions, four days in the ICU and three more in labor and delivery... I get an hour with my girls each night. I have a cardiologist now and \$9,000 in hospital bills, but I have *an hour* with my babies.

Leaving my job has been one of the most difficult decisions I've ever had to make. I worked so hard for this. I *dreamt* of this. I *loved* what I do. I remember loving it... but I can't do it anymore. I keep thinking I'm weak, that other women do this all the time... but then I talk to them and realize that it doesn't get better. They just get used to it and those aren't the same thing. While I'd love to do the same job half time or part time, when the right opportunity comes along, full time employment is just an impossibility for me and will be for a very long while. I'm fortunate that my husband and I are in a situation where I can leave, but I'm so disappointed in myself and I feel so disillusioned. I'm a pretty traditional woman. I thought I *knew* that we couldn't have it all. I never considered this average suburban setup to *be* having it all, but here I am. It was all a lie.

So, to all the young women out there, forging your path, keep in mind that, no matter how much money you can make, you can't make more *time*. I may return to my library system half time, so I can still get the chores done and the errands run. I may homeschool and pursue a new dream in twenty years. I can always have a career, but I can only be with my girls while they're small once. I thought it was a cliché, but it's true.

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UPVOTES

Rant: I'm so tired of the glorification of hot mess mom life

roygbiv103188 · 28 March 2022 · Archived copy · Reddit

Hello ladies, long time lurker and first time poster here. I'm 33, a quasi stay at home mom of a 3y.o and 18m.o (quasi in that I took 2 years mat leave as my job allows, I will be returning to work in Sept). Needless to say, my home can be a wild place sometimes with 2 very active toddlers running around. My life is far from perfect, I am far from perfect, and my kids are not perfectly behaved robots at all times. I've found that being a mom can be very difficult and exhausting at times, many times by surprise. It is truly the most humbling experience I've had to date and I know the humbling has only just begun. My general mantra is to do my best while also giving myself grace/realistic expectations and taking each day one at a time.

But I refuse to participate in the hot mess mom thing. By "hot mess mom thing" I'm talking about:

- celebrating that one is almost always apathetic towards and/or annoyed by their children who they brought into the world while also mocking women who seem to genuinely enjoy being a mom
- using "I haven't showered/put on makeup/followed a skincare routine/painted my nails/shaved in 2827722 weeks" as a flex while also emphasizing that moms who do this stuff must be self obsessed narcissists (most overused term nowadays imo)
- living in a chaotic, dirty home with piles of stuff everywhere while also criticizing the f out of a mom with even a semi-clean, semi-organized home because surely she must spend all her time cleaning and yelling at kids to pick up after themselves!
- serving one's kids a stream of nonstop processed foods while also poo pooing a mom who likes cooking and baking and does so often
- shitting all over the husband, calling him an inadequate idiot while also insinuating that a woman who has a loving, happy marriage with the father or her children must be a total scam (note: I know that not all men are stellar fathers and/or husbands, and I am not referring to situations in which the father is a genuinely bad person, rather situations in which the loving, good natured father is blamed and chastised for the most menial errors)

So, in a nutshell, its basically the notion of being a half assed, low effort parent who hates on women who are moms and have their ish together. Nope. Not doing that. Not now, not even. Yet SOOOOOOO MANY women I know who have kids have fallen for it and subscribe to this weird ideology. For me personally, I've been overtly mocked for all of the above by family members (who are around my age and have kids) plus other stuff, like putting a nice outfit on my kids for holidays, cleaning their faces after a messy meal (I'm being serious), and wearing decent (although not flashy, more like Gap, LL Bean, and Amazon) clothes.

What's more, I've noticed a vast majority of said women tend to act as if they're martyrs for having kids, like they're SoOooOOooo limited, so tired, so over it because of a choice they chose for themselves and well, they just can't be bothered to put in even 50% effort anymore. Like, uh, hello? Your kids did not ask to be brought here. Yes, being a parent is a LOT OF WORK. Tons. And tons. And even more tons. But... isn't that obvious? You are literally raising a child from newborn state to be an actual person, with morals, thoughts, interests, responsibilities, etc.

This rant isn't directed at anyone who has had lots of hard days as a parent, resulting in staying in the same sweats for 3 days, unlimited screen time, multiple take out meals, and getting irrationally pissed at your husband. I believe all of those things are normal once in a while and especially in certain times of life. I myself have battled PPA, have had very rough patches with my husband, struggled to lose weight or accomplish a single 2 minute task in my house. It happens to all of us. But it seems that its become a normal, celebrated way of life and moms who are trying their damndest and being criticized as if they're not "down to earth" or are toxic.

Does..... does anyone else feel this way? I have kept this to myself for a while because I realize this could be a potentially very unpopular opinion amongst my peers, but seriously, wtf?

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UPVOTES

The Consequences of Pornography

kittxxn · 12 December 2019 · Archived copy · Reddit

Obligatory caveat: you are free to live as you see fit and choose your own standards for who you wish to spend your life with. I am not telling anyone what to do in their own bedroom.

But we need to talk – seriously – about the yet unknown breadth of consequence of the modern day pornography industry to society, our men, our children. The recent thread on whether porn makes a man low value merely scratched the surface of a deep and fundamental question on modern gender relations and the near dystopian impending reality.

Children have been exposed to porn at increasing quality and accessibility at younger and younger ages, some studies say at an average age of 11, while others even claim it may be as young as 8. The claim of “just be a good parent, supervise children’s screen time, set up parental restrictions” is unbelievably short sighted and solutions are far from being viable. There is a reason alcohol and drug use is age restricted. During these incredibly sensitive years of brain development, dopamine saturation has long lasting and irreversible consequences on a child’s ability to grow and develop healthy behaviors, leads to long lasting addiction proclivity, and porn specifically at young ages shapes the way children view sexuality.

Porn is everywhere. Kids are on Instagram, Reddit, Twitter, YouTube, and have unmatched access to internet and screens in private, and restrictions in your home can’t compete with the kids across the street. Porn or soft porn has saturated these markets, and if you think that won’t have a lasting impact on our kids and future men and women, you are naïve. And the snowball will continue to grow as technology moves towards more advanced VR media and masturbation technology.

Anything that gives us dopamine hits is addictive. Unhealthy foods packed with fat and sugar, nicotine, alcohol, and other drugs are universally accepted as addictive and unhealthy, even if you partake in these vices only occasionally. I get it, YOU might be able to watch porn occasionally and without detriment to your relationship or lifestyle, but we are vastly underestimating the prevalence of this addiction and the consequences. We can’t analyze the long term effects of a vice that is *universal* because there is no control group. What percent of men do you believe have *never* watched porn? Less than one percent?

I am not so insecure to believe my man does not look at attractive women. I understand testosterone and I understand men, and men have been looking at women for millennia. But as a community striving to understand gender relations between men and women in the modern age, RPW must take this conversation seriously and must understand the difference between masculine sexuality and widespread pornography addiction. When will we accept this as a crisis and understand there our boys and fathers and brothers and partners need help and need society to treat this problem with the seriousness of any other addiction? Yes, you may believe *your* marriage is fine, *your* partner is fine, but what about the devastating consequences to millions of others? What about your children? What about the societal impacts on marriage and community?

There is a new group of young men who have realized how much better their lives become when not watching porn, finding more focus, drive, confidence, and color in the day to day. They have helped many men overcome this addiction and advocate for it adamantly. I believe in their movement, it has drastically improved countless lives and relationships, including my own partner before we met. I hope we can find a sensible solution as a society, and I encourage all of you to consider your unexamined assumptions and apathy towards the effects of porn on our culture, and bring compassion and light towards many around you who might be suffering silently, to consider how we might raise this next generation with a whole new set of challenges. I hope you all are having a beautiful Wednesday.

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UPVOTES

A Good Relationship Is Built In The Bedroom

Shaela90 · 13 August 2017 · Archived copy · Reddit

...just as abs are built in the kitchen. One of my core beliefs is that a good sex life will elevate the quality of a relationship and more often than not, it is the glue that keeps two people together when times get rough.

Disclaimer: I have a somewhat high N count, I've mostly seen and done it all. Am I ashamed of it? No, as I always approached sex with curiosity and carefully selected my partners. Would I advise a potential daughter to act the same way? Also no, although I believe some experience can go a long way. Hence, the point of this post. A smart person learns lessons from other people's experience, doesn't necessarily jump head in to make their own mistakes. I'm not trying to reinvent the wheel here, but to challenge each of us to step it up a notch between the sheets.

As we all know, sex is VERY important to men. It could be argued that sex is what draws men to women in the first place. Sure, a family, a 'partner-in-crime', a nice meal, maybe even children are nice prospects to the majority of men, but I've yet to see a truly happy guy who doesn't get quality sex from his wife. **It's amazing just how many 'relationship issues' could be resolved in the bedroom.**

I also believe there's a huge difference between 'sex' and an amazing, hot, steamy session in the bedroom (or any other place, really - but more on that later). Sure, to a man who's been starved for sex all his life, getting it once a week in the missionary position would be a pretty sweet deal, but it can get so much better than that, for you and for him.

A. First, start with YOU. Great sex is about GIVING, about **putting the other person's desires above your own** and you can't give if you feel drained yourself. For women, desire is a tricky business. We have to FEEL and perceive ourselves as sexy in order to really want it. Make it a mission to work out, take care of yourself, eat right and pamper yourself from time to time. Get acquainted with your body, spend a few minutes every day naked, looking in the mirror and start appreciating yourself. We all have physical qualities, find them and start loving yourself.

Your body is a temple, treat it with love and care and you'll see the wonders it can do. Have light meals, never eat until you're full and start liking salads and healthy smoothies. Pay attention to your weight and fitness level, we all have 24 hours in a day, it's not at all difficult to work out at least 30 minutes each day. Make it two sessions 15 minutes each if you have to, but just do it. Working out also slightly increases your testosterone level, which, you guessed it, makes you want more sex. Find a hair removal routine that works for you and keep yourself trimmed at all times. Take care of your skin, hair, nails. **A woman can be sexy well into her 50s, never ever give up on yourself.** You only have one shot at life, make it as good as possible. Now.

Last but not least, **learn to please yourself.** Touch yourself, let your imagination run wild and notice what you respond best to. Learn to give yourself orgasms so that you can guide your man to better please you. A man who loves you will get greater pleasure in seeing you enjoy sex with him than in his own orgasm. This is one sure way to make him feel like a man, like THE man. Sex is your realm and one of your biggest assets, use it wisely.

B. HIM. Again, **men LOVE good sex.** The thought of getting a good romp later during the day could very well be the main reason they get up every morning and go conquer the world (no matter how big or small their world is). They work out, learn game, acquire wealth, provide resources just to get the best sex they can. This alone speaks volumes.

The only men I met that claimed they were not really into it, were those who never actually got to enjoy good sex. Once they did, they were ready to give their all and much more to the woman who knew how to make them feel good in the bedroom.

The thought of a lifetime of steady sex with his sexy girlfriend is what makes a man want to commit further and take a shot at marriage. When you look at it this way, I cannot fathom why on earth would a woman let herself go and reject the husband of HER choice. Sexual rejection stings horribly for men and transforms them

into doormats and chumps, who feel inadequate and failing at life. Guess where will that take them? Yup, getting fat, depressed and withdrawn. It is my belief that a woman can easily bring her husband up and encourage him just by providing him with good sex. It's also true that she can easily tear him down by constant rejection.

C. The Relationship. Ok, you've dated and vetted and found a guy who gives you the tingles and is also a good prospect. It's time to take your relationship to the physical realm and you're both nervous and eager. After all why wouldn't you be? You like this man and want to make it work. **Knowing the importance men place on sex, you may tend to get all worked up over making it a pleasant experience for both of you.**

Some men are experienced and dominant. They really know what buttons to push and make you lose it and submit to them. Should he also be looking for a serious relationship (which you already know, via good vetting), this is the ideal case. Let him lead, do not be afraid to show him you want him and let him woo you.

The majority didn't get the chance to actually enjoy good sex with a woman. Maybe they're young. Maybe they're inexperienced. Maybe their ex was a shrew, a bitchy self-proclaimed nympho who was way too centered on her own pleasure. It's with these men you really need to be careful and this is where knowing and loving yourself really proves crucial. Usually, if you let one of these guys lead, the first time won't be a very sexy experience and it might get him to close off and you'll have a much difficult time helping him open up later on. Maybe he finishes too soon. Maybe he doesn't know what to do, he's too aggressive or too timid. **Again, show him you want him and COMING FROM A PLACE OF SUBMISSION, take the lead.** Caress him, guide him as to where you like to be touched, get down on your knees and blow him, then gently whisper in his ear you're ready for him. **Don't get your hopes up for the first time, getting to a point where sex is really good, for you and for him, takes time and dedication.** Don't show him everything you know in one go. Surprise him, but don't pull all your cards at once. Let his mind wander on which other thoughts of ways to please him go through that pretty head of yours.

Ffw, some time has passed, you know each other and your relationship has progressed. **Now it's the time to get really freaky.** Don't be afraid to pose for your man. Send him sexy nudes when he's away. Go buy some new lingerie just to show it off. Try out clothes in front of him, dress up, even if it's just for a chill evening at home. **Get out those sexy heels he likes, make the house your catwalk and I guarantee he'll snap out of whatever he may be doing.** You think he's watching too much TV in the evenings while you slave away cleaning up the house? Forget about cleaning the kitchen, put a V-neck sweater or some short shorts and go dust the living room table or the shelves. He'll drop the remote like it's going out of style and start eyeing you like crazy.

Play with him. Don't be afraid to (gently) moan during sex, tell him you find him sexy, when you think he looks good in that shirt or when he's changing the tire. Forget about all your insecurities and really, TRULY, love your man from head to toe. Master your BJ skills, train your gag reflex so you can surprise him with a deep-throat session. Be open to anal, you might even get to enjoy it yourself. Talk about what you'd like and ENCOURAGE him to speak about his fantasies. **Never belittle him, never show yourself disappointed. You both have a lifetime together to learn mutual pleasure.** Give all of yourself to him, be his sexual slave, listen to him. Throw all of your insecurities out the window, this man chose you for YOU, the bedroom is not the place to be insecure. Casually walk around the house naked when he's busy doing his own thing and enjoy feeling his gaze following you. Don't be afraid to have sex everywhere in the house or in the car. Take him out for a night of stargazing to a remote place and blow him while he's watching the night sky.

Get accustomed to his semen. It's just a body fluid. Swallow, let him come anywhere on your body, show him you love every tiny bit of him. After all what's the worst that could happen? It stings when it gets into your eyes but so do countless pesky little flies throughout your life. If you find he tastes too bitter and it makes you sick, tell him that, advise him to hydrate properly, drink less beer (as beer usually makes semen very bitter) and instead, incorporate more pineapple into his diet. He'll be more than happy to oblige and you've also successfully saved him from some useless carbs and made his diet healthier.

Please notice I never mentioned anything about you asking or demanding stuff from him. Talk about what you like but NEVER demand. Maybe he'll like going down on you, maybe he won't. If he doesn't and you really

really want it badly, then ask yourself if this is something you can compromise on. **Focus on GIVING him the best sex of his life and he'll reciprocate.**

Always try something new, flirt with him, **even after 20 years together, you have a duty to be desirable to your husband.** In turn, he'll also keep desirable for you. No man will let himself go knowing he won't be able to have all that amazing sex anymore. **He will think long and hard and you'll have to really screw up to get him to leave you, when his sexual needs are met in a way that makes him think none of his friends get the quality sex he does.** Tell him how turned on by him you are and enjoy the thought that he gets hard the next day at work just by thinking about what you did to him last night. Encourage him to talk about this too then connect through sharing a moment like this when you're out to dinner with friends and he can't get up as his erection is showing. Create sexual memories together regarding places. While we're at it, sometime when you're out, dressed all classy, like the good girl you appear to be, get up, go to the bathroom, get off your panties, come back and place them in the palm of his hand. He'll go crazy with desire and you will have created a good memory together.

In closing, while you enjoy a stellar sex life which makes you act and feel younger and the thought that your man gets hard by just thinking of you, you'll also notice he's much more willing to do his share of the household chores, listen to you when you've had a bad day and be overall, much more connected to your needs and desires as a woman.

Never close the door on your partner's desires, but strive to open up as many windows as possible, until you can peek into his innermost persona and he into yours.

LATER EDIT: **Not being in the mood is NOT an excuse to reject your man.** Sometimes however, there'll be days when all hell breaks loose and you can't wait for them to be over so sex might very well be the last thing on your mind. Even then, if you see your partner is in the mood, try to reciprocate as best you can. **Still, sometimes our bodies just don't feel it, even to the point that penetration is very difficult, if not impossible. In those cases a gentle delay and waking him up with an enthusiastic BJ the next morning is a much better alternative than just lying there, waiting for it to be over.** However, this should be an emergency situation, not a weekly occurrence. For example, there was this only one time this year I rejected my boyfriend. It was a particularly long day at work, also had to juggle 3 different job interviews all throughout town carrying a laptop in my backpack in a dreadful humid heat and on top of that, it was also the first day of my period. When I got home, I just wanted it all to be over, but my bf wanted some attention. Feeling horribly ashamed, I gently declined, but made sure to be extra sweet and attentive to his desires for the next week. **Don't force yourself to do something your body tells you not to, you'll only start building resentment.** Also, our bodies tend to have a certain sensorial memory, if sex hurt badly last time you did it, next time you'll notice you have trouble getting wet and relax. But don't make this a habit, this should really be just a very, very RARE exception to your eagerness to please your man.

L.E2: It just stuck me that I've never said anything about size & duration. These are sensible topics, tread carefully.

If your guy is well endowed, he probably knows it. Never skip the chance to tell him how good it feels. The reverse of this is, if he's on the rather small side, don't lie. Find other things to compliment him about, like his technique, his abs and all that. How would you feel if someone told you you've got a beautiful nose when you know you objectively don't? Yeah, lied to your face, maybe like he's trying to gain something from you. Don't do this to your man, it would be a huge faux-pas. Also, a smaller penis might actually work better in the long term too. I'm a small woman and the thought of getting stretched at least once daily for years doesn't really sound like the perfect scenario. Rather, his 'tool' should 'fit' and that usually can be seen in how well you 'fit' physically as a couple. My encounters with tall men have all turned painful after a while. Also, for the curious out there, if you want to get an approximation of his size & girth down there, look at hands and especially his fingers. I've found they are very telling.

How long he lasts in bed is also a hot-topic. Some guys really last for hours or might even have trouble finishing but that also tends to get a painful really fast. Most guys however, don't. Never make him feel bad for this. You can get

your orgasm next time, or, learn to get there faster. Rather, take it as a compliment and feel proud. How long he lasts can be improved in time, with patience. Also, the more diverse, steamy, regular sex a guy has, the easier it is for him to last longer.

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UPVOTES

Thank you for making me feel like femininity is normal.

PettyPuritan · 25 June 2020 · Archived copy · Reddit

I know there have been quite a few posts about this, but I wanted to share my story. I have been hyper feminine my entire life, but always felt ashamed of my femininity. Growing up, both my parents were engineers (how cool is it to have a mom as an engineer though??) and my sister was a tomboy for as long as I could remember. I come from a relatively conservative Asian family that views femininity as hypersexualization. For example, none of my aunts were allowed to have long hair and they were all married before they could date. I always felt this weird animosity about my femininity - I could tell they wanted to be feminine but they couldn't express it. They were kind of in awe by my femininity but I was relentlessly gossiped about (they predicted I was the highest risk of becoming a pregnant teenager).

Aside from my upbringing, my friends were mainly staunch feminists, even when I joined a sorority in college. I was still probably the most hyper feminine one in my sorority. Most girls dismissed feminine colors and girly stuff as a way for men to infantilize women. I totally believed that so I tried to dress more grungy in black...well that didn't work at all!!!!!!

Fast forward to work...I'm four years into my career and I get a new job. This girl at work is a super try hard type of girl that tries to be one of the boys (even says she wishes she was born a boy but don't worry she has no trans inclinations; she's just an attention seeker). She tells people she looks like a little boy but she's actually a closeted hyper feminine too (I can totally tell) but is super ashamed. She starts shaming me for being girly. Constantly telling me "I wish I could be girly like you bc boys like that but I just couldn't." Making comments about how I dress ("wow you look so girly today." In a disgusted tone). Ridiculing me for having really girly items and decorating my desk with pics and plants (nothing fancy).

Finding this sub literally flipped a switch in my brain. I finally felt like it was OKAY to be feminine. It sounds really weird because I tried to talk to one of my friends about this who I thought had the same feelings but she kinda gave me a o_O response. I don't know if I'm victimizing myself. Regardless, I've embraced that I LOVE pastels, I want a strong man, I love poodles, I want to look attractive, I want to be a poised, womanly person, etc. I'm SO TIRED of putting on a feminist display (although I do believe women should be respected and have equal rights, but gender roles are not a bad thing as long as they're not assumed!!!) and I'm tired of muting the color palette in my wardrobe so I appear "cool" and "boyish" or gender neutral.

My boyfriend has actually really supported me buying more girly stuff and being more girly in general, so I owe partial thanks to him.

It just feels so refreshing to be in a community where being feminine and possessing feminine qualities (like taking care of yourself and practicing restraint and high standards) is a GOOD THING!

Thank you for making me feel more comfortable in my own skin.

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UPVOTES

Guys like that I work in childcare. It's about time I start embracing that.

princessnanny · 17 September 2020 · Archived copy · Reddit

I recently broke up with my boyfriend for many different reasons and I'm finally back in the dating world at 24.

I've been working in childcare since I started babysitting at 12. At 24 I continue to babysit whenever I get the chance, worked in daycares, and I'm currently employed as a nanny. I love it and I've always loved it.

Yet for the longest time it has been a part of my life I haven't been proud of. And I think feminism had something to do with it. I refused to embrace the maternal part of myself (despite living it daily) for a lie. I'm not a career oriented girl who wants to be the CEO of company. I don't want to managed dozens of employees every day. I have zero interest in trying to climb the corporate ladder.

You know what I love? Coming into work and the girl I nanny jumps in my arms and tells me she loves me. Or feeding the sweet little baby in my lap a bottle of milk before putting her down for a nap. I even enjoy the "bad" parts like changing diapers. Chasing a toddler around the house trying to put a fresh diaper on them while attacking them with the tickle monster, listening to the giggles is the highlight of my day.

So recently instead of hiding that part of my life when I'm dating I've been embracing it. Yep I'm a nanny. Yep I take care of babies all day. Yep I can change a diaper with my eyes closed. Crying baby? Yea I'll have them giggling in seconds.

And you know what I found out? Guys love that. Not in a creepy way. In a genuine way. They ask questions I can answer. I get to talk about things I love. We joke about future kids. It's something I should've done a while ago.

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UPVOTES

“You know how to make a man feel loved”

misionariaprotectiva · 21 October 2018 · Archived copy · Reddit

Two victories:

1. My guy had a super stressful week at work, so Friday he just wanted to come home and relax. I greeted him at the door with mozzarella sticks and Diet Coke and he says, “You know how to make a man feel loved”. Which was pretty high praise for just some cheese.
2. I got engaged!!!! Today!!!! Thank you guys for the sound body of advice for the entire journey thus far: nun-mode/losing 90 lbs, dating/vetting guys, and my LTR!!

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UPVOTES

Making my husband's lunch

Theflowerswillbloom · 16 June 2019 · Archived copy · Reddit

Over this past few months, I began making my husband's lunch to take to work each day. Before, I often did it, but not every day like I am now. And honestly, I had no idea how much something so simple would mean to him.

As a SAHM I do everything around the house (cooking, cleaning etc.), that I would have never imagined a job that takes me five minutes would make my husband so happy. I don't do anything too complicated - leftovers or a nice sandwich and fruit, and usually some homemade cake or a cookie baked with our toddler.

But it really is something that he's so thankful for. Apparently his work mates always think he has the best lunches and he likes telling them I made it for him. It's also a nice little reminder of me when he works long, hard shifts.

Is there anything so simple you do for your captain that he just loves and looks forward to?

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UPVOTES

Trying to not feel ashamed by wanting to be a housewife.

LoveWitchXo · 9 June 2022 · Archived copy · Reddit

We all know our society looks down at women who want a loving marriage and want to be housewives and SAHM.

I am currently a student in college and my boyfriend has graduated and works as an engineer. By the time I graduate he wants to make sure he owns a home and is engaged to me so I can stay home. I want to be a writer and I focus on writing my books and taking care of the home. Im studying english and creative writing and it would be a dream to write whenever I want while at home

I am tired of seeing women being shamed for wanting this life. I'm also worried my parents will be disappointed in me for going to school for nothing. All I want in life is to be a housewife and have a happy marriage and babies, why is this so frowned upon..

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UPVOTES

He proposed and I said YES!

HunnyCitrus · 2 January 2020 · Archived copy · Reddit

RPW I'm over the moon!!

It wasn't at midnight, but yesterday he took me to the beach for a sunset walk and after a sweet speech about his dreams for us for the future, he got down on one knee. Before we finished our walk I was still all nerves and my insecurities got the best of me so I asked if he was completely sure about this and he stopped and said "I'd be crazy to let you go." He's even taking the initiative on the venue, date and honeymoon already! He really is my Captain! I still can't believe it...

I am so, so grateful for this sub and all of you ladies! I used to have a very SJW mindset that made me come off jaded and bitter and honestly I was. Accepting RP values and letting my feminine instinct take over has improved my life for the better and there is nothing more rewarding than submitting and being adored for it! He's everything I ever could have dreamed of in a man and I can't wait to smother him in my devotion!

Thank you for the gold kind stranger! :D

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UPVOTES

Why have a hairstyle your husband hates?

digitallamas · 9 December 2019 · Archived copy · Reddit

I went in to get a haircut the other day. My hair was down to my rear end, and I had it cut to just below my shoulders. It's much healthier at this length and my husband loves it too. My stylist and I got to talking about why my hair was so long, and I mentioned that I had had it in a faux hawk several years ago and that I had been growing it out for more than 6 years. She asked if my husband had liked it that short and I said that he had. (He genuinely did. He has always had a thing for punk rock girls and he's told me when he doesn't like other hairstyles.) She said that most men didn't like it that short, but that a lot of women get it cut short to spite their husband. I said that I would never get a hairstyle that my husband didn't like. She said that if her husband told her he didn't like a hairstyle, she'd immediately get it "just to make sure he still loves me for me."

I can't stand that attitude. My husband would never get a tattoo or start wearing basketball shorts in public because he knows I don't like how those look. I respect my husband and his opinions enough to not wear my hair how he hates it. Why be contrary? I hate that mindset.

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UPVOTES

Happy I got married at 20 and didn't get peer pressured into hook-up culture

SnooOranges9475 · 15 June 2022 · Archived copy · Reddit

Happy I got married at 20 and didn't get peer pressured into hook-up culture

I didn't know what redpill was at 19 when we met in college freshmen year.

Many friends didn't understand why I was getting married so young. But I knew what I wanted and when I met my husband I knew he was the best match and how hard it would be to find another partner I found attractive and intelligent.

I feel like I dodged a major bullet had I let my friends/environment influence me.

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UPVOTES

Nobody Ever Told Me...

rockstarberst · 16 August 2018 · Archived copy · Reddit

I had taken the blue pill without even realizing I swallowed it.

10 years ago, I was a raging, hippie liberal feminist. Fresh out of my college indoctrination, angry at George Bush, and fighting battles with anyone who was to the right of me, I rode on a bus with other angry college kids to protest drilling in ANWAR, and I was knee deep into the CODEPINK culture.

I look back now, and I laugh. I loved that girl -- her fiery passion, her fearlessness, her desire to change the world... but MY GOD did she have it all wrong.

Thankfully, God, the Universe, a higher power of sorts, had a different plan for my life. When I turned 23, I met a guy -- a raging conservative -- who took each and every one of my world views and shredded them. He challenged all of my arguments and annihilated them. At first, I was lost, angry, and super confused. But as I began to learn more, read more, and understand more, I learned to appreciate this young man's frame of mind. I willingly swallowed the red pill, at least from a political perspective.

We dated for 2.5 years, but I still didn't know what I wanted in a partner. We split up, but 8 years later, I'm still friends with this man.

While normally we discuss politics, history, or religion, we began talking relationships a few months back. We had an interesting discussion.

So, here's a little back story on me. I'm a smart, independent woman -- I have a college degree, a good job, I own a rental property, I'm almost debt free. I have an insatiable thirst for knowledge, I (usually) take good care of my body and I cook & clean as well. I'm positive, and I'm outgoing -- I also went through a pretty nasty break-up 2 years ago, and have really just been working on getting myself back to "good".

I took a solid inventory of myself and what I offer in a relationship and realized the things that *I* want in a partner. In fact, I do most of them myself. I just figured, at some point, I'd find someone to mirror that... lead by example, right?

But nobody ever told me what a man would want from me. Actually, that's not entirely true.

You know who I got my advice from?

- Magazines (Cosmo, Seventeen, Redbook)
- Hollywood (TV, Movies... Super realistic, I know)
- My girlfriends (Not men...)

Never once did I sit down and ask a man what he truly thought would make a good girlfriend, partner or wife.

Now, when men do tell us what they want, feminists call them misogynistic and the media tells them that they're wrong. Imagine that -- a man, being told that what he chooses for himself, is wrong...

Anyway, back to our discussion. So, I asked my friend pointe blank -- what do men *actually* want in a relationship or a marriage.

He said, "Men are simple. We want a girl that lets us lead. This doesn't mean she's a doormat, but she doesn't try to take control of every situation. We want her to take care of her body. Ideally, she'd be younger, but there are some young girls that are flat out idiots (look at you when I met you, he said. Haha). There's good physical chemistry, she knows how to communicate and resolve conflicts. If she can make me feel good about who I am physically and mentally (and she can cook, he added) she's worth my time."

Interesting. We talked a little more. Basically, none of my accolades mattered to him (except the cooking part. Ha).

He said being debt free is a bonus, but he makes decent money, so some student debt was okay. He said major _____

credit card debt was a red flag. He said it was nice that I owned property, but so does he -- and he wouldn't live in a girl's place anyway. He said college degrees are nice, but not necessary. He said keep learning and keep working out. A sexy mind and a sexy body do wonders for women.

Then he asked me why I was trying to be a man.

I was taken aback by his question. He said, "All of the things you do, you are essentially your own provider. Where does that leave room for a man in your life?"

I had honestly never looked at it that way. I always thought that I'd find a good partner because I embodied things that I wanted in a partner -- but it turns out that I've actually become my own worst enemy because, well, he's right. I don't technically need a man, even though I'd really like one.

His words struck a chord -- and although my sample size is quite small (yes, a whopping 1) I think there's a lot of truth in what he said.

Here's what's interesting... I'm not the only woman who's living like this. The woman who, although she's feminine, has adopted a lot of "masculine" traits. Who believes and supports TRP philosophy, but is still living in a very BP world.

But nobody ever told me what men really want. Who knew you had to go to the source?!

I started taking his advice a few months ago and have been poring over TRP, RPWomen and other books, blogs and articles for answers.

Now that I know what my biggest obstacle is (myself) I can work on healthy ways to make a man feel needed and appreciated.

It's time we start adding men back into the conversation about their wants and needs, and not trying to dictate that for them. I'm glad that this group exists because it's providing much-needed insight to the male mind and how we, as women, can be better partners.

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UPVOTES

Anyone else notice that people (men and women) are nicer to you when you dress feminine?

[deleted] · 18 March 2021 · Archived copy · Reddit

[deleted]

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UPVOTES

A man's honesty is a gift

gyrogoddess · 19 July 2017 · Archived copy · Reddit

Hi everyone,

Today I want to talk about honesty. In this era of political correctness, being truly honest about how you feel and giving your opinions on topics that matter to you have been severely impeded because we're all afraid of offending someone. There is always *someone* who could take things the wrong way. Men *especially* need to keep their opinions to themselves.

Society has always catered to women's sensibilities (which feminists don't want to acknowledge), but now, more and more topics are becoming off limits. *If* a conversation does arise, blue pillers try to steer it in a way that aligns with the feminist agenda, and incorporate things like "misogyny," "victim blaming," "fat acceptance," you get the picture.

I gained 70+ lbs in 6 months from one of my medications (antipsychotic med). At 5'7, I used to be a healthy 145. I got up to 216 at my highest weight. This devastated me. Not only did I now have a pudgy stomach when previously it used to be flat and toned, my legs were like ham hocks, and I was covered in red, angry stretch marks. I looked in the mirror every morning and burst into tears. I felt so awful about myself that my hatred of my body combined with my self harm tendencies, and I tried to burn/cut off my fat. That's how bad it got.

That's just on the subject of how I felt about myself. As far as physical impediments go, I now get asthma and vertigo when I try to exercise. I went to my doctor and I did prediabetic screening, and was told I needed to watch my blood pressure. I can't do even a fraction of the things I used to do anymore.

I also noticed that men were looking at and approaching me less and less. It went from multiple times a day to zero within a few months. Maybe I'll get a smile here and there because I still have a pleasant face (no double chin, thank god), but still, the idea that my face is the only thing men want to look at is pretty depressing.

I would try to express how I felt to my friends and immediately be shut down. It's so funny, feminists complain all the time about others invalidating their experiences, but it's something they are guilty of doing **all the time**. My friends would tell me "You're not overweight! You're so beautiful! You don't need to change! You can be healthy at a bigger size! Men are stupid for not wanting to be with you! Don't listen to society's standards! Women don't need to look a certain way to be beautiful!"

...Yeah, I know. I know that they meant well, but all they did was invalidate my experience of being an overweight 21 year old woman who used to be healthy and attractive. They tried to convince me that there was nothing wrong when *everything* was wrong. I knew what they were saying wasn't true, but at the same time, I wanted *oh so badly* for someone to tell me I was okay. Guess what happened? None of the weight came off.

Enter the man I was dating recently. We met on a dating app (not Tinder, one that's actually meant for relationships). The one full-body picture I put on my profile was from two years ago. I told myself I uploaded it because it was a nice picture (me in a cute apron holding a pie I baked), but at least part of it was because I wasn't comfortable with anyone seeing what my body looked like now.

He messages me, we hit it off, so we make plans for a date. We meet up, things seem to be fine, until we sit down to eat dinner. He says, "you look a bit different than you did on your profile." I ask him what he meant. He says, "it looks like you've gained weight." I get a sinking feeling in my stomach, but I tell him the truth, that I have gained a lot of weight since that one picture. He says, "you're big, but you're pretty."

My mouth flew open. I had **never** had someone be so blunt with me about my weight before. (He is not American, and where he's from, it's completely okay to comment on a person's weight. I didn't know this at the time, though.)

Anyway, I burst into tears in the middle of the restaurant and started packing up my things to leave. He stopped me and was very apologetic. He said that he didn't mean to hurt me, and if I'm going to be completely honest with

myself, *did he say anything that wasn't true?*

He then sat me down and told me that he believed I had tremendous potential. He was willing to help me lose the weight. He told me he wants me to go to the gym every day, no excuses.

He is the only person who has motivated me to lose this weight, and has believed in my ability to do so. Everyone else just said that I was fine the way I was. He pushed me to improve, and he made me want to be the best version of myself. I had never met a man who has done that for me, until I met him.

I dragged my feet a bit at first, but I made up my mind that I would lose a significant amount of weight when I went on vacation.

I LOST 7 POUNDS IN TWO WEEKS! I didn't even feel like I was denying myself anything! I just cut down on carbs, loaded up on veggies, and got more active. Pretty simple, but man did it make a difference.

I told my friends about how this guy was motivating me to lose weight, and you know what they said? "Oh my god, he's an asshole, why would he ever say anything about your weight?! That's NOT okay. He should accept you for who you are." When I told them I lost 7 pounds, they were soooo happy for me, but of course, they didn't give him any credit for his role in my losing the weight.

The thing is, we *don't* want people to accept us for who we are. What if who we are is fat, lazy, unmotivated, etc.? People have the ability to change and improve, and you and your partner should always be striving to be better for yourselves and each other.

When a man is truly honest with you and isn't trying to sugarcoat what he says, *thank him*. It's a sign of respect. Unlike 90% of other women, he thinks you can handle it. The truth hurts, but you can turn that pain into motivation. That's what I did, and I'm not going to let anyone who thinks that he shouldn't have said anything about my weight stop me. If he hadn't, I would still be complacent and miserable.

He and I needed to go our separate ways, but his honesty changed my life, and that's no exaggeration.

Welcome a man's honesty. Embrace the truth, and move forward with your life with the newfound knowledge you have. You will be a better woman for it.

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UPVOTES

Don't fall for "natural".

Whisper · 10 September 2019 · Archived copy · Reddit

So someone asked how, if femininity was hard to achieve for some women, could it really be "natural".

Nothing we do in our lives is "natural". Natural is hunting and gathering. Natural is sleeping under a tree. Natural is being constantly pregnant between the ages of 11 and 35. Natural is dying in your thirties of rotten teeth. In short, natural, the way modern people use the word, is what happens if you don't do something to oppose entropy.

So do not mistake natural for good, healthy, or desirable.

You are not trying to live as you would in the natural state of humanity... you are trying to do far, far better than that. Doing far, far, better than that is why humans invented civilization and technology in the first place. We are trying to improve our lives over the state of "natural".

When you shave your legs, you are not just imitating a young, healthy, high-estrogen girl's pale, fine, and less-visible leg hair... you are exaggerating it. When I lift heavy barbells, I am not simply imitating the effects of high natural testosterone, I am greatly exceeding them. A house built of timber and drywall isn't a substitute for a shade tree on the African savannah, or a cave... it is a vast improvement upon it. Willow bark is natural. Ibuprofen is not. Guess which one works better?

The history of human civilization is nothing but the story of how humans tried to improve upon nature... and usually succeeded. This required effort. This required humans to leave their comfort zone, and do things they they had not tried before. This required the willingness to plan, try, fail, plan again, and try again.

If you don't want to cultivate those things, then the notion that everything worth doing should be "natural" will seem very tempting. But this is just wishful thinking. If improvement were easy, it would not be considered improvement, because everyone would already have done it.

You're going to have to work.

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UPVOTES

"You're the first woman that makes me feel like a man"

ninagracep · 4 June 2021 · Archived copy · Reddit

My new bf said that Im melting. The feminine/masculine polarity is so beautiful and appreciating the manliness in your man is so much fun. This group definitely helped me remember to live in my feminine and to compliment how manly my bf looks or point out the manly things he does, the things I appreciate about him etc so thank you all for sharing your testimonies and stories on here I learned a lot of valuable lessons.

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UPVOTES

I first learned submission on the back of a bike.

_Pumpkin_Muffin · 21 September 2022 · Archived copy · Reddit

Just trying to capture what this submission thing really means for me.

The first time my butt landed on my then-boyfriend motorbike, I had absolutely no clue. I asked him what was I supposed to do.

"Nothing."

"Nothing?"

"Well, just trust me and follow me. If I lean down, lean down with me, don't struggle to remain upright. Relax and hold on to me."

Ah! That was not nothing. That was *not* nothing, I tell you. Following was hard work. But I did it, and loved it, and every time, every ride reinforced the idea in my mind - he could drive, I could follow. I could trust him with this. easy, really easy. Beautiful. Exhilarating. When we leaned down, I could enjoy the thrill, knowing that he would never let us fall.

Then, one time, we fell.

And I got scared.

It was my fault, really: he leaned down when I wasn't expecting it, I made a sudden movement in reaction, and down we went. Up close and personal with the asphalt. It was very gentle, for a fall, and we didn't get hurt at all. My boyfriend got up, made sure everyone was okay (first the bike, *then* me; not that I hold a grudge) and didn't mention once that it was my fault.

He asked if I'd rather go home, or if I still wanted to take the scenic mountain route he'd been planning. Let's go on, I said. Either way, I'd need to get back on the bike, and I didn't want our ride to end like this.

I didn't know that "scenic mountain route" is almost always code for "shitty, dirty, narrow road with no guard rail and a very pretty view on a fucking *chasm*, just in case you need a reminder of your own mortality". Or at least that's how it seemed at the time. And of course it was too narrow to turn back, once we realized how bad it was.

I didn't know how scared I'd get at every curve, tensing up, holding extra-extra-extra tight, shutting my eyes and gritting my teeth. My body, my mind, my whole being was simply convinced that we'd fall again and this time get REALLY hurt.

He pulled over after a while. I tensed up again, convinced that something was wrong with the bike.

"What's wrong?"

"No, *you* tell me what's wrong." (he said it much more gently than I can capture here, really.)

"Nothing." (he was facing forward, but I can swear he rolled his eyes at this.) "I'm just scared we're going to fall again."

That, again, was *not* nothing.

"I understand, but this is a difficult road. If you keep tensing up, pulling against me, trying to go the opposite direction, it makes it even more difficult. I can't drive if you don't trust me."

I took a deep breath and signaled we could go.

On the back of his bike I first learned that submission could be easy and beautiful. Oh, I knew already what kind of relationship I wanted, but I'd never... *tasted* it like this. Never trusted a man so blindly, so completely. Never felt that my trust was so crucial.

And then I learned that sometimes it would NOT be easy.

Sometimes the road is narrow and difficult and I'm convinced it will all go wrong. And that's when he needs my trust the most. If I only trust him when I *know* things will go well, if I only follow him when he goes in the direction I want... does it even MEAN anything?

So that's the question, really. What will I do when it gets hard? When I don't agree? When I'm scared? When we could get hurt? When I know he could mess up? When I'm *convinced* he will mess up?

Ohhhh if I could answer now, with certainty, that of course I will trust him and follow him. But fuck. I am human, too. So I stay up and subject you all to my 4 a.m. musings.

The view was beautiful, by the way.

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UPVOTES

For any young women here planning to have children "later"... be careful that it doesn't become "too late".

headshrink1987 · 5 April 2021 · Archived copy · Reddit

It never seems to be the right time when you're young these days. There's too much going on, or you're not sure if the guy you're with is The One. Then suddenly you're in your mid thirties and the realization hits you that your fertility window is almost completely gone.

That happened to me. I was never a serial dater and only had three guys that I was in long relationships with, but I focused a lot of my attention on school, then college and then my job.

With the benefit of hindsight, I also made a lot of demands of them that were no doubt exhausting and contradictory. I'd tell them that I want them to take charge more and then get annoyed that they weren't doing it "properly". And that's just one example of how I sabotaged myself.

Now I'm 34, single and childless. It's a special kind of existential dread when you realize you've crossed a line that you can't go back from.

Funnily enough, this realization came because of a gag gift from a friend. She knows I like fantasy novels and hate bodice rippers, so she naturally bought me a bodice ripper with a fantasy setting for my birthday.

With a title like "Bindings of Lust" and a cover featuring a demon pinning a girl against a wall, it was pretty obvious what it was about, but I got curious in spite of myself. As expected, it was a fairly standard bodice ripper, but what really struck me about it was the protagonist.

Just a young girl whose primary desire in life was to get married and have babies. I'm not even sure *what* my primary goal in life was aside from grinding through my education like I was supposed to, but I know that I put marriage and babies in some nebulous "later" category.

Well, it's "later" now and I can almost feel my womb seething bitterly for how I neglected it. I can't imagine that I'll manage to find a man willing to marry a woman my age and start a family before what few eggs I have left rot away.

I made this account after lurking anonymously for years both because I wanted to share my story in the hope that it would spare someone my regrets, and because I can't really talk to anyone about it IRL. They'll just assure me that I'm still beautiful and amazing and that I'll definitely find a man. I might find a man, but will he want children with me, or will we both just be getting together because we're "leftovers"?

On a final note, does anyone have any suggestions for what to do with my unfulfilled maternal instinct? I'd rather not become a cliché cat lady if I can help it.

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UPVOTES

Blowjobs & Cooking

bambiliftsweights · 3 October 2018 · Archived copy · Reddit

Just wanted to give a little field report.

Every few months, I take a good hard look at what I can do to improve myself & also what I can do to improve the relationship.

I find this helps keep me from being lazy and complacent in my marriage.

A few months ago, I decided I wanted to get better at two things:

1. Blowjobs. Before, I would have rated myself a 7/10. Now, I am a 9/10 or maybe even a 10/10.
2. Cooking. Before, I would just cook chicken, rice and broccoli and slap it together in meal prep tupperwares.

So, over a few months, I concentrated on just getting better at those two things.

BLOWJOBS

I read "The Bad Girls Bible" (it's a website, google it).

I bought a dildo and finally learned how to deep throat, which is a huge personal accomplishment since I had a pretty rough gag reflex. (This is such a weird sentence to type haha).

Ladies, learning to deep throat is a game changer. I don't want to get too TMI, but GAMECHANGER.

I practiced...a lot ;)

COOKING

My husband and I both are really into fitness so we basically eat the same thing, week in and week out.

I always used that as an excuse to not put any effort into cooking.

After a few months, I've learned that there is a HUGE difference between eating dry chicken that wasn't prepared with love and eating moist, tender, seasoned chicken with fresh tomatoes and oregano on top.

The effort shows.

THE RESULTS

He CANNOT keep his hands off me for the life of him. That's the biggest thing I noticed. Always fun to be desired.

He talks about how "wife-ing me up" was the best decision he ever made.

He flirts with me throughout the entire day and can't wait to get home.

Just basic, husband-y stuff like that but it's the little things.

THOUGHTS

I think it can be really easy to hyperfocus on the theories and concepts of RPW -- which ARE important, don't get me wrong.

But sometimes, it's nice to just take it back to the basics.

Blowjobs and food - that's the way to win a man's heart.

P.S. Mods, I am not sure if this should be labeled as NSFW, so please let me know if I need to do anything.

203

UPVOTES

Playful Bashfulness: My Secret Weapon to Melting His Heart

SunshineSundress · 27 June 2021 · Archived copy · Reddit

Do you ever wonder why little boys love teasing little girls on the playground? Or why teenagers and college students experiment with light-hearted negs to their classmates? Or why grown men write and read extensive guides on [how to tease the women they're attracted to](#)? (warning: if you're sensitive to TRP crudeness, best to skip that post [\[1\]](#), although I found it pretty funny and insightful)

While one part of it has to do with how a successful playful tease often gets the teased woman feeling more attracted to the teaser, I think another part of it is that men **love** to see our reactions to their teases as well. There's just *something intoxicating* to men when a beautiful woman breaks into an unguarded, genuine giggle, with blushing, red cheeks and bashfulness thanks to whatever they just did or said to you.

Why is this tiny, insignificant moment so powerful at pulling at his heartstrings and triggering his protective instincts, even if for a split second? Three reasons.

1. **Childlike wonder and endearment.** And no, I don't mean in a creepy, pedophilic way. I mean in a young at heart, lust for life kind of way. When you let your walls down, stop thinking about your worldly stresses, and allow yourself to be open to *feeling* and *experiencing* the moment with the wide-eyed enthusiasm of a child, this makes men want to protect you like no other.

This is explained in great detail by [this](#) fantastic post, quoted below:

Childlike affection. Ever seen a little girl hug a puppy, or kiss her parents? Or beg her daddy for a piggy back ride? Giggle when someone harmlessly teases her? She's open with her emotions, she's not afraid to show her love. She gives her affection to those that are dear to her.

Childlike enjoyment. Think about a little girl eating ice cream, enjoying her favorite lasagna, putting on a pair of beautiful earrings, painting her nails, singing along to her favorite song. She's happy about the simple things in life. She's uninhibited with the pleasures of the world. Any good woman knows how to control her emotions - to switch from being functional to being childlike, and a talented RPW knows how to assess which situation requires which quality.

1. **Contextual submissiveness.** When we say that we use submissiveness as a strategy, many outsiders, frustrated self-proclaimed tomboys, and angry feminists think that we're basically offering ourselves up to be our lover's footstool. While I'm not one to kink-shame if that's your thing, realistically, submission is much more subtle and nuanced than that.

As a reaction to teasing, playful bashfulness can be a tell for your submissiveness because a) you're choosing to be in his frame, b) you're receptive and reactionary to his actions, and c) you expose enough vulnerability (while not really risking anything) by allowing his teasing to get to you.

1. **Dimorphic femininity.** Men don't just tease *us*. They love teasing their bros and close friends and even their coworkers. However, when they tease each other, they expect masculine rambunctiousness and poisonously witty comebacks. It's sometimes a test or a filter to get a somewhat decent understanding of the male pecking order in the room, based on each other's reactions.

But that kind of energy isn't what they're looking for in their potential lovers or their long-time partners. While most masculine men are somewhat unimpressed, if not weirded out, by blushing and bashful men, they love seeing that kind of reaction in us because it's incredibly feminine.

Now, this isn't to say you can't sprinkle in a bit of wit and sass when you react to being teased. You can and often should, just to make it a little bit more fun. However, take note to keep things playful, feminine, and lighthearted as

to not cross into the masculine reaction territory. There's a big difference between, "Hey hey hey, I'm watching you mister!" vs. "OI if you weren't such a low-IQ c*nt then maybe I wouldn't have had to comfort your mum after school when you were in remedial english" (yeah, pretty glad I'm not a man because I would get absolutely FLAMED for my terrible comebacks 🤔).

—

While most of these examples revolve around teasing, playful bashfulness can be utilized in almost any situation. Showing off your new outfit to your man? Having some playful bashfulness shows that you don't take yourself too seriously but you're still endearingly nervous about his reaction. Fumble your words a little bit? Playful bashfulness lets you play it off AND touch his heart at the same time. Incorporate it enough in your interactions with the man you're dating or your LTR and all of a sudden, he begins to associate you with the warm, fuzzy feeling in his belly that he gets from your playful bashfulness.

Now, I'm NOT telling you to feign this in order to impress men. Unlike how the media loves to portray them, men, especially the attractive and highly capable men we want, aren't stupid and can spot inauthentic behavior pretty easily. Instead, I'm telling you to STOP. FIGHTING. IT. When men genuinely make you feel this way, don't hide it in some misguided attempt to have the upper hand. Embrace it and wear it on your sleeve. It'll only serve to benefit you and strengthen your bond with him.

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UPVOTES

Telling my boyfriend he's "the captain"

KittenLoves_ · 11 January 2018 · Archived copy · Reddit

Yesterday was a rough day for my boyfriend. He got home late from work after a meeting that put him in a bad mood, and he quite clearly wanted nothing to do with me or the rest of the world for a while. So I let him be for a few hours, made dinner (it was amazing, by the way -- braised chicken with mustard cream sauce, yum ;)), and let him decide when any interaction would take place. He came into the kitchen as I was washing some dishes, and the first thing he did was apologise for having been so cold when he got home. I firmly believe that if I had not just let him be, and had instead bothered him to pay attention to me, to help with something or other, he would have never given such a tender and sincere apology.

Anyway -- a bit later, after dinner, we decided to just lay in bed and talk for a while. And it was at that time that I decided to do something I had been thinking of for a while, but that, truthfully, I was a little nervous to actually say out loud.

"You know, I kind of get the feeling that you're the one in charge, between the two of us."

I think that at first he took it as a reproach, because he started trying to explain it away, but I stopped him and said that no, actually, I really appreciated it. That I trust him completely and that I love being able to follow and submit to him when circumstance allows. He laughed a bit and said that I must not be a feminist -- but actually, I am. And *this* is my choice, *not* my obligation.

It was really wonderful to see him cheer up considerably, and (very!) reassuring that he told me he wouldn't take advantage of my devotion.

It was a heartwarming moment and felt like a small victory, but not one that I could really share with people outside this sub, so here I am giving a giddy "morning after" field report.

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UPVOTES

The truth comes out...

AccomplishedJicama66 · 18 November 2021 · Archived copy · Reddit

I've been attending a mom and baby class with my daughter and have gotten to know a lot of the moms in my area. I live in a pretty "girl-boss" neighborhood and I have never met another SAHM my age. I've been hanging out with some of the other moms and recently told them that I'm planning on becoming a SAHM/working little from home as soon as my mat leave ends. The moms often put me down saying "I could NEVER be a SAHM. I would be depressed and go crazy being alone with my baby without any adult interaction. Why would you give up your career like that? So sad..." etc. I stopped bringing it up after these comments because I just felt embarrassed.

The other day I had a play date with one of the moms who said to me "I wish I could spend more time with my son after mat leave ends". I talked to her about dropping to part time and she said how she can never do that. I described to her how my husband and I were making it work and she said "that's so amazing. Honestly I would not tell the other moms about your plans anymore. They told how jealous they were that you get to stay home with your daughter and how you can make it work in this economy."

I was so shocked. I wonder how many "girl bosses" actually think this way but put us down because they don't want to admit it....

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UPVOTES

Recently found out that men don't really care about a woman's accomplishments or careers for attraction, mind is blown.

letgoor · 11 September 2018 · Archived copy · Reddit

Anyone else on the same boat?

After reading so many RPW resources about attraction, such as (but not limited to) :

[The Analogy Between Confidence and Beauty,](#)

[What Men Think About Your Intelligence](#)

[Men Don't Care About Your Accomplishments](#)

[Misconceptions about Attraction](#)

I really internalized that men really, really couldn't care less about what career I am in or whether or not I have a PhD. I was completely projecting when I thought my education and accomplishments would make me attractive to the opposite sex. And that makes SO. MUCH. SENSE.

In fact, the author of these articles mentions that for men, dating a woman with a better education/career than him is akin to a woman dating a man who is much, much better looking than him, so much so that he steals her spotlight in the beauty department.

While most women would want to date someone who is attractive, they wouldn't want to date someone who puts much more attention and value to their own beauty than any woman, that would be a huge turn off. Likewise, while most high-caliber men would like to date someone who is at least educated and/or has a career, they wouldn't want to date someone who is *much* more powerful than him, as that would render his role as the provider useless.

I think of it this way. I wouldn't want to date someone like [Harry Styles](#), teenage heartthrob and band member. Sure, he's powerful, and very good looking, but his beauty is overpowering to the point where it would steal my spotlight in the relationship.

I am also very turned off by men who do things like post "artsy" pictures of themselves on social media, wear tight-fitting pants, preoccupy themselves too much about their outfit choices, and so on. As long as they put some minimum effort into their appearance, and aren't complete slobs, that is good enough for me, and after a point, their efforts actually work against them.

Likewise, men would like women who are decently intelligent and have something going for themselves, but they wouldn't necessarily be turned-on by a CEO or doctor, who most likely will work long hours, be constantly under pressure, and have little-to-no time for a proper relationship.

I don't want to date a feminized version of a man, I want to date a man. Likewise, men don't want to date a high-strung masculine version of a woman, they want to date a woman.

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UPVOTES

Upper class men marry educated women

notusingthisforlong1 · 15 December 2022 · Archived copy · Reddit

Hi RedPill Ladies. This is a throwaway account and I thought before I deleted it in a few days, I'd share some wisdom with you. I'm 30 years old, and have been married since I was 25 to a man who is now the part owner of a Wall Street financial firm and is the grandson of a successful real estate developer. I have a son with him and I am currently a stay at home mother living in a wealthy suburb of southern Connecticut. I'm not saying any of this stuff as a flex. But I realize that many women want to get married and have kids, preferably with a wealthy man so I wanted to talk about my experience. In the context of this post, the term "uneducated" will refer to anything lower than a Bachelor's degree. I do not think people who don't have these academic credentials are stupid or uneducated in a way that would make the illiterate, so please don't take it that way. This post is probably the most beneficial for the college-aged girls in here, but I think it still can be useful if you are older. I will be talking about money, class and education but do not think I'm talking down to anyone else less fortunate than I am, I simply want to tell you what I've been through so please don't take any offense. Some of this advice might be regional as upper class types don't live everywhere, but I can only give you the info that I know.

I fell down a bit of a red pill dating advice rabbit hole last night on youtube and while I consider myself to be rather conservative, I couldn't help but disagree with the narrative that was being pushed around education. Most of the hosts or guests of these shows including The Purple Pill Podcast and Just Pearly Things had negative things to say around women being educated post high school. To me, this indicates to me that they are threatened by women learning things or they are not from the upper middle or upper class of American (or British) society. (And no, simply having a decent amount of money or something like a successful farm does not put you in this category).

I'm from the upper middle class, went to private grade school and then a private college in New York City while living on the Upper East Side. My husband is from a higher social standing than me and there is no way I would have stood a chance if I wasn't educated (I was in the process of getting my degree while he was starting out at the firm would one day own part of). He told me that a college degree was a necessity for his future wife because he wanted someone who was intellectually his equal or who could at least hold a conversation about high brow topics. Furthermore, it is embarrassing in uppercrust circles to have a wife who is not educated. Sure, a guy might show off his hot model girlfriend but she most likely won't be his wife (and if she is, she'll be an ex wife soon enough). These types of people love to show off their degrees and name drop their alma maters. If you can't do that you simply don't fit in.

One of his colleagues married a woman who was a bartender because she is very attractive but in the area where we live, people talk about her like she has a scarlet A on her chest. She is loud, uncloth, covered in cake face makeup, wears stripper-like clothes even though she is over 40, and basically has none of the traits favored by the upper class. This clash has strained their marriage and even has caused problems for their kids at school since they get made fun of for their mother being so clearly out of the place. So even if you do get the guy based on looks alone, it won't be smooth sailing for you if you can't adopt the social traits of his class. Also mothers of the men you are interested in in this set will have college degrees and will not like to see a daughter in law less educated than they are.

So no, getting a college degree is not going to price you out of the dating market, it could even help you move up the social ladder.

However, just getting a degree is not going to land you a wealthy husband. Here is how to increase your chances of getting an uppercrust man (if you are not from the upper class yourself) in college or shortly after based on my personal experience and the experience of women in my social circle.

1. Don't go into debt willy nilly to get the degree. Instead, go to community college for 2 years and then transfer in your junior year. Don't whine about wanting the classic college experience or not getting to post TikToks of your acceptance letter. That won't matter when you're single in your 30s or your future husband doesn't want to

take on the debt even if he could afford it. It is easier to get accepted into any college as a transfer than as a freshman as long as you are in good academic standing at your prior school. When you graduate, you get the same degree as everyone else but for half the price. If you do have a scholarship or your parents did have their act together enough to have a college fund for you, of course use it but don't take on 200k loans just because.

2. Be smart about your major. Don't do the arts or the humanities. Take it from me, I'm an English major. It did help me impress some of these upper class people because of my knowledge of classic literature but overall, not a good investment. If you have a passion or side interest, let that be your minor instead. Chances are the more practical majors like business, economics, math etc., will have more men in it. That statistically ups your chance of meeting a guy regardless of status instead of my english classes that had like 3 guys in them and most of them were gay. In these classes, don't be a pushy competitive asshole. I've seen girls shout down/speak over professors and students alike because they HAD to be viewed as the smartest one in the room. Nothing says third wave feminism like this. It's off putting and annoying to everyone in the room. No one wants to get with the girl that got into a heated debate with them in class and then glouted when they won. And no, I'm not saying play dumb and keeo quiet. Answer the profs questions, do the assignments, get good grades, just don't be a dominating loud mouth.
3. Make friends with kids from upper class families. No, I'm not saying follow the trust fund baby around like a puppydog. But don't be afraid to network and not just make friends. Even if you have no real "old money" in your college, finding a kid with successful parents who own businesses is always a plus for a potential future career. If you make friends with rich girls, they can introduce you to their brother, cousin, family friend etc., who might be a good match for you once they can trust you and welcome you into their inner circle. If you're making friends with a wealthy boy, don't sleep with him (or any guy) or do any sexual acts with him unless he is giving you a commitment. Rich guys are used to women being easily impressed and allowing themselves to be used for the privilege of having a rich lifestyle for a few weeks or months. Make it clear you are not one of those girls in how you carry yourself, speak, act etc. Obviously, if these kids are awful abusive people who disrespect you, don't hang out with them even for the social opportunities that come with them. (And for you reading, no most rich people aren't awful people. It is not a given that they will treat you badly. In my life, lower status men have treated me worse than any rich person I've encountered). If no romantic relationships come out of embedding yourself in the rich kid circle, a career opportunity might exist since many of their families are well connected. If they like you and trust you, they will open doors for you. Getting a good internship or job out of school in a place where there are more wealthy people working will help you meet a higher class husband and provide for yourself in the meantime.
4. Don't be a crazy party girl. Even if they like to go wild, always be more sober and more in control than they are. Not only does this keep you from sleeping with anyone before commitment but it makes you look better in their eyes because you aren't some lush falling down the stairs at the end of the night.
5. Learn about the interests and lifestyles of the upper class. I'm mostly talking about old money here so things like horseback riding, classic cars, sailing, tennis, golf, etc. are things upper class people do or have experience in. Even if you can't afford lessons in those areas, just do some basic googling, especially if you have found the guy you're interested in likes those things or his family does. Knowing the basics and some fun facts about the topics or hobbies he likes will set you apart. My husband loves (and now collects classic cars). He told me most women would gloss over when he talked about cars on dates and change the topic back to the Kardashians (this literally happened). I have had a passive interest in classic American muscle cars so when I told him my dream car is a refurbished 1969 mustang convertible, it set me apart from the other girls from our first or second date.
6. Have a career or interests outside of just being a wife and mother but don't go full boss babe. Wanting to be nothing but a wife and mother can be a bit off putting for these guys. They want you to be there to raise the kids and take care of the house when the time comes but if you're in your 20s and you have nothing going on in your life because you're waiting for a man to make you a wife, he is gonna pass. He is also gonna pass if you're busy focusing on your career, bragging about how you don't need a man, and having casual flings until you're 35. Be interesting and provide for yourself until you don't have to but don't make it more important than your future as

a wife and mother.

7. Look for husband material while you're still in college even if you have to look off campus. Don't completely freak out around fertility. I've seen girls on here and other subreddits worried about their fertility at age 18-22. Girls relax, don't put that much pressure on yourself. Unless you have some gynecological condition, you don't need to panic at this age. However, you can still use your youth to your advantage at this time. If you're wife material at 19-25 years old (even if you don't get married right away) you still have a huge advantage over the girls going through their "I just want to have fun" hoe phase. Wealthy men of all ages want younger women. If you look for husband material now while putting in the work to be wife material, you're increasing your odds of getting married and having kids sooner than women your age. Don't let your college years or your 20s be for "just finding yourself". You don't get a decade of your life to do whatever, that's a modern myth. If there is no one in your school who is what you're looking for, try other colleges or even men who are out of their college years who work nearby, especially in higher end jobs. Again, you're not going to get these guys for anything real by dressing slutty and partying with them. You have to play the long game, adopt the social manners, values, and cues of the upper class and not waste your time on men who are wasting your time.

For women older than college years and may even be in their 30s. There are older men in these social classes who are divorced and looking for a second wife. While it may not be everyone's dream to have a man with an ex wife, you can use these same lessons to get into their good graces because many of them are good providers.

None of this is meant to say you should turn down a good, loving, stable man who happens to be a middle or working class. If he loves you and provides you a stable life even if it isn't fancy, that is amazing and you shouldn't shoot that down for the chance of something better. A man who loves you and is loyal to you is far more valuable than a guy with a large bank account. I'm just saying if you want to social climb like I did and some of the women I know, use your education, knowledge of interests related to him and his family and poised demeanor to indicate you are worthy of commitment and fit in with his social class.

(Side note, don't listen to a word Andrew Tate says. There are very few old money wall street guys who actually know who he is and those who do make fun of him. He is a new money scam artist who won't actually help women (or men) find happiness in their relationships or stable streams of income.)

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UPVOTES

The doorknob incident that wasn't

Kittenkajira · 17 February 2015 · Archived copy · Reddit

My SO decided that he wanted to buy new doorknobs for the house. He said that he doesn't like the round ones, and wanted the lever kind. My first thought was to wonder how much that's going to cost, because I was pretty sure doorknobs are expensive. My next thought was that he quite possibly will figure that out for himself when he gets to the store. Rather than saying all that, with an excited smile on my face I said "okay".

So we get to the store, and he starts mumbling about how darned expensive doorknobs are. I think he's about to throw in the towel when I see some nice lever knobs on clearance. He likes them, and starts filling up the cart. I begin freaking out inside. We're still in some debt from buying the house, and new doorknobs are not necessary. I start mentally adding up the cost of the doorknobs, which even on clearance are pricey.

Then I stopped myself. Is it worth ruining a really pleasant weekend over some freakin' doorknobs? No. Have I not made some possibly unnecessary purchases since we've been in debt? I have. Are these doorknobs going to make us happy? Yes. Am I trusting him to do what's best for us if I question his spending? No.

I kept my mouth shut, and the hamster inside shut up before we even left the store. I'm glad I kept quiet. He installed all of the knobs while I did some sewing. I actually really like them. It's quite handy being able to use an elbow to open a door, and they look awesome.

He looked so proud of his new doorknobs, and that I liked them. I'm happy I didn't crush that by not trusting him.

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UPVOTES

What is wrong with reddit?

Stunning_Cause6923 · 6 July 2025 · Archived copy · Reddit

I recently got into an accident and have been spending way too much time on reddit to distract myself.

And goodness gracious me. I never realized how out of touch and left most people on here are.

Are most people on reddit 13 years old? Are most people on here complete losers?? Does any one have ANY morals? There is so much obvious projection and "I know it all" attitude from people who are CLEARLY huge freaks. I can't believe the overwhelming amount of ridiculous view points and liberalism and general stupidity that is rife on this website.

I tried to see if there is a conservative women sub and it hasn't been active in years. What the actual heck.

Is this just my perception or anyone here share this view?

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UPVOTES

Men are not made of porcelain

MirriMazDuur · 8 May 2021 · Archived copy · Reddit

I will start by saying that in today's climate, us women are encouraged to criticise or even "train" our men. Women brag about making their man cook *and* clean, everybody is outraged if some woman asks for her husband's permission to do something, and so on. It *is* emasculating and toxic to relationships. Most men are hard-working individuals who stomach shitty bosses and hysterical clients all day and the last thing they need is for their SO to scold them for leaving a dirty plate on the desk.

The feminine way to solve issues is to be non-confrontational and diplomatic. Kindness and sweetness de-escalates problems and makes peace. In her book, "The Surrendered Wife", Laura Doyle points out that constant criticism for irrelevant issues drives away romance and intimacy in a relationship. We can do the laundry ourselves and pick up the dirty socks from the floor without complaining about it, for our SO's who remembers to bring us flowers after their 10/12 hour work day. A positive, calm and loving attitude will make our men want to please us even more, while complaining and demanding will make them bitter and leave us unsatisfied.

But ...

I see a lot of women here asking for advice who seem straight-up afraid of telling their men they have made a mistake! I see women hiding how upset they are, shielding their SOs from their emotions, dancing around the subject and raking their brains to find a way to speak their mind. We talk to our friends or to internet strangers, trying to find the best possible wording so that we do not seem critical, mean, emotional, ungrateful, etc. Stop.

Men are not these brittle creatures who crack when faced with simple and honest criticism. Men do not spend an entire day going back over their words when they receive a snarky comment. *That's us, women.* Men don't get offended and they don't pout. They're not like ourselves, our mothers or our girlfriends., their frame of mind is not like our frame of mind. They have a special type of honor and dignity that makes them want to be responsible and own up their mistakes. They hate being told what to do, but then apologising now and then to their wife or girlfriend does not chip away at their self worth.

Men love and want agreeable women, but that doesn't mean that you have to agree with everything all the time. They can handle being told when they are disrespectful or hurtful. Men want and love emotionally stable women, but they accept if we cry once a year and they expect us to be more emotional than them. You don't have to shield them from the negative feelings they gave you like you do with children. You don't have to carefully craft your words because they will interpret them like your female colleagues do. They won't cry in their room after a confrontation, listening to sad music.

By no means do I endorse bossing your man around, forcing him to apologise or lashing out at him. Be simple and honest, but speak your mind, say what your issue is and hold your head up straight. Your man won't fall off the shelf and shatter.

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UPVOTES

The Difference between TRP and RPW

TempestTcup · 29 August 2013 · Archived copy · Reddit

The way /r/RedPillWomen differs from /r/TheRedPill is that women are the gatekeepers of sex and men are the gatekeepers of commitment, so RPW works toward keeping women from squandering sex while working towards obtaining commitment, and TRP works toward keeping men from squandering commitment while working towards obtaining sex.

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UPVOTES

my quality of life is better when I weigh less...if youre thinking of losing weight DO IT

delidoll · 26 September 2021 · Archived copy · Reddit

I dont know if this is going to be received well or not but its just something I've noticed. I'm 5'3, pretty petite, and have a pretty face. I've never gotten huge or anything but my weight has fluctuated between 135-160 in the last few years and there is a noticeable change in the way people treat me when I am smaller vs. bigger. Men take me more seriously, women go out of their way to be my friend and invite me places, strangers compliment me. Like its a whole other world. I'm currently 144 right now and am working on getting down to 125-130 (I'm naturally curvy so anything smaller would look wrong on my body type)...I used to really struggle with the difference in treatment bc I'm still the same person no matter what it says on the scale but now I just use it as a motivator. I'm 22, I live in an upper class area near a major city, and as of right now have three dates scheduled with all high value men (all make over \$150k, with established careers, over 6 foot, come from good families, and went to prestigious universities + theyre all kind and well respected men). I wouldnt be in the position I'm in now if I still weighed 160, I know that for a fact. If you are seriously looking for your future partner start taking your health seriously. Its probably the best thing you can do for yourself and is one of the biggest factors in attracting high quality men whether we like it or not.

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UPVOTES

If you're a guy, and you're here, read this.

redpillschool · 12 August 2015 · Archived copy · Reddit

Guys have terrible advice for women. I see it time and time again, and you're all terrible shit at this.

There's a reason. Guys rationalize bad decisions and past decisions as "preferences." I won't dig up the quote right now, but Rollo made a very good point to this theme: Guys will have a preference for whatever worked before. If nerdy chicks show interest in a guy, he will gain a preference for nerdy chicks.

This isn't because nerdy chicks are necessarily sexier or more feminine, but because guys come from an essentially needy position. A position of no abundance.

On TRP we focus on abundance mentality to try to subvert this natural disadvantage, but it's true. Guys will never, ever, have as many options as women.

So when I hear a guy tell a woman, "No, you keep doing what you're doing, I like a woman with a little spunk.."

This guy doesn't have a preference for "spunk." No, he's an idiot who is so thirsty he'll take any woman he can get, and he'll accept her self-proclaimed handicaps as features.

He'll think to himself, "gosh, she's bitchy, rude, and abrasive..... well, I like a strong independent woman."

And that's his rationalization. Because he's a thirsty fucking idiot.

But when they start preaching about their preferences as though it's going to be useful advice for women, then we've got a problem.

And we do have this problem here. Guys think they know what good advice for women is.

Women, if you take this advice- "i find book smarts to be very attractive" I promise you will waste a considerable amount of time and energy doing something that doesn't really boost your SMV. Oh sure, some guys might say they have the preference, but ultimately, book smarts aren't actually sufficient to create attraction, nor required for said attraction to exist. Guys will not assist you in actual SMV building. Because, guys want to fuck you anyway, and will basically accept you as you are. But that doesn't help your chances with higher quality guys.

If you're a dude, and you think you should be chiming in, read the fucking side bar. Then read it again. Then *don't* chime in. Because it's unlikely you've got much to contribute.

If you're a guy and you contribute and it's not gender neutral (that is, none of that "as a guy..." bullshit), then it's out of here, and you're out of here. No warnings.

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UPVOTES

Should you defer to him?

h0tNreadyTidep0d · 14 September 2019 · Archived copy · Reddit

Yes- he consistently makes informed logical choices that benefit the entire group. He has good social skills and is sensitive to your needs. He is experienced in leading others and is considered well educated and able to work independently. He respects others' intrinsic value and is open to listening to others.

No- He is impulsive, uninformed, has bad social skills, selfish, is manipulative, controlling, does not value others' knowledge, can not let others lead, does not seek help when lost. Lacks a natural ability to sense others' emotions, lacks natural intelligence. Is a dick.

I see so many women struggling with this. Being told that submission is a religious thing or they should give up feminism, jeez it hurts my head to hear.

I never was into following a man's lead until I started dating a surgeon. He is a man who is a great leader, intelligent, compassionate, respectful, and willing to give me his very best every day.

This has made me strive every day to be a better person. I feel like I am making the world a better place just getting him coffee. I make his life easier so he can literally save people's lives. Together we are both better. When I need guidance he would be THE person I would seek it from.

My whole life I have never been able to understand why any sane woman would give up control to a man... Turns out I didn't know any "men" I dated mommas boys, man children, fuck boys, losers, stoners, leeches etc.

It's not about giving men respect. It's about finding a man you CAN respect. Don't get caught in that trap that they are all equal. Men have a hierarchy for a very good reason.

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UPVOTES

Grateful for good men!

rosesonthefloor · 4 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.

Right now, my dad, my brother, and his friend are moving 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

Field report: being nice/complementary to your man

aussiedollface2 · 28 February 2021 · Archived copy · Reddit

Okay this sounds like common sense but bear with me lol!

Hubby and I have been together for seven years now and have had some stressful troubles with IVF recently etc. I think it's quite easy to fall into a pattern of just speaking neutrally to each other with the occasional nagging about things. I realised recently, what would I be like to live with? Like he comes home from a competitive and cutthroat corporate job to a wife who is at best neutral, at worst grumpy and complaining.

So the other night hubby offered to cook, he's really not much of a cook and I enjoy cooking so I usually do it. Usually I would say "thanks. that was good, just next time I would XYZ" and list all the changes I think he should make. This time I was like "thanks! this is delicious, it's fun and different when you make things for me!" and he beamed happily. He's already planning his next meal to cook and has written on the calendar weekly nights he's going to cook for me. This is a guy who has previously no interest in cooking at all!!

He's also bought a new hedge trimmer and mows the lawn and trims the hedges every second week which takes hours in the hot Australian summer sun. He's quite proud of this and sometimes wants me to come and look and I think ugh and I don't bother or I just say "nice. thanks". I went out with cold drinks yesterday and took a couple of minutes to look at what he's actually done and told him i thought the hedges looked great etc.

I guess the female equivalent would be getting all dressed up and making effort to get just a lukewarm response. Would that inspire me to do it again or make me feel good? No.

It's not about falling over yourself to give insincere compliments or giving them a gold star every time they do something, it's just a general mindset shift of remembering to be positive and pleasant.

TLDR: I've started consciously being more positive to my husband and the effects have been great so far.

Does anyone else have any examples or experience with this?

xo

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UPVOTES

This sub is great because it is the only subreddit I know of that suggests communication instead of telling people to leave the relationship

katx_x · 5 May 2022 · Archived copy · Reddit

I love how this community actually suggests real solutions and things to improve on instead of going straight for the RED FLAG LEAVE RIGHT NOW I see a lot of on other relationship subreddits. I do believe that the sanctity of relationships has been very much lower by this low barrier to exit that has been pushed onto people.

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UPVOTES

How a cleaning app made my husband feel more loved and less anxious.

isharetoomuch · 23 November 2019 · Archived copy · Reddit

I guess this is a field report. I just wanted to share.

My husband and I have been together for 5.5 years, married for 2.5.

We recently moved to a new city because he got a new job. I was able to leave my former career and start freelancing in a new field.

With freelancing comes a lot of downtime, because I'm not yet too established. But at this point, we aren't sure if I should be. It's all because of a cleaning app called **Tody** (not affiliated, just a huge fan). I just set up how frequently a chore should be done, and it gives me a personalized to-do list every day. Just do the chores it tells you to. If you don't finish, they'll still be there tomorrow with an angry red "x days overdue" sign. Nothing like "Clean the toilets" with "4 days overdue" to make you feel gross but also motivated!!

After using this app for some time, I also started getting interested in homemaking -- something I was never quite able to do properly working 70 hours a week in my old career.

I started watching **Mrs. Midwest** and **The Daily Connoisseur**. I really started *trying* at being a homemaker.

And my husband's reaction was flooring. He walks home after work and raves about how clean our home is. My MIL is coming over this evening to stay for Thanksgiving; he kissed me this morning and said,

"You've been doing such a good job with chores, there's nothing for me to clean before my mom gets here. I love you."

In the past, he would be running around the house, completely anxious, cleaning up after *me* to prepare for his mom's arrival while I caught up on work so that I could socialize with her later. That's so *backwards* looking at it now.

Instead, today, he is in a state of calm. We are both able to relax on the sofa with a cup of coffee and enjoy our Saturday morning. (We're both playing some video games. You can live an idyllic, feminine lifestyle and still be yourself!)

Be the steward of your home, and he will be the steward of your life together.

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UPVOTES

Hey y'all I'm new to this lifestyle but I tried making simple food for my boyfriend and it was so rewarding

Pr1mus_Sucks · 5 July 2021 · Archived copy · Reddit

I honestly don't know how to cook much yet, but I know of some simple foods that he likes that I am capable of making until I get better at it, like mac and cheese, etc... Well tonight I was making corn for a snack, and I boiled a few extra ears of corn for him. And when we sat down I was low-key watching him to see how much butter and salt he put on his, so that I would know how to prepare it for him next time. And I watched him DEVOUR all this corn on the cob and he didn't say a word the whole time, just completely devoured it like a dinosaur and actually looked SUPER HANDSOME and cute while doing it. When he was done he was just like "that was amazing, I love you" and I thought my heart was gonna explode <3 I like making stuff for him, I dunno why I didn't before. I just never really thought to learn how. Thankful for this subreddit's existence, thanks for coming to my Ted Talk lol. God Bless

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Why I (19F) take advice from this sub even though I'm usually as progressive as it gets (+ a field report!!)

NotPast3 · 2 October 2020 · Archived copy · Reddit

Edit: he just told me that he loved me.

TL;DR: RPW strategies work, even if you or your partner are not otherwise conservative/red pillled .

Long, long time lurker (since I was 17). I know I'm likely not too similar to the most active users here, but I want to give my perspective for other lurkers or women who are considering the red pill/red pill strategies but otherwise are not really conservative.

A little bit of personal background: I'm young, pretty socially left wing, goes to a liberal university, studies computer science. I care about being intellectually stimulated more than most other things. I'm 100% a product of my generation: my philosophy is people should go ahead and do whatever it is that makes them happy (as long as it doesn't hurt anyone else).

None the less, I browse RPW from time to time because, more than anything, this reads like a self improvement sub.

So, when a really amazing guy (who's now my committed, official boyfriend) showed up in my life, I applied a few RPW ideas, and boy oh boy did they work.

Quick background on this guy: 7-8 in terms of looks, hot body, stable career/really good prospects and really disciplined. Also an insanely sweet guy. Very liberal/left wing too.

The RPW strategies I applied:

Being childlike, not childish: this one is a bit cheating since I'm only 19 and also I'm cutesy and very curious as a person as it is. He's obviously very into that so I ramped it up just a little bit.

I think a big part of being childlike is having wonder, curiosity and a sense of innocence/innocent assumptions and thinking. You can be worldly and childlike at the same time.

I also made sure that I'm not childish. Shit testing, playing games, etc to me are childish behaviours. Also not learning to STFU is very childish.

STFU: the rule of thumb I followed is "would what I say make *him* feel worse or better?" If it's worse, STFU. Example: he made me a drink and then nervously laughed at himself for making it slightly wrong. Did I laugh with him/at him/made it worse? Nope. Stfu.

Gratitude: whenever he gives me a compliment, looks at me in a loving way, does anything for me no matter how small, I give him an excited/"wow you're amazing" thank you. I honestly thought it was getting kind of excessive and isn't working, until he said that around me he feels like such a gentleman because of how I react.

delicate balance with sex: I made it very clear to him that I don't have sex with someone who's not my boyfriend. However, before we became official we also had passionate make out sessions and I made sure he's aware that despite "inexperienced", I'm a fast and willing learner.

I'm also currently working on improving myself and my body, but that's more of a long term thing.

As a liberal, very career/academically focused woman, why do I follow these? Not only because they work, it's because in my opinion **they replicate and amplify actions you would take if you really liked someone anyways**. Not for a second did I find any of these things difficult to do, because I did really like this guy. They don't feel old fashioned or "submissive" to me because I call this type of behaviour not being a jerk to someone you really like.

That said, I'd greatly appreciate more advice on how to keep the relationship going strong! Thanks to all of you in

advance.

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Anyone else grinning and bearing through a career while hoping to be a homemaker one day

Grand-Parking8916 · 28 October 2020 · Archived copy · Reddit

Wondering how many of us on this sub are going through this right now?

I feel like I'm lying through my teeth at work to stay in good standing when in reality I am excited for the possibility of being a SAHM one day.

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I got engaged!

PearlSunrise · 27 March 2020 · Archived copy · Reddit

My darling asked me on Sunday if I would be his wife, and I absolutely said yes. We had a little picnic and played cards and he gave me the most heartfelt speech as he asked me. The ring he chose was soooooo beautiful and dainty and it really suits my style.

This sub has had a massive impact on me personally, and I'd like to thank you lovely ladies for posting so consistently and giving me positivity. You have helped me see that it's not silly for me to want to have children, keep a happy home, and enjoy a life devoted to love. You've helped me break out of so many unladylike habits and get closer to being "wife material". I'm working hard on making a strong marriage now.

We've been dating with the intention of getting married for just under two years and we've set a wedding date for next year on our three year dating anniversary.

I'm feeling so excited for this moment in my life and I wanted to share this joy with all of you.

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Field report (THANK YOU)

[_blushpink](#) · 30 March 2023 · Archived copy · Reddit

Hi everyone! I made a post here a few months ago about how my marriage was pretty much falling apart and I just wanted to come on here and give an update/field report. You can find my original post in my history.

I want to thank everyone that took the time to give me their input and advice. Also thank you to everyone that contributes such fantastic advice on this sub that you really cannot find elsewhere. I wish more women were given Red Pill advice because I really think it would save a lot of relationships and marriages.

I'm happy to report that in only a few months my marriage has done a complete 180 for the better. We're in an amazing place and I really didn't think it was possible to turn things around in such a short time.

I'm going to list out what I think are the biggest game changers that I implemented that saved my marriage in hopes that I might be able to help anyone in a similar situation. So here goes:

1. I stopped complaining. Sounds simple and easy but honestly it wasn't. I had become so used to unloading all of my stresses of the day onto my husband after he had already worked a full day of his own. Upon further reflection I realized I used to do this to try to "prove" that my job at home was also hard. Honestly it sounds crazy saying it now, I can't believe I used to think like that.

Instead of complaining, I would have a big smile when he got home (even if some days I had to fake it), give him a kiss, ask him how his day was and listen. When he asked me how my day was, I told him I had a good day and only brought up the positive parts of it. If it was an especially hard day I would tell him that the kids were cranky or unruly or whatever else made the day tough but I always ended it with "but overall it was a great day!"

And surprisingly the less I complained, the less I felt I had to complain about and my mood naturally improved to the point where that smile at the end of the day was always genuine and my husband was able to come home to a positive environment and felt like his day of work was worth it because his wife and kids were happy and taken care of at home.

1. I mentioned in my original post that I was a part of a few "stay at home mom" groups that were basically just a bunch of other moms complaining about the hard parts of staying home with small children. I left ALL of those groups. Every single one.

Initially I thought that these groups were a beneficial thing for me. I thought it was somewhere where I could vent and be understood and validated by other women who were in the same situation as I was, but I was wrong. It was just an echo chamber of negativity that didn't focus on any of the positive aspects of my situation (oh like you know, the fact that I get to STAY HOME because I have a hardworking man supporting me and my children).

1. This one goes hand in hand with #2... I stopped following all of those "relatable mom" accounts on social media. You know the ones - the viral social media moms that are always posting about how husbands everywhere are not doing enough with the kids or around the house and basically just portraying their husbands as useless, incapable men that only bring home a pay check?

This kind of stuff is becoming its own culture and it's not helping anyone. If you follow accounts like this, I highly recommend you don't anymore because these women are entitled and miserable, I can guarantee that their husbands are miserable and they are convincing other women that their husbands should be doing their own job AND theirs.

1. I started initiated sex.. a LOT. After having two kids and still breastfeeding, my libido is definitely not the same as it used to be but I decided I wasn't going to let that be an issue anymore. My husband deserves to be able to connect with his wife at the end of the day and feel loved. And one of the best ways to show a man love is through sex.

This might not be great advice for anyone with any type of sexual trauma or something like that but I started initiating sex pretty much every night EVEN if I didn't feel like it. I stopped looking at sex as an optional thing that would happen if I wasn't too tired or stressed and instead starting looking at it as something that was imperative to the success and health of my marriage and something that should be happening every night.

I read somewhere on this sub that if a husband isn't having sex with his wife, he is feeling what we would feel if our husbands just stopped talking to us. To men, sex is synonymous with love and emotional attachment. At first it seemed unnatural to me but now I look forward to connecting in this way with my husband every night and I genuinely want to show my husband that I love and appreciate him.

1. I started studying red pill content, this sub, and traditional gender roles. Someone on this sub once mentioned the old blog "The Red Pill Room" and it's a great resource. Two books that I see mentioned in this sub a lot and that I really enjoyed and found helpful were The Surrendered Wife and For Women Only.

The more I learn about traditional gender roles the more they make sense and the more I appreciate and enjoy my own role. I used to find being a homemaker very repetitive and mundane but now I have found a new sense of empowerment in taking care of my husband, my children and my home. I have come to see how important my role is and what a privilege it is that I'm able to fulfill it.

1. I know this is talked about a lot in this sub because of Laura Doyle but it really is important - SELF CARE. I realized I had been neglecting myself and this in turn was making me miserable. As the keeper of my home, I set the tone in my household and if I'm miserable everyone is going to suffer. Especially my husband.

I started doing the things that I used to do before having kids that made me feel good about myself. I started doing Pilates again, doing hair oil treatments and taking care of my nails. Once per day I put a show on for my kids and enjoy a cappuccino and read or scroll through my phone.

Doing these things has made me feel happier and has boosted my self confidence. In turn, this has improved my mood and outlook on life which enables me to be a better wife AND a better mother.

These six things have literally saved my marriage. Not only have I changed, but so has my husband. He is more attentive towards me, is willing to do more for me and we have grown closer together. We flirt with each other again and are both happier and less stressed out.

This is only after a few months. I'm seriously amazed. The first few weeks I would find myself reverting back to my old ways and I would read Red Pill content to bring myself back to my new mindset. But now after such amazing results, I rarely find myself in that place. I truly feel like a brand new woman.

So thank you Red Pill Women! Sounds dramatic, but you have literally changed my life.

To anyone who thinks their marriage is headed towards divorce and wants to save it: I really mean it when I say that as long as you're able to see where your faults are and commit yourself to changing and treating your spouse with respect and love despite how resentful or wronged you feel by him - you can and will turn things around and be happy in a very short amount of time!

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Promiscuity and pair bonding

gyrogoddess · 13 July 2017 · Archived copy · Reddit

Hi everyone,

I posted here for the first time last week, and I just wanted to thank everyone who commented for their insightful and constructive advice. I loved how honest you ladies were with me.

Anyway, I was prompted to write this post after watching Lauren Southern's "What Every Girl Needs to Hear" video (go watch it if you haven't already). She discusses how promiscuity has a detrimental effect on a woman's ability to pair bond with a partner.

To all of my fellow college RPW out there, *please*, don't let **anyone** convince you that you're missing out by not riding the CC. Maybe you're like one of my best friends, who has been in a committed relationship with a great guy for a few years, but you see your friends going out and meeting new guys every weekend and wonder if you should be doing that too, because that's what modern society dictates college-age women should be doing. It bothered her so much that she considered asking her boyfriend to open up the relationship, even though they've talked about marriage. **That's how brainwashed our generation has become.**

As someone whose n-count is in the 20s, I told her, point blank: **it's not worth it.**

I mentioned in my last post that I have bipolar, and that I am hypersexual when I'm manic. This resulted in my count going from 1 to 20+ in a matter of 6 months. All of these were hookups.

9 times out of 10, guys who want to hook up with you DO NOT CARE ABOUT YOU. AT ALL.

You're just a plate to them, no matter how nice they seem to be. That's the *best case scenario*. There are also men out there who can seriously hurt you. I was raped by one last year. That just goes to show the kind of people you can come across when you venture into the world of meaningless sex. They have no regard for your feelings, or, in some cases, your personal safety.

Given my high n-count, I feel that sex isn't as special to me anymore. I have to actively try to feel the connection with my partner, when previously it came naturally and effortlessly. I can still feel it, but it doesn't feel as strong as it did before.

Also, I can't help comparing my current partner to all of the partners I've had in the past. It keeps me from truly enjoying everything he has to offer.

Don't sabotage your ability to pair bond just so you can fit in with your blue pill friends. Sex is very important to men (and women, too). For most men, it's how they feel most connected with their partner. Like men, I also primarily prefer giving and receiving love through physical intimacy, and now I feel like my ability to receive has been compromised. Trust me, you *don't* want to be in my shoes.

I know it's highly unlikely for a woman in this day and age to save herself until marriage or have a count of 1 unless it is in the context of a religious upbringing, but at least try to limit your sexual encounters to men you are in committed relationships with. It's not just because of retaining your ability to pair bond, or keeping your RMV high, but simply put, **sex is better with someone you love and who loves you.**

My fellow young RPW, don't sell yourself short.

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My husband spent \$850 on a riding lawn mower last week. Today he greenlit over \$2,000 in new appliances for me.

Fieryirishplease · 17 March 2022 · Archived copy · Reddit

I feel so blessed. I am frugal, to a fault, unless it is something my husband wants, then Idgaf. I have been drooling over getting a new stove and washer/dryer set for ages now (And a new set of pots and pans). Today I found a KILLER deal on a stove and a laundry set at Local Warehouse Store and he told me to buy it the same day!

I know we have the money and to me it feels indulgent as hell but he says that they will make my life easier and he wants the best for me. My heart is just SO FULL! (And I DID get my new pots and pans! \$200 instead of \$600! I used them tonight and dinner ended up AMAZING and so EVEN!) He was so happy to watch me excitedly squee over my new pans, said that was worth the \$200 right there!

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"Being home cures everything"

W0zzynix · 31 December 2019 · Archived copy · Reddit

Just a quick cute field report: My husband hurt his neck/shoulders a while at work today. Nothing serious, just bumped his hard hat & it jarred him a bit. Once he came home i gave him medicine, water, & offered a massage. He looked at me afterwards, obviously feeling much better & said "Funny how being home with you cures everything"

Happy New Year ladies ♥ *edit: words

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Regarding "Man here...."
wingnut · 6 May 2015 · Archived copy · Reddit

No. Do not open your post like this. We don't care. If you have RP advice to give, give it. Men are welcome to post here but you will not get man points. Stop it.

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Thread on AskMen asking what they wish their wives would do more of

snackysnackeeesnacki · 20 January 2019 · Archived copy · Reddit

Such an interesting read! Some basic themes are:

1. Letting him have time to himself.
2. Initiating more affection
3. Giving more appreciation for the things he does

But the top comment (which was actually a wife who had asked her non-redditor husband what his answer was) said that when they were first married, she used to make this layer cake every week and leave it in the counter in a glass display case. He said that he missed that cake from a deep part of his soul.

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About Emma Watson

LittleDragonMaiden · 5 April 2022 · Archived copy · Reddit

An awful picture of Emma has been circulating the internet where she definitely does not look her best. I think it's because she is a bit underweight, tanning, dry makeup, and a unflattering hairstyle in addition to some natural signs of aging. Maybe the angle and lighting too. The other pictures of her from the same night she looked fine for the most part.

I like this quote from Lauren Southern about the situation.

“Conservatives talk all day about how they want women to be mothers, to settle down, be more natural etc.

Then fuel this culture of making women fear aging more than anything to the point they pump their faces full of silicon & shudder at pregnancy.”

I think she's absolutely right. How can women embrace the 'natural trad wife' archetype if we are made to fear the natural changes a woman goes through in life? We don't stay youthful virgins forever.

What do you ladies think of this?

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How really to STFU (with examples!)

LeilaintheDark · 17 December 2019 · Archived copy · Reddit

Hi ladies,

I recently got engaged! Owe a lot to this subreddit so I thought to contribute once again. I've read a lot of people's complaints about not knowing how to STFU or what that looks like, so I thought I'd offer some input.

First of all, it's kind of a misnomer. There're plenty of jokes about how a man just wants a mute sex doll, but reality is much more complex. Men do actually want a sentient partner who loves them for them, so some personality (and therefore speaking) is needed. The reason why STFU is so ubiquitous is that women often say the wrong things or say things in the wrong way, which is often worse than not saying anything at all. So the goal of STFU isn't to be totally mute, but to say things in the right way.

So what's the right way? There are a lot of theories, but I think it all boils down to saying what you mean. Sounds simpler than it is, because you'll have to avoid all sorts of stuff like rhetorical questions, sarcasm and hidden implications.

Example: You're shopping with your partner and he picks a blue rug for the house, but you prefer the pink rug.

Worse: *"Why would you pick that rug?"*

Implication: *Your choices are questionable.*

Worse: *"The pink rug is better because our sofa is pink."*

Implication: *I know what's best for the house. My judgment is more sound than yours.*

Better: *"I like the pink rug more."*

No implications. Or maybe that you expect him to take your feelings and preferences into account, which every good partner should do (not always defer to them, but take them into account).

Example: Your partner stayed out late at a party without you. You felt lonely and a bit insecure.

Worse: *"What were you doing so late at a party?" (In an accusatory tone)*

Implication: *I don't trust you.*

Worse: *"Don't stay out so late! You made me worry!"*

Implication: *Commanding, blaming. I have authority over you. You're obligated to take care of my feelings.*

Better: *"I missed you! I got insecure for a bit there."*

Just sharing vulnerable feelings. Insecurity is not the most attractive, but if you feel it, either own it or don't say anything (instead of trying to hide it behind logic or commands).

Better: *"Would you please let me know ahead of time if you're going to stay out late?"*

I'm requesting something because it's important to me. You don't have to grant the request but I hope you do.

Example: Your partner isn't taking you out as often as he used to. You want to change that.

Worse: *"Mary's boyfriend takes her out every week!"*

Implication: *You're worse than Mary's boyfriend. I compare you to others.*

Worse: *"Why don't you take me out as much as you used to?"*

Implication: *I'm entitled to x amounts of dates/resources from you.*

Better: *"I want to go on dates more."*

At this point, you might be seeing why having no implications is so difficult. You're in a really vulnerable position. You're communicating your authentic desires and trusting him to take these desires into account. He might not. (Maybe reconsider your relationship in that case. NOT if he can't fulfill all your desires, that's normal, but if he never or rarely takes them into account) But it's better than trying to guilt him or out-logic him into doing something.

And yes, sometimes it is better to STFU. **Bonus real example:** In the earlier days of dating, I went to my partner's place. He bought some wine for me but didn't have a corkscrew so he was trying to open it with some tools he had lying around. It was taking a while but I didn't say anything. I wasn't going to die from not drinking immediately and I trusted that if it wasn't working, he'd switch to plan B. Anyway, his sister happened to visit him at that moment, and she said all of the things:

"Why would you buy wine when you don't have a corkscrew?"

Implication: *You're careless.*

"How long have you been working on that?"

Implication: *I don't trust that you have time management skills or common sense.*

"Just go back and buy a twist top instead."

Implication: *I don't trust your problem-solving skills. I have better ideas than you.*

"They sell corkscrews at the nearby grocery store."

Implication: *I know my surroundings better than you.*

*Note: I know we often don't mean to imply these things, but men often hear it anyway. Men and women generally view respect very differently. For example, I can question a girl friend's actions 20 times (would that diet really work? Why are you going for it?) and she'd still feel like I respect her. Men aren't the same. In general, if you wouldn't say it to your boss (not counting the lovey-dovey stuff, of course), then it probably isn't respectful. That doesn't mean that you can't warn your boss that something's a bad idea, you just have to be tactful.

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My spouse passed away.

effegg1031 · 6 March 2022 · Archived copy · Reddit

Hi everyone.

A week ago, I got the most unimaginable news. This past week has been an absolute nightmare. This is the person I've loved for almost a decade; my entire 20's. I feel like he shaped me into the person I am today. And he was way too young. 46.

I'm not sure what I'm looking for here. Support, maybe. If anyone has any similar experiences, that might help. I'm open to any and all advice, etc.

As far as the future, today I'm realizing I need to build myself and grow into the person he would want me to become. The person I know I can become. Work on being alone. Work on the anxious attachment style I have, and my codependent nature. Better myself in all ways: mental, physical, spiritual, emotional.

Thank you for listening. I only have brief moments of clarity. I feel like I'll never have anyone that will ever love me the way he did.

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3 simple steps to keep him smitten forever!

loneliness-inc · 16 December 2018 · Archived copy · Reddit

Premise

In healthy relationships, there's a constant giving and receiving. We each do our best to make the other happy and in turn, our spouse does the same for us. When we each invest 100% into the other, we'll have a happy marriage. **The key is to provide what the spouse needs from us, which isn't necessarily the same as what we need from them.**

Some people are dysfunctional or abusive and aren't capable of having a healthy, reciprocal adult relationship. It is **not** regarding these people that I write this post.

Several months ago, [u/girlwithabike](#) wrote a series of posts on the book for women only. I highly recommend reading the book as well as her posts on the book for a more in depth discussion on what will be presented here.

Step one - feed his ego

Men are human doings. One of the drawbacks of this is that men feel no self worth if they aren't accomplishing something and/or useful to someone. If you have a husband, he has a core need to feel useful and to be admired for his skills and usefulness.

A major area of expression for this deep seated need is the realm of finances. He needs to feel like his work is keeping the family afloat and that this is appreciated and admired by his wife. Conversely, being taken for granted or criticized for his accomplishments and hard work, will chip away at his sense of self worth and bring misery to his life. If you engage in this, he will have less and less desire to be around you.

Same applies for smaller things. He cut the grass or shoveled the snow? Express your gratitude to him for doing so. Extra points if you do so in public. His love for you will grow with each compliment and each criticism or nagging is like another wound that will distance him from you.

Step two - keep his balls empty

Men don't enjoy talking as much as women do. Men bond with each other over physical activities. Likewise, he may engage in lengthy conversation with you because that's what you need, but what he needs is to connect with you regularly through touch. Affectionate touch, sensual touch, sexual touch. Buildup is wonderful, as long as he isn't left hanging with pent up sexual tension.

Example - greet him at the door when he comes home from work. Spend a few minutes hugging and kissing him, groping and making out. Occasionally greet him in lingerie. Then settle him to relax while you get back to cooking supper. This will make him feel incredibly desired.

Ask any man for the number one reason he agreed to get married and they'll probably tell you - to have a steady supply of sex. Men express love through sex and sex exponentially increases his love for you. If he feels sexually desired by you, he will feel like a million dollars. This can only benefit you.

Furthermore, men are highly visual. The enjoyment of looking at you and being able to show you off cannot be underestimated. An ejaculation is cheap and he doesn't need you for that. He needs you for the desire, the sexual dance, the sexual bonding and yes, also the visuals.

You may look at your imperfect body and think that there's nothing to see here so why bother trying to look sexy or elegant. The famous (or infamous) okcupid study showed us that men are very charitable with regards to a woman's looks. Men aren't that rigid. If you make an effort to stay in shape and look good for him, to desire him sexually and to have an active sex life - you'll succeed because he's likely far less judgmental and far more forgiving than your female friends are.

Step three - keep his stomach full

Many people underestimate the importance of cooking for your husband. Can't he make his own damn sandwich is an oft heard trope. Yes. He sure can make his own sandwich and he could eat alone too, but that's not the point.

When you cook for him and eat together with him whenever possible, you'll bond with him in a deep, emotional, non sexual level that's extremely important for a marriage. You'll cause him to feel important and cared for and this will go a long way.

By extension of this idea is keeping the house neat and clean and a warm friendly environment.

Conclusion

These three simple but powerful steps are a great new years resolution to make your marriage great again.

- To keep his ego fed.
- To keep his balls empty.
- To keep his stomach full.

Cheers!

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I tried dressing feminine for a day and this is what happened

GettingMyShitInOrder · 30 September 2018 · Archived copy · Reddit

Growing up I wasn't very much of a girly-girl, especially didn't help that there was zero feminine women in my life to influence me. Currently I've been working on cultivating a feminine spirit and learning to be soft and loving but I felt a bit of a mismatch with how I felt on the inside with how I felt on the outside. I wasn't a complete tom boy, I just dress like an average college student, basically a combination of leggings+hoodie+sneakers+messy bun. I spent no effort on my look and only dipping into my feminine side for events like weddings and baby showers.

I prided myself for a long time being 'uncomplicated', 'low maintenance' and 'practical' but since I've been reading here I'm realizing just how masculine my attitude was towards my appearance, those were all traits men look for in cars but not necessarily in women.

I'm slowly in the process of transforming my wardrobe to be more feminine but working with pieces I already had I decided to dress up and go out just to go shopping for a bit. Earlier this week I dressed much cuter for school and when I asked one of my class mates to help me he immediately got up and came over to help me, while in the past this same classmate would have ignored me or just make me ask the professor. I wanted to experiment more with dressing feminine and see what other conclusions I could gather. So I this morning I got out of the kiddie pool and hopped right into the deep end.

I put on a flirty silky polka dot top something like [this](#), wore a pair of skinny jeans (not feminine but working on it) that really show off my small waist and long legs, a pair of high heels, and some dainty gold hoops, a really classy somewhat conservative look but still showed my figure underneath. I have been growing my nails out and painting them soft pretty colors lately and went ahead and put on makeup (just concealer, mascara and a nice pink lipstick, all very natural but still pretty). Most importantly I've been working on my demeanor, I have a neutral expression on my face most of the time and have been trying to smile more when people speak or make eye contact with me. I wasn't forcing myself to smile at everyone but just a natural happy peaceful look. Dressing nicely made me want to be seen so it felt easy for me to drop the resting bitch face. I felt as pleasant on the inside as I do on the outside.

So how did it go? Well at first my boyfriend asked me "you sure you want to go to the mall this dressed up?" I don't really dress up for the poor guy so it was exciting for him, if anything, the one thing I learned was how much a guy appreciates being seen with someone that takes care of their appearance, he had a small sense of pride guiding me through the mall and talking to me throughout the day, even helping me off the escalator. In the past he had no reason to do so because I presented myself as capable, but suddenly wearing heels and being on moving stairs he had the desire to help me.

We went to the mall mostly for him so it wasn't like I dragged him there but I was window shopping a bit for myself. The most noticeable thing was how many guys turned to take a second look at me, even while with their girlfriends. At first I thought maybe I dressed too out of place, but women paid no attention to me. The attention was different. At one point I saw a guy take a triple take looking at me and then his girlfriend, who was dressed in sweats and a hoodie. I think many guys enjoy the soft feminine side of women and it's seen less and less these days.

The least surprising thing is how much employees wanted to help me, every store I went into I was approached by employees asking if they could help me, especially from men. Normally when I'm in this same mall it's quite busy and if I need something I have to hunt someone down. I magically became approachable, like people were drawn to me. Afterwards I went to the grocery store to pick up dinner and I couldn't believe I was -that- woman. By that I mean the 1 random woman I see at the grocery store that's dressed up to the nines in a nice pair of heels and her hair perfectly in place. Even the cashier recognized me and immediately started a conversation while in the past wouldn't say much. I was instantly inviting.

In the past before I started reading redpillwomen I actually thought the only way Women could draw attention from men was by wearing garish colors, booty shorts, crop tops, what ever is in fashion or other overly revealing clothes, basically a forever21 clone. What I've learned is that you can't really stand out if everyone else is doing the exact

thing. I never had the issue of standing out because I tend to dress in ways that hid me. But I also realized how unfair it was to myself to hide my body, I am pretty lucky that I don't have to work hard to be thin or have nice hair but my current wardrobe obscured everything about me that is feminine.

My final thoughts:

I think if you are having a hard time with being approached by men this would instantly up your game, in addition to online dating. If you already have a partner then absolutely dress for them. It sounds weird but I felt like my partner respected me more for dressing up, mostly because I honored myself first by taking care of my appearance. It also made his role as the provider/ protector more fulfilling for him and apparent. I think all in all: dress like a prize and men will always feel like they won.

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UPVOTES

controversial thoughts on the female orgasm

new_moon_solstice · 12 August 2022 · Archived copy · Reddit

I'm not sure if this is the right place to post this. I suspect most readers here have a less promiscuous background than I do. However, it's something I think most of the US is blue-pilled on, and I certainly was until I allowed myself to think these somewhat unorthodox thoughts - so maybe the folks in this forum will understand. Sorry it's long.

I probably had my first orgasm at around 12 years old using a jacuzzi jet. I was reading a romance novel in the bathtub and discovered it. Since then, I've always been able to easily make myself orgasm.

Fast forward to my first sexual encounters with men: growing up in a modern, liberal-minded society all my male partners ALWAYS went down on me and wanted to make sure I orgasmed every time. At first, I liked it. I thought it was great that they wanted to make sure I orgasmed just like they did.

But as I got older, I realized the part of sex I enjoyed the most was the intimacy of penetration. I didn't orgasm in sex most of the time but I loved it more than I liked orgasming. You feel so intimate and close with another human.

Men would continue to insist on "making me cum" but I did it to please them. It made them feel better about themselves if they could go down on me and give me an orgasm. I didn't really care if they did, but they'd be disappointed in themselves if they couldn't make me orgasm so I always let them. Then they'd feel satisfied that they made me climax. What they did not realize was that it was the (non-orgasmic) sex that pleased me so much more than the mechanical clitoral orgasm. I might as well use a vibrator as have a man's head between my legs - it's so impersonal, mechanical, detached.

Love is the part of sex that I love. Orgasm is just a physiological response.

I tried to google it and see if anyone else was having these thoughts. Mostly I found articles about how it's okay if you can't orgasm, sex can still be just as good. But these words - "just as good" - were troubling. I think sex can be BETTER when we don't fixate on female orgasms. I can orgasm just fine. I prefer not to.

And it makes me wonder if we've actually made sex worse for women by focusing so much on the orgasm aspect of sex - men see the orgasm as the central goal of sex - and so they want us to experience it too and get obsessed with making us orgasm - when in fact, it is the intimacy and closeness part of sex that is really more enjoyable for most women when we aren't fixated on making sure we orgasm.

Anyway, you are an open minded bunch so I was curious to hear your thoughts.

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Field Report: I haven't been as good a wife as I thought I was

dropdeadgorgon · 26 August 2025 · Archived copy · Reddit

The Situation:

My husband (32M) and I (34F) have a 21 month old and a 2 month old (both boys). I'm prior military, and stay home full time now. I've read *The Surrendered Wife* and *Fascinating Womanhood*, and have always tried to be mindful of all the RPW principles. For a while now, our marriage has felt kind of off. My husband was sitting in his car longer and longer before coming inside, kisses had a noticeable "checking the box" vibe, he seemed checked out and sometimes miserable when spending time together, and would retreat to his office at every opportunity. He said it's exhaustion from work and the kids, that he just never gets time to relax. But no matter how hard I tried to get him alone time, it never seemed to fix things.

The Realization:

A couple weekends ago, I went on a beach trip with my mom and sister (both single). We had a great time, but the frazzled, anxious energy they brought was **so overwhelming**. By the end, I felt exhausted rather than refreshed, and I just wanted to hide. And honestly, it held up a *very* uncomfortable mirror to my own behavior. I've been saying all the right things and following the script, but I was still bringing the stressed out, overperforming energy to the table. And worst of all - no matter how much I *said* I trusted him and his leadership, my inability to relax sent the complete opposite message.

What I Changed

1. *I stopped overcommunicating.*

I didn't realize how much I was flooding him with words. I was narrating every task, venting every emotion, overexplaining every little thing. I started letting there be more silence. It made room for him to speak, and gave me a chance to actually feel instead of just react.

1. *I stopped overperforming.*

This is a big one. I used to think if I could just do enough (cook the best meals, keep the house spotless, stay on top of everything) that would earn me love and safety. But all it really did was exhaust me and crowd him out. Now I'm letting things be simpler, and I'm putting my energy towards being present and joyful.

1. *I stopped chasing connection.*

I'm working on just trusting the quiet. I had been building an insidious subconscious story that he didn't care any more and that's why we weren't connecting. I felt like it was up to me to bridge the distance. But I'm realizing now that he's always cared a great deal - I've just been kind of emotionally exhausting.

1. *I softened my body language.*

This one was actually one of the harder ones, and still takes constant mindfulness. I've always been practically allergic to sitting down (my husband used to plead with me to just relax, but I just couldn't do it). I've really started slowing my pace, leaning into him more, holding eye contact longer. I've always known that this was an area I needed improvement in, but once I really started trying, it shifted the energy so fast it shocked me.

1. *I just slowed down in general.*

I try to do everything with softness and intention now (even laundry). Not to be performative, but because I need it. And the slower I go, the more space there is for him to show up. Not to mention he finally feels like he can breathe and have true peace in the home, instead of getting caught in my whirlwind of "go go go" energy.

The Results

When I tell you it happened fast, it happened *fast*. Less than 24 hours in and he had a sparkle back to his eyes, he was giving me long, lingering hugs and tender kisses. Over the past two weeks, all the things I have been yearning for from him have just come flooding back. We're laughing together, he's telling me about his day, he texts me while he's at work, he surprised me with flowers, and he wants to spend time together again. I'm honestly floored at the change in him. All this time, I thought I was being the best wife I could be and it was just all these outside stressors that had gotten him down. Last night, he said (unprompted) "you've been so happy lately, and our relationship feels really good."

It's been a very humbling experience. And for the first time, all the things I knew to be true *logically* - be soft, be receptive, be joyful - finally clicked.

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UPVOTES

Feeling betrayed by RedPillWomen.

Fearless_Room_1970 · 6 January 2024 · Archived copy · Reddit

I went super hard with RPW & the Surrendered Wife after I got married. I let him take the lead, bore him two babies back to back, cooked him gourmet meals twice a day, offered him blow jobs every day, tried every fantasy he had, everything. He was always low libido which made me sad but I figured it was stress and tried to just be a better wife.

After the birth of our second baby and a fair amount of sexual rejection, I'm ashamed to admit I looked at his history and found regular porn use stretching back years. I estimated he'd seen 1000 or more naked women in the time since he'd last shown interest in seeing me naked. I was super crushed and hormonal, he felt terrible and after a couple attempts stopped using it, and our sex life improved and is now pretty great, as long as he focuses on just kissing and emotional connection because physically I'm covered with loose skin and stretch marks from pregnancy and he's admitted it's a turnoff. I've lost all the weight and toned up my body and had a huge glow up - frankly I look hot as hell with clothes on - but nothing I can do will make me look like the tight teenagers that turned him on naked. And even if some surgery could achieve this, what would happen when I start to age? I'm 29 now.

I reread Fascinating Womanhood and Laura Doyle and more and I tried really hard to just be confident and feel sexy so he'll think I'm sexy, etc but every time we have sex and he avoids looking at our touching the majority of my body and he closes his eyes and I wonder who he's thinking about I feel used and cold toward him. I find my attention leaving him and I find myself more interested in other people and life outside my family because it hurts too much to be home with him. I was so devoted to him and our children, family, home, legacy - I sacrificed my body, career, and more and am left with less sexual value.

I'm sorry but I feel cheated by the RPW approach. It resonated with me and felt so right, but I mistakenly thought my devotion would be enough to keep him smitten with me forever.

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My post was deleted from r/offmychest because I post on r/redpillwomen

pilled21 · 21 February 2021 · Archived copy · Reddit

i asked them why my post (about using daddy in relationships) was removed and this was their response:

<https://imgur.com/a/5RaF0em>

****UPDATE****: it isn't a bot. <https://imgur.com/a/8BGxwpx> they also permanently banned me from the subreddit.

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UPVOTES

I love him but...

girlwithabike · 18 July 2018 · Archived copy · Reddit

A common RPW post goes like this:

I've been with this guy for X amount of time. These are all the things that are going wrong in the relationship. He's doing x, y and z and I want to change that. I love him very much how do I change myself so he's better.

I commend the women who look to themselves first for the root of the problem but I cringe every time I see "I love him very much". It's a line that gets put into so many posts and I have a secret for you.

Love isn't enough.

Men have two things that they require like air: **respect** and **sex**.

Don't misunderstand, love is important and everyone wants to be loved. However, your love must be demonstrated through the lens of respect. Furthermore, respect is often necessary for *us* to feel attraction to a man. After all, who wants to let someone into her bed who she doesn't respect? Who wants to care for a manchild for the rest of her life? Who here wants to *lead* the relationship?

Love changes over time. In the beginning, infatuation is a fire and it's all consuming. These feelings fade as a relationship becomes comfortable. Love deepens and is a shared bond that can sustain you for life. That love requires you to think highly of the man you love. It goes beyond hormones and passion.

That love is also easily confused with habit and attachment when a relationship is on the line.

Often I see "I love him very much" along with a list of his faults. What that really means is: "I'm very comfortable in this relationship and I don't want to start over".

You can care deeply about someone and not respect them. If you do not respect a man the relationship isn't sustainable. So instead of attempting to identify "love" for a man, ask yourself if you respect him. Does your gut tell you that you would follow him into a fire? Forgo your path to join him on his? Will you proudly show off your relationship to friends and family without omission? Do you think he knows where he's going in life and will you stay by his side through thick and thin?

Love isn't enough. There *must* also be respect for the relationship to survive.

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UPVOTES

The magic of earrings, or how being intentional gets you further

happyhearthwitch · 11 August 2020 · Archived copy · Reddit

I've slowly but surely been putting the advice I've been reading here to good use. However, one area where I've historically struggled is appearing feminine and put together. I'm a plus sized woman and pretty shy, so I've always gravitated toward plain (and tbh, kind of frumpy) clothes. However, recently I have decided put in more of an intentional and conscious effort to feel (and hopefully become) more put together.

Y'all.....making this move has literally changed my life in a few short weeks. And I'm not talking about a complete overhaul. I'm talking small and reasonable changes with the wardrobe and products I already owned.

Tucking my shirts into my jeans for waist emphasis. Cuffing the jeans for a fun and femme touch. Wearing strappy sandals instead of bummy flip flops. Even better, wearing flats. Updating my glasses to be cute but classy. Taking better care of my skin. And, to tie into the title, always wearing some earrings.

These changes have changed my life. From my SO telling me that he loves that I just look so effortlessly together when we go out, to my friends asking how I manage to look simple and chic, to getting random compliments from strangers on how they love my shoes or purse or whatever. Wild.

However, I had a virtual interview about a week ago. I wore a simple gray cardigan and black t-shirt style dress, and I literally got the job over another person with a similar work history and education because the employer said they could tell that I took myself seriously by how I presented myself. They talked to me about how they've been interviewing people who show up for their Zoom calls in pajamas. For interviews. What?? I went in today for my physical and HR stuff, and I was approached by all kinds of higher ups throughout the facility who congratulated me on my new position with the group. These are people that I have seen all over town before who never gave me a second thought who are now giving me their cards and telling me that if I'm ever in their building, feel free to stop by.

Maybe it's a placebo effect of feeling better because of looking better. Maybe people really do respond better when you put in more effort. Maybe a mix. I don't know, and I'm not entirely sure that I care to know. What I *do* know is that my life has vastly improved in the past few weeks, and I'm going to chalk it up to having the audacity to start wearing earrings. :)

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UPVOTES

Submissive Behaviour as Strategy

Whisper · 28 February 2018 · Archived copy · Reddit

Any woman with a triple digit IQ who devotes an hour or so to scanning the main redpill subreddit will quickly realize a few things:

- TRP deliberately cultivates a harsh and critical tone towards women in general.
- TRP deliberately teaches dealing with women in a ruthless and self-interested fashion.
- These are not the result of a raw outpouring of uncontrolled anger, but instead a deliberate instructional choice by TRP's leading voices.

While the men of TRP have no need for women to understand the "why" of this (TRP tactics work regardless), it is very for valuable *for women* to understand why this is so... it yields insight into their own best strategy.

The basic method of TRP is founded on the realization that mating between men and women is governed by the balance between two corresponding instincts:

- Women instinctively submit to, defer to, and obey men.
- Men instinctively protect and care for women.
- Each of these instincts, when expressed proportionally, tends to provoke the corresponding response in the other.

When these two instincts are both strongly expressed, a win-win interaction inevitably takes place... the woman is not brutalized or casually discarded despite her complete vulnerability, because the man's own instinct to protect and care for her restrains him, and the man is not exploited and vampirically sucked dry, because of the woman's instinct to defer to him and place his desires ahead of her own.

However, these instincts are not always expressed in balance. A woman who is submissive to a man who feels no urge to take care of her, or a man who is protective of a woman who does not submit to him, will end up being harmed.

When we understand this, we can see the reasoning behind the "tone" of TRP. It is a deliberate tactic for training men to suppress their protective instinct, necessitated by an environment full of women who are not submissive.

It is from here that we can realize a profound tactical implication for women who understand this. **If the teachers of TRP must work as hard as they do to suppress male protectiveness even of women who are not submissive, how hard can it be for a woman who IS to activate that same instinct?**

This, in a nutshell, is why RPW teaches submissive behaviour. It has nothing to do with tradition. It is not a religious law, or a moral obligation. It is simply *the best move* for dealing with any man who isn't severely damaged (how to identify those is a subject for another day). This is why "drawing boundaries" with your man, or "negotiating" with him "from a position of strength" may *sound* safe, but is a very bad idea. It is the decision to engage in conflict with the sex that is built for conflict, while in that very act sacrificing an incredibly potent advocate who *lives inside his own head*, past all his defenses.

The basis of any strong RPW strategy for navigating the risks of the sexual marketplace involves cultivating the ability to evoke this instinct in men.

This does not simply begin and end with deference or obedience, but rather consists of a whole host of behaviours calculated to draw the protective instinct out. It is, however, the *willingness* to behave in a submissive fashion to begin with that allows a woman to access, learn, and experiment with such strategies.

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UPVOTES

RPW does not mean we are playthings for men.

AgathaMysterie · 19 February 2019 · Archived copy · Reddit

Dude why do I get the feeling that so many women who start down the RP path end at a weird place of like... “how can I be a Stepford Wife?”

If you're with a dude who will only stay with you if you're permanently young, tight, etc... Baaaaaaail!!

Hotness, charisma, and wealth are overemphasized IMHO. A real man is driven. A real man is loyal, especially to his family. A real man has a soft side (that he is discerning about sharing only with those he trusts). A real man can admit fault. A real man shows respect to all of God's creatures - other men, women, children, the elderly, animals, etc.

If you are asking yourself:

“Will he leave me when I turn 40 for a younger woman?”

GTFO now and save him the trouble. Get thyself a real man with staying power.

What do the rest of you think? Am I off base?

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UPVOTES

Some of the moms at my son's school stopped talking to me when they found out I'm a housewife.

throwaway8768901 · 10 June 2021 · Archived copy · Reddit

Our 7 year old started a new school a couple months back. A lot of the moms and I exchange pleasantries daily and I noticed a few of the moms have started avoiding me as of late. It's definitely not something I've done because I'm always pleasant and never engage in gossip or loaded topics. The only change is that they found out I'm a housewife. They must've realised it because of the way I dress and the fact I never rush at drop off, pick up, spend time at the park with my little one etc. I do catch these moms looking me up and down and as soon as I look their way, they look down/away. In all fairness, I am lucky to have a good husband. I live a carefree but humble life. We are not rich by any means, but my biggest stresses are what to make for dinner.

It bummed me out at first and rattled me a bit, but I've now accepted it. I don't know why they would act this way though. A lot of them have nicer cars than me, bigger houses, more name brands and I don't envy them.

Just wanted to share this with all you ladies.

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UPVOTES

The importance of not oversharing about sex

amadexodus · 7 June 2022 · Archived copy · Reddit

I'll keep this post short, as including too much would be, well, oversharing. The meaning of sex for our men is probably not a new concept to most RPW, but I thought I'd pair it with something I've learned.

It's no big secret: Us ladies talk about **A LOT** of stuff with our girlfriends. It's how we connect with each other. I've also always been that person where on a scale from 1 ("I know nothing about her") to 10 ("I know everything about her"), I'm totally comfortable with letting someone I'm not close with be at a 7.

My man is different in that he's more stoic and private, particularly regarding sex. Now I've become **far more conscientious** about keeping our sex life private since we started dating, even with my girlfriends, despite feeling the impulse to share it with them. I wasn't always like this (21yo me makes 26yo me cringe, looking back). I couldn't understand why he was naturally private about it and I wasn't, but it finally hit me this week why.

Sexual/physical intimacy is one of his primary ways of connecting with me, and it's a side of him that's radically different from what his friends, family and others get to see. I used to feel like a girl with an exciting secret, giddy and glowy when thinking about what we did together last night while I went about my life. But over time, as you move out of the honeymoon phase, you learn what the foundation of your relationship is really built on, as well as what you both consistently need in life.

I've realized that just like he **needs** to be desired and he **needs** to make me feel like a princess in the bedroom, he also **needs** it to stay between us, because it's not just sex for him/us. My man thrives on being consistent and loyal and excellent in the important areas of his life. Sexual intimacy is **his steady expression** of care and tenderness in a way that is unique to him, given uniquely to me. And this doesn't just apply to sex; he also thrives on a few routines for physical affection that we have, which I won't share here. When I look at it that way, him keeping our sex life private is a kind of protective instinct, and it's that much more important that I do the same.

Thanks for reading, hopefully it was helpful and not too rambling!

Edit: wow, the reception has been lovely! Thank you so much for the awards as well! :')

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UPVOTES

Do not put your life on hold waiting on Prince Charming

stevierose789 · 3 September 2020 · Archived copy · Reddit

Are you a Special Snowflake? Do you melt at the first sign of adversity?

No?

Then what motivates you to wipe your eyes, swear like a sailor, or kick something, or run a mile, or whatever it is that gives you the determination to keep fighting and make the changes to improve things?

Or are you a woman who wipes her eyes, decides to be patient and then taps into her success of being vulnerable, submissive and a soft place to land, happy to step back and wait for a man to take care things? If so, then how do you get by if there is no man around?

There have been a number of posts from young women espousing their dreams and plans for the future and that is a good thing. The bad thing is no one is keeping them accountable in terms of reality. I am hoping that some of our more experienced participants will back me up when I say:

Let a good man lead, but do not make your life plan dependent on a good man to take care of you.

As much as a man wants to provide for and protect his woman, there are times this is out of his control. If you can't step up and make the effort to take care of things on your own in these situations, then the outcome is not good.

Do not throw away any opportunities to better educate yourself while searching for the right man. You never know how this knowledge can add to the quality of your marriage.

If you really want to be a SAHM you had better accept the fact that you might not be living in your dream house and furnishing it from Wayfair. Instead, to make life as comfortable as you can and make ends meet, you may be canning food, gardening, sewing, and scavenging thrift shops to re-purpose furniture. These are admirable skills, but they are skills that have to be learned and that takes time, so start to learn them now.

If you are not interested in this then you better find something you are good at that brings income into the household. Your beauty, your skills in the bedroom and your cooking may keep your man happy, but they won't account for much, if times get hard. And nothing will ruin a marriage faster than money problems.

I am giving advice that I hope will give some young women a reason to pause and reexamine the reality of their expectations of what a marriage will entail. Do not expect any man to be your meal ticket, because the ones willing to do this are the men you will despise down the line.

I am not saying every woman should go to college. There are alternatives out there. Learn a skill. Skilled labor is becoming a rare commodity in both male and female pursuits. And some skills are interwoven. If you don't want to work with a bunch of women, learn about carpentry or auto mechanics, or web design, or welding, or landscaping, and so on. The list goes on.

The best thing about finding something that sparks your interest enough to educate yourself is the excitement that comes along with it. It is something to think about when you are doing mundane tasks and it something that gives you a sense of purpose outside the expectations of everyday routine.

Furthermore, it makes you more interesting.

Before Covid hit the area where I live, there were many classes and workshops available at community colleges, continuing Ed courses at high schools and libraries, parks and museums that were affordable or free.

You don't need a fortune to pursue an education in a skill or knowledge that interests you and it may pan out as a way to earn some income in the future. If you do decide to invest money in an education make sure you choose a field that offers a good chance of employment.

There are no white knights out there to rescue you. Your best bet to a good marriage is to bring skills and

knowledge to the table that indicate that you are ready to pull your weight in the coming years.

edited to say thanks daniella thanks arkasia

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UPVOTES

"It feels natural to treat you like a lady"

testaccount_db · 3 November 2019 · Archived copy · Reddit

Hello! I wrote here a few months ago trying to decide if I wanted to break up with my then-boyfriend. All of your advice was extremely helpful, and I did it that week.

First thing to set up: I've been following Red Pill for about 5 years now. It's essentially one of the defining parts of my personality. I'm naturally soft spoken, I don't swear unless I'm quoting something (I actually stopped doing this when I was still in high school). My roommate's summary is that I'm very kind, but I also hold onto my beliefs very firmly, and I don't mind having a different opinion (not going to lie, this one meant a lot to me)!

One of the first big disagreements with the last guy I dated is that he wanted me to be a bit more wild. It bothered him that I didn't curse, and he wished that I would drink more (I just really hate the feeling of being drunk, so two drinks is generally my limit). That one ended up with me crying, haha.

Time Jump: Present Day

I've recently started dating a new guy. He's the same age as me, but he is a lot more mature. We have very similar views on religion (we met at church), drinking, chastity, etc. He's definitely still more aggressive than I am, but in a nice, balancing way.

Last night, we were talking and he told me that one of the things he likes the most about me is that it feels natural to treat me like a lady. To the point that his brother (who's also his roommate, so I see him fairly regularly since we all tend to hang out together) has the same impulse.

It's just nice to be liked for who I am, and that I don't need to compromise my values. Obviously, it's still early days in this new dating situation, so anything could happen. This has just been a pleasant reminder for me, and I wanted to share. I hope this is helpful to someone out there!

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UPVOTES

Femininity shouldn't mean materialistic

lilacgirl_ · 5 January 2020 · Archived copy · Reddit

I've come across lots of RP inspired blogs and Instagram accounts of women who are homemakers and place high value on family life (from the appearance of it, at least). However, the vast majority of these women are married to well-to-do men who belong to the high income bracket. They constantly flaunt their beautiful and expensive clothes and luxury purses, all while praising their hubbies for their new gifts. It is nice they give credit to their husbands but I'm just turned off by excess and materialism in general. It makes me wonder if they would be sweet and submissive if their husbands didn't earn as much and couldn't give them their lavish lifestyle.

As a Christian, I see things from a spiritual perspective and I strive to honor and respect my fiancé both because I believe God commands me to and also because I genuinely love him. I would love him the same if tomorrow he got a job making 500,000 a year and also the same if he suddenly lost his job and we were struggling. I think this is a big premise of RP, whether you are religious or not.

I think it's possible to dress feminine and take care of oneself without falling into materialism and excess. Those two things are damaging to the soul in my opinion, and as much as modern women dislike being seen as "objects"... this is exactly how many of them view men- precisely as tools only meant to give them the life they want.

Hope this doesn't come across as judgmental or bitter because it isn't my intention at all. If any of you follow any RP women who place value on the home and not so much on vanities (while still maintaining feminine charm) please do share. ☺

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UPVOTES

Ignore the hate from other women

MTB13579 · 12 January 2021 · Archived copy · Reddit

It's no secret many women today are very unhappy with themselves and their lives. If you are struggling with mean girl behavior ignore it. Women who are happy with themselves do not go around tearing down other women. If you are a young woman with high SMV you will get more hate than a neonazi. You will be criticized by strippers and not wives and mothers. I am a college girl in her early 20s who would be considered very attractive. I often get called a "traditional beauty". I am rather conservative. I have a very low partner count. I get boys to take me on real dinner dates instead of hook up. I have had other girls treat me with repulsion in both high school and college. In high school I had a particularly nasty girl spread rumors about me. She extremely unattractive overweight. She was 18 with a body count over 30 and began dating a male virgin. You can picture this relationship. Hold your head high and avoid these losers. Stay at home moms get the most hate from single mothers whose baby is the product of a one night stand. Take care of your body your mind and your reputation and you will find a wonderful loving man. Don't let women who ruined their own lives make you feel bad about your success. Don't feel guilty for having a lovely husband and privileged children because you carry yourself like a lady while other women chose to have tinder one night stand every weekend until they were 30. Smile, wear pretty dresses, spoil your man with your cooking and it'll all work out.

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UPVOTES

The False Myth of the Practice Wife, and How Not to Be Her

SunshineSundress · 14 July 2021 · Archived copy · Reddit

There's a common trope among RPW, rage-tweeting angry feminists, and the cheesy rom-com blue-pilled crowd alike - the Practice Wife. While all three groups of women have pretty different ideals, we all have a pretty deep fear of becoming the Practice Wife. It's the woman who spends YEARS, maybe even a decade or more, with a man waiting for him to propose or commit. To her, she's put in a lot of investment into shaping this man into Husband Material™. For whatever reason, the pair breaks up, and lo and behold, the guy is engaged to his new girlfriend after only being with her for a year or less.

"I knew it! That scumbag was just using me all along," she huffs. "I was his Practice Wife that he used to get all the benefits of a relationship without giving anything back, all while practicing how to ACTUALLY be a good partner for someone else. Now some other b*tch/whore/slut/whatever-other-insult-you-got gets to reap all the rewards of all the work I did to make him into a better man! Men are trash, never trust a man, don't even THINK about doing a single thing for him until you have a ring on your finger, yadda yadda yadda..."

While I completely understand and sympathize with these women's anger and hurt, I also think they're missing a BIG point of what happened and how they can prevent themselves from ending up in this situation again. They're also unknowingly misleading the young and impressionable women they tell their cautionary tale to. There's something they need to accept about THEMSELVES, not just this "evil" man who "betrayed" them, before they can actually move on successfully or give helpful advice.

To explain, let's first review a **basic and fundamental part of RPW theory**: **Women are the gatekeepers of sex, while men are the gatekeepers of commitment**. While I'm sure we've all heard this at some point here at RPW, it's worth diving into again.

Why are we the gatekeepers of sex? I could go into the vast evolutionary biology and psychology behind it, or I could give you real-life examples of how it plays out, but I think you already have an idea why. *On average, men desire sex MUCH more than women do.* Sex is more like a need to be satiated for men, like hunger or thirst. What starts out as a small rumbling ~~in their loins~~ in the back of their heads slowly becomes so all-encompassing that they can't do much else until they satiate that need by any means necessary (means that they often regret once **Post Nut Clarity** hits).

While women also enjoy sex a lot and plenty of women (including myself) have high sex drives, the majority of healthy women aren't seeking out sexual fulfillment in this way. Sex for women is tied to many other things like love, commitment, comfort, and safety. With all these pre-conditions, it's not exactly the highest priority on our totem pole.

This situation creates an unbalanced power dynamic. The men need sex from us far more than we want sex from them. When we take rape and brute force off the table, *women are the ones who have more leverage and ultimately get to decide the terms of when sex happens*. **This means that men have to work to INSPIRE us to want to have sex with them.**

Now let's look at the opposite side. Why are men the gatekeepers of commitment? Again, the proof is in the pudding for evolutionary biology and psychology, as well as in real life, but I think we as women struggle with this concept more than the previous one. Try to think of it the same way we thought about sex: *on average, women desire commitment MUCH more than men do.*

Remember that totem pole where sex fell somewhere in the middle for us? Commitment is at the very top for healthy, well-adjusted women. While we needed a committed man's utmost protection and provisions for our very

survival in the past, I've **argued** that we still need a bit of that today. For the naysayers who insist we don't need men at all in the modern world, can you at least admit that those urges for commitment are still evolutionarily coded into our mating strategy? Why does nearly every little girl daydream and fantasize about her wedding and happily ever after, after all?

While men also enjoy commitment (when it's not degraded and poisoned by our modern world's conditions) and while it's also one part of their dual mating strategy to commit long-term, it simply isn't the priority for a majority of men, especially in our current times. One part of this is because sex has always fallen much higher on their totem pole than commitment, but the more uncomfortable truth is that men aren't reaping a fraction of the benefits they used to from commitment and marriage, for significantly higher costs and risks. As a result of the declining quantity and quality of commitment-worthy women, some men have opted to prioritize sex alone, even if they're the ones who prefer commitment deep down. Others are quite cautious and guarded with who they give their commitment to.

Again, this situation creates an unbalanced power dynamic. We need commitment from men far more than men want commitment from us. Because of this, *men are the ones who have more leverage and ultimately get to decide the terms of when commitment happens*. **This means that we have to work to INSPIRE men to want to commit to us.**

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Phew. Okay. So we know this and we don't debate this. It's an idea central to all RPW and TRP theory. What I'm here to try and convince you of is that **Practice Wives are ultimately responsible for their own misfortune because they failed their main job in their relationship strategy: to inspire commitment from their man**. Both the Practice Wife and the "b*tch/slut/whore" he proposed/committed to were dealt the same hand when it comes to the power dynamics of sex and commitment. And yet, the b*tch/whore/slut's girl game was tight enough to secure that man's commitment, while Practice Wife's girl game wasn't. The man didn't commit to the so-called Practice Wife because she didn't inspire further commitment, not because he was using her for practice for someone better. Evidently, they broke up for a reason.

To take this one layer deeper, **this also means that the Practice Wife isn't real**. She's a scarecrow that scorned women create to 1) protect their own egos 2) shift the blame from themselves to the men who didn't want to commit to them 3) refuse to have any agency or accountability for their outcomes. By hiding behind this scarecrow and not addressing the mistakes that got her here, these women are only doing a disservice to themselves (and anyone naive enough to listen to them).

So 1) stop protecting your ego. Be brutally honest with yourself about your SMV/RMV, and accept that it was too low to inspire commitment from the man you desired. 2) Stop shifting the blame. You cannot control how much other people suck or how they choose to treat you. You **can** know which men to vet for and which men are more likely to commit, and you **can** learn exactly what inspires the vast majority of men to commit. With the knowledge that you're at fault comes the power to change it. 3) Stop seeing yourself as a victim **AND DO SOMETHING ABOUT IT**. Improve your SMV/RMV, vet and pick the right men for you, and become the feminine, sweet, submissive, and nurturing woman that men crave so badly.

If you can't beat the "b*tch/whore/slut" who got what you wanted, then join her, take a page or two out of her book, and use some of her girl game. Luckily for you, there's tons of resources here at RPW that shows you how to do just that. So if you ever find yourself stepping into the Practice Wife's hay-filled shoes, stop making a straw-manned victim out of yourself and take the accountability needed to become better.

TLDR: There's no such thing as a Practice Wife, only women who failed to inspire commitment in the men they're dating. Stop hiding behind this false myth and do something to change your own odds for the better.

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This was inspired by a comment thread I had a long while ago with [u/Whisper](#) where he explained that there's no such thing as a Practice Wife because men don't work like that, as well as the recent discussion [u/MirriMazDuur](#) sparked about why men don't need women. Thanks to the both of you!

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You have his love, you have his commitment, but do you have his devotion? - More lessons from my grandmother.

[deleted] · 4 May 2022 · Archived copy · Reddit

When you met, dated and got married, you were in loooooooooove! This love for him made you blind to his faults and his love for you made him blind to your faults. Things flowed smoothly, you didn't have to put it much effort to be head over heels, completely infatuated with each other.

But that didn't last forever. It's impossible for that to last forever. Sooner or later, you begin to notice flaws, annoying quirks and <gasp> shit that stinks ☹️

Suddenly you're bickering, arguing and quarreling. Ugh. Can't you just be infatuated again?

No. You can't. That ship sailed and it's time for a more mature love. A love that's more in sync with day to day life and less in sync with fantastical romance novels.

Okay, cool. But wait a minute. Why didn't we get divorced as soon as the infatuation ended and the bickering began? What exactly kept us together?

Commitment kept us together. We were so committed to each other, we just **had to** try harder. We just **could not** give up so fast.

In other words: commitment truly kicks in, when the love fades away. In fact, commitment isn't ever necessary when the love is strong. Commitment is only necessary because love is constantly shifting and changing.

Commitment is meant to keep the union together, even during the lowest, darkest times, when hardly any love can be felt at all. Whatever love is present, is hiding somewhere deep inside.

Commitment (in marriage) is inspired by love. Commitment itself, is not love. They are separate concepts.

Love draws us towards each other. It's an emotion that has us **wanting** to come closer. There are many variations of love, but the common denominator in all variations, is: **being drawn closer together**. Love of parents and children, love of siblings, love of friends and love of spouses. Each is the desire to be closer, each in the way that is appropriate for that type of relationship.

Commitment is when you stick to something or someone, even **when you have zero interest!** This is how you can be committed to a job, a project, to the hospital, to an insane asylum or to jail. You may have no interest at all, but you are committed.

Devotion is when you are super committed. When you invest that extra degree of effort and energy. When you run the extra mile. This is impossible to do when you're not really interested. You can be committed without active interest, but you cannot be devoted without active interest.

Have you ever reached a point in your marriage where you're constantly bickering and/or cold and/or sexless and/or loveless and/or can't stand each other?

I'm embarrassed to admit that I have been there, done that, got the t-shirt and the bill.....☹️

But here's a lesson from my grandmother:

If you want him to run that extra mile for you, you have to give him something bright to look forward to at the end of that mile.

Ugh... so simple and not so simple, all in one.... ☹️👉

After much conversation, discussion and clarification, she was essentially suggesting that I **act** loving, sweet and pleasant to him, even if I don't **feel** that way. Some practical suggestions include:

- Smile at him.
- Listen to him.
- Don't continue the argument.
- Vent to a friend. Don't spill it on his head.
- Lovingly touch him.
- Compliment him.
- Appreciate him.
- Express gratitude to him.
- Don't criticize him.
- Boost his ego.
- Make him food and serve it to him.
- Eat together.
- Go for walks.
- Give him space every day.

She suggested that I start doing these, regardless of what he does in return. That I unilaterally make the first move. That was mighty hard. I don't know why I listened to her "antiquated" advice, but I'm so happy I did!

Because his **devotion** began to increase as soon as he got past his cautious amusement of - is she for real?

Am I ever glad that I stuck with the program for long enough to have a real and positive impact on my marriage.

Grandma for the win!

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Women who embrace femininity and let men lead seem way happier... coincidence?

Warm-Moment5975 · 27 August 2025 · Archived copy · Reddit

I've been watching my friends and honestly the difference is wild. The women who constantly fight for control in their relationships always seem stressed out, frustrated, and never satisfied. The ones who lean into their femininity, respect their man, and actually let him lead? They glow. They're calmer, more secure, and the relationships last.

It makes me think... maybe modern culture sold us the lie that we need to "be the boss" in every situation. But deep down, most of us crave balance. Letting men lead doesn't mean you're weak, it just means you trust him to be strong.

Curious what you all think. Is this just something I notice in my circle, or do you see the same pattern too?

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I am starting to realize that many "equal" relationships are actually female-led

ConcernedRedditor7 · 24 September 2020 · Archived copy · Reddit

My mother and father are divorced and my mother married another man. She and my stepfather seem to be happy together but it's extremely obvious that he's in a submissive position in the relationship. He's a people pleaser type of person so it probably suits him, but the idea that they're equal is laughable. My mother is the one who constantly decides what they're going to do. I am not saying she doesn't care about his feelings and thoughts but she obviously has the final say on things.

Has anyone else noticed that in many supposedly equal relationships it is actually the woman who is the leader?

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UPVOTES

Stop putting worth on how many people want to smash you...

smashed_cookie_dough · 19 June 2020 · Archived copy · Reddit

Of course! I'm a women, the fair sex. Everyone wants to ride the train 🚂 but the issue is that any woman can get sex, it's easy. If it's easy, it shouldn't be bragged about. A Nobel peace prize, a discovery in modern medicine, finding microorganisms roaming on other planets, that's something to brag about! Maybe this is from the conditioning of society I'm trying to unwind: Being sexually desired is a goal of being feminine and powerful.

Didn't know where to post this but thank you for reading y'all 🙏

Edit: Woah! So many responses! This has set a discussion and I'm happy to see others point of view. I'm learning about womanhood and what does it take to be a woman of class. Society and feminism can knock people from their feet but I want to choose the life I need to live for myself. Thank you ladies and gentlemen! ❤️

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Any women here feel "alone" or that you do not fit in with this society?

missylizzy · 2 June 2020 · Archived copy · Reddit

If I posted this anywhere else, I'd immediately get a "not like the other girls" comment, but that is not what I am trying to say.

I was browsing through the pregnancy subs, and the views are just so contrary to mine, I feel...sad.

Is every single woman in the world now a liberal feminist? Are there really no more countering views of what it means to be a woman?

I understand this sub is not necessarily political, but I assume most here lean more on the conservative side.

If you do not, that is okay, and I am not trying to "bash" anyone.

I just feel I have girl friends all over but not one real girl friend I can tell my true feelings, too. Luckily, I have a husband who I can, but sometimes that sense of loneliness pops up.

Why? I think women are social creatures and we want to connect.

In real life, I try to put my views aside, but I find my morals are so totally opposite of everyone (especially women) around me.

Anyway, this post is not to offend anyone. Just a little venting session that I might delete anyway.

Edit: thanks for all who replied!

I appreciate the kindness and openness. When I said "liberal feminist" I think I meant more "SJW" feminist, and I know those are not the same thing.

As for me, I think I'll just continue to slowly seek relationships and maybe also face the fact that it may never be "perfect." I think me craving close female friends has something to do with my mom not really able to do that (she is really sick right now) and losing friends as I changed views. Also I'm pregnant (please pray that this one sticks around) so I was thinking that I do not want my children to be lonely like me. But I also want to raise them right.

Thanks for all your replies!

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My husband is putting me and children at great risk.

ManEatingMatzahBall_ · 5 April 2020 · Archived copy · Reddit

My husband is refusing to follow quarantine orders. He goes out everyday and meets with his friends, goes to teach his yeshiva classes(which is supposed be closed), goes and takes care of his business and right now he's over helping his brother with a project at his house. We live in a city that's under military lockdown to keep the virus from spreading. Because the problem is that no one is respecting the lockdown.

But by going with the crowd he's putting me and the children at risk. I'm pregnant, my daughters health is let's say fragile and we have a eight month old with severe asthma(which means a respiratory infection could be fatal).

I've explained to him that he's putting us at risk. But he doesn't seem to care and he's really minimizing my concerns. He thinks I'm over reacting and we're going to be fine. I don't think he understands the risks.

Edit: I can't go somewhere else like I thought travel restrictions mean I can't leave the city. But my brother in law who's a doctor was able to convince him to stop going out if not to keep the children safe to avoid getting arrested.

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I'm leaving my partner

Amanda-Black · 2 May 2020 · Archived copy · Reddit

I (26f) am about to end my relationship with my partner (48M). You can check my previous posts about what a loving supportive reliable captain he is. But he just does not treat me with kindness and consideration.

He hurts my feelings and when I tell him he insists on defending himself and turning it around to make it my fault. When I try to show him what he's doing wrong he says I'm bringing drama and fights into the relationship.

I'm just so tired of living like this. Because it's just been a continuous cycle from him. As I write this I'm calm and composed (and sad), I've come to accept that although I wanted to build a future with him, I cannot build anything with someone who is not kind and considerate towards me.

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Happy Reminder: Initiate something something sexual with your s/o today!

Cookiedoughspoon · 12 July 2019 · Archived copy · Reddit

Oopsy, double something in the title! So, I think we have a bunch of posts about being pretty and feminine and handling household duties and yada yada but don't forget to put that pretty face and femininity to work!

Today instead of yknow, "self love" I stopped and texted my s/o about how I missed him, wanted him, blah blah blah. Just flirting. You get the point lol. And he was immediately happy and eager and I think it almost surprised me? Not that he desires me but that he was like, front and center. Ready to listen to my corny attempts at seduction. Ready to *receive* me.

It kinda made the notion of initiating more appealing in general because like most women I definitely allow him to initiate most of the time. And while I'm an eager participant I definitely want to have him staring at his phone and counting down the seconds until he receives another nasty text more often. Or rushing home after work because I made dinner and I'm the dessert. Female sexuality is *so* gorgeous and it doesnt have to wait until your man flips the switch for it to come out.

So! Sisters, send a nasty text today! If that's not your cup of tea, when he gets home park yourself on his lap and tell him you missed him. Play footsies under your dinner table. Invite him to shower with you. Be naked when he gets home! You're beautiful. Surround him with your being. In more ways than one! :D

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So what if you've had a lot of partners?

Whisper · 2 October 2020 · Archived copy · Reddit

(This started out as a comment, and grew.)

Okay, so first of all, this is not a tradcon space. Their answer to "I slept with a lot of men" is "begone harlot!", which isn't very useful, because "you shouldn't have done that" isn't advice, it's just moralizing.

Okay, the bad news is that because of what you did, you absolutely are less desirable as a wife. Take a deep breath, look in the mirror, and accept that, because getting mad or sad about it does no good. You are not a jar of peanut butter, you can't get *unscrewed*.

Also useless is blaming men for caring about such things. Men weren't put on this earth to serve you. They get to like what they like and they don't have to answer to you for whether it's "justified" or not.

The important place to start with is to understand *why* men care about your sexual past.

This may be difficult because **men themselves usually do not know why they care about your sexual past**. They don't understand their own feelings in this area, and so they cannot explain them. They only know that it "bothers them". So they make up excuses like the ridiculous "stretched out" myth, as if girl parts could somehow wear out, and did so faster with more partners. Or they say that women who have lots of partners can't pair bond, when it's actually the reverse (women who can't pair bond have lots of partners).

They're not *trying* to lie to you. They just don't *know* why they are turned off by the idea of committing to a woman who's been with lots of other men... and they are trying to explain it themselves.

But it *can* be understood. The key word here is "committing". If you look at porn targeted towards men (not the written-word stuff targeted at women), then you notice that the women in it are just about as slutty as it's possible to be, and it doesn't turn the male audience off at all (otherwise they wouldn't be depicted that way).

Men don't care about the sexual past of their casual sex partners, but they care deeply about the sexual past of their romantic partners. This is because they know, even if they can't articulate it, that a woman is at her most sexually available and adventurous with the man she loves the most.

What actually bothers men is the idea of being with someone, of committing to someone, for whom he wasn't the top choice. A man can be patient with a girl who is a virgin... so what if she made him wait for a week, or a month, or whatever? After all, she made everyone else wait for eternity. She's still being at her most sexually available with him in particular.

But once a girl has, for example, a one-night stand, then that indicates something about what it takes to inspire her sexual enthusiasm, and if she tries to put the brakes on with future partners, this tells them exactly where they stand in the scheme of things. This is why men find the news that his wife had a previous one night stand to be humiliating... she desired that other man more than she desired him.

And it's no good to say "I made a mistake" or "I changed my standards" because all that means is "other men were able to tempt me to do unwise things, but I have more self-control with you".

So, that's the problem with sleeping with a man you just met... because forever afterwards, that's the standard. That's the benchmark. Anything more reserved than that means "I'm just not that into you". And you will never persuade a man otherwise by talking at him.

So, with all this being understood, what can you do?

There are three approaches:

1. Lie. This may seem immoral, but we don't do moralizing here. Lies can, theoretically, fix the problem. But there are some drawbacks. You can't ever be totally open and honest in your relationship... you have to live that lie for

as long as your relationship lasts. Also, if you ever get caught, a lie compounds the injury, and you should not expect the relationship to survive.

2. Continue to take sexual risks, but with a purpose. This involves being as sexually available to the men you're dating now as you ever were in the past, although now you are at least *looking* for a relationship. Obviously, this tend to expand your sexual history even further, but at least if you manage to get something going, you didn't withhold from him *more* than you did with others.
3. Radical self-improvement. Increase your value on the sexual marketplace so much that you are not the same sexual partner at all, and it's obvious that you can command more effort and investment. This is not as simple as just learning to play the piano, or being slightly nicer to men. It has to be a profound and immediately obvious improvement to the point where a man would not be made ashamed. Think on the order of quitting your drug habit, losing fifty pounds, maybe getting a nose job, and basically reinventing yourself. If you could be in a room with a former sexual partner and your husband, and the **FIRST** guy feels like a loser, because he had a much worse version of you, that's the magnitude we are talking about.

What do all of these solutions have in common? Well, they all hurt. They all have drawbacks.

But this is the real world, and it wasn't put here to be fulfill your fantasies. This is simply damage control.

It may be tempting to think that you can re-invent yourself as a virgin and simply raise your standards. We've seen plenty of women try to do this, and some of them even find partners. But what they do not find is *enthusiastic partners who had other choices*. Men who wife up an slut are men who don't have options, and there will reasons why they don't have those options.

So if you want the best partner that is available to you, you're going to have to have a concrete strategy for dealing with what you did, and how that affects their feelings, instead of just complaints about the consequences of your actions. That means more risk, and more compromises... but we can always play the cards we have to the best of our abilities.

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Doormat vs Deference

girlwithabike · 15 October 2019 · Archived copy · Reddit

Hello class and welcome to RPW 101: Basic RPW. Where I will ramble about the foundations of this sub, what we are and are not and how we can use these tactics to achieve our goals. Class meets whenever I feel inclined to write and you can find the syllabus in the back of the book – by which I mean my head, good luck getting it out.

By any other name...

Submission is one of the foundational ideas of RPW and it is a *very difficult* concept to understand for new members. People come into RPW all the time thinking that we are doormats who will bend over backwards and let a man do anything.

The background that you bring to RPW will influence your view of submission. A Christian will have learned that she **submits to her husband out of reverence to her faith**. A BDSM sub will anticipate **a firm spanking** if she steps out of line. The majority, will stand in the middle and look at each end of this spectrum and think: “where the heck do I fit in?”

Hypergamy leads us to seek out the best man we can find. When we say “women date across and up” this means we are attracted to men who are better than us *in some way*. He might be stronger, he might be smarter, have a better job or socially higher status. We are attracted to the confidence in these men. They make us feel safe, protected and cherished.

This is fitting because men want to feel competent in their lives and in their relationships. Men often ask themselves **if they measure up**. Rather than being protected and loved, men wish to feel **respected and admired**. Submission at heart, is the way we behave to show men the respect and admiration that they crave.

But the *word* submission is a sticking point for many. If your modern Western brain struggles with the word *submission*, consider instead *deference*. We defer to others on a regular basis: to bosses at work, to teachers in school, to those with more knowledge and experiences than we have or those who take on responsibilities we do not want.

Whatever word you use to describe the practice, it does not mean you need to be less than what you are. You defer to a professor because they have more knowledge than you, not because you are stupid. You defer to the manager because they have more authority and responsibility than you, not because you are incapable. You defer to your partner because you love him, not because you can't function on your own. You need not be weak so another can be strong.

A doormat is a woman who will make herself weak to assuage the ego of a weak man. Submission is a tactic that anyone can use, and it *can* be used this way. Any man will appreciate being shown respect (remember: **it is how they love**). The person you are harming is yourself.

Instead, find the best man you can. A man whose vision for the future aligns with your own. A man you respect. If you don't *want* to follow his lead then he's not the right man. If you think his plans are terrible then he's not the right man. If your life goals are at odds then he's not the right man. If he asks you to set yourself on fire because he's chilly, *then he's not the right man*.

Choices should be made that are in the best interest of the family and the relationship. Do not quit your job that you love because he wants to be the sole provider. Quit your job because you both believe it is the best way to raise children. Do not STFU when your husband is about to make a wrong turn because you fear embarrassing him (*seriously Laura Doyle, wtf*). STFU because mowing the lawn is his responsibility and you trust him to manage his own to-do list.

I'm a firm believer that most women are happier with a man than without a man. I do not believe that women are better off with *any* man. Do not blindly follow a weak man. The risk to your own self worth and the relationship are great. (I know a woman who got herself a stress fracture tolerating a weak husband). Do not make yourself into a foot stool so he can kick back and relax --- unless you are into that sort of thing.

Submission - trusting his judgement, deferring to his knowledge, following his vision - is what you do to demonstrate that you respect a respectable man. If you show him love in the way he desires it, he will cherish you all the more.

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Being feminine landed me a good boyfriend!

LoveWitchXo · 29 April 2022 · Archived copy · Reddit

18 soon to be 19 here. I recently started college and I have done some major work on becoming feminine I have always been very girly but I was always so afraid of receiving. I met my boyfriend back in February. He was the first man to take me on a date and he always pays the bill.

I have picked up some new hobbies like reading and have been getting into fashion. Im proud of myself for learning to be more calm and not be so full of anger.

My boyfriend and I talked about our future and he prefers me to be a housewife and he the worker. Which is what I absolutely prefer! He treats me so nicely and I am really grateful for him. ❤️

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I am getting married thanks to RPW

Novel-Tip-7570 · 29 December 2022 · Archived copy · Reddit

Background: I grew up a total tomboy. My parents were both working all day long to make ends meet so I never learned how to be a woman. I literally didn't even know basic things like how to style my hair until I was in my 20s. I grew up with movies that promoted the idea that "cool chicks" are badass and argumentative so I tried to act like that for a while and of course it was a total disaster. I cringe when I think of how I used to act.

I discovered RPW and I was defensive at first, but I thought I should give it a try. I made effort to improve my appearance, I started being nicer and stopped trying to argue all the time. I got an amazing boyfriend and I was sweet and nurturing to him. I learned to cook and clean. I discovered something amazing. If you treat a man nicely, if you take care of his needs, he actually starts treating you like a Queen. My man takes me on expensive trips and luxury hotels. He buys me gifts, he always tries to make my life nicer and easier and he's overall amazing. We got engaged recently and I still can't believe that I came this far.

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"I opened the fridge and shouted "I'LL MARRY THIS WOMAN"" - A quote from my man to me. TY ladies. Update inside.

cherryhearts · 5 July 2018 · Archived copy · Reddit

So I posted a while back asking for cooking advice with my guy.

I deleted the post (he knows my user and my convos with you ladies aren't his beeswax tbh) so I can't link back to it but basically he's EXTREMELY picky and was raised on boiled chicken and white rice. Only spice/sauce/condiments used were mustard and hot sauce.

ONTO MY UPDATE.

So I take pride in my cooking and it was becoming a real issue having out foods divided. Having him refuse to eat my food felt devastating to me honestly.

Here's what's happened since:

- I started working off his "basics": Chicken, Rice, Broccoli, Steak.

This was some really great advice from you all. I focused on the things I KNOW he loves and worked from there. Started by cooking them with some more spices, then added sauces, then switched out veggies for some new ones (he's tried red/yellow/orange/aloha/green sweet peppers and loves them!, he's also tried asparagus and cooked spinach and cauliflower).

- I went on a "SPICE TOUR" with him. I made a fun event out of it, had him dip a finger in each spice and taste/smell them. This worked out REALLY well because he was able to really quickly tell me which spices were good and "DISGUSTING". This worked wonders on my end with no further communication needed because I can just use the "safe" spices in a lot of ways. He said he'll keep trying the others ones if I make them right.
- I called his mom She sent me over a list of all the meals she made for him and his dad and gave me her taco meat recipe. Ladies, if you've got a nice MIL take FULL advantage of that woman's knowledge!

*I started giving him 2 options for meals Instead of saying "what would you like" I moreso go with "Kebabs or butter chicken?" then he can choose and I can plan/shop/prep ahead of time without him totally derailing my meal plans

- I got a whiteboard for the fridge I always had a magnetic paper pad for groceries but since I swapped it out with the white board my BF feels very driven to use it now! He wrote "beans" on it this week. I DIDN'T EVEN KNOW HE ATE BEANS! (I was always nervous to suggest them because of his disgust for previous lentils).

The response from all of this in action for th past 3 months has solidified our relationship even moreso.

He texted me a photo today of the fridge opened (he rarely sends photos, so that alone was exciting) - where I had left a cherry cobbler for tonight and the steaks marinating with the comment: "I opened the fridge and shouted "I'LL MARRY THIS WOMAN"".

I genuinely almost cried. It felt so good. He texted me about 2 hours later telling me to get home sooner so we can cook the steaks together.

I love this man, and I love this subreddit. Thank you!

(if I think of any other changes I made I'll add them)

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UPVOTES

My captain proposed after church today and I said yes [?]

AnnaAerials · 23 December 2018 · Archived copy · Reddit

After 7 months of courting we are now engaged to be married. I feel extremely blessed to be with someone so stable, so caring and so God-centred. Sharing the same values and vision has brought us where we are today. Thank you RPW for your help along the way! Go girls!

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UPVOTES

How Stripping Sparked my Conversion From BluePill to Redpill

perryplats · 20 April 2020 · Archived copy · Reddit

Yes. I can imagine sex work is controversial in this sub, but I thought I'd share how such a contrary industry slowly turned me from BluePill to RedPill.

At 19 I was on my own, working three jobs, barely affording rent let alone upcoming tuition payments. I took a leap of faith and started stripping. Financially it was very liberating. However, during my year long stint in stripping, I ran through difficult thoughts and emotions.

- I struggled with how my physical beauty and youth was HEAVILY tied to my worth in the eyes of men at the club. If I were to get seriously injured or age out in the industry, my conventional beauty would dissipate, and so would my income.

- I struggled in knowing that wealth and power is truly what makes a man attractive for attention in the club. Its not at all about his age and physical appearance, but the money a man can offer.

Definitely the worth of a man and a woman was heavily dramatized in the club, however there is an undisputable applicability to this in the real world.

Not going to lie, these two particular thoughts both angered and confused me. My naivety that looks, youth, sex appeal didn't matter in attracting a partner was completely upheveled. Looking back I was coming to terms with The Wall, and the gender roles in gatekeeping.

These realizations had shattered my BluePill perception of equality between women and men. I had realized we are equals, but in completely different senses. Men's prioritization of sex is so different than women's prioritization of relationship stability. In recognizing these different equalities, I opened myself up to RedPill ideologies without knowing it.

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UPVOTES

Can we talk about being guilt tripped for wanting to be feminine?

DelicateDevelopment · 5 February 2021 · Archived copy · Reddit

Do you also remember the answer "why do you care?" when you asked the question "what does he want?"

Do you also remember the question "why do you need a man to define who you are?" when you wanted to talk about wanting a boyfriend, husband or partner?

Do you remember the question "why don't you feel pretty the way you naturally are?" "why do you even want to be pretty?" when you asked about what you should wear or which make up to apply for a date?

Do you remember the question "why do you not love and respect yourself?" when you asked if and what you could have done better, after an argument or after a break up?

They sound like questions that seem to have your best, your feeling of self-worth at heart, but in fact they direct you away from what you actually need to understand in order to learn, improve and become better. **They teach you that it is wrong wanting to be loved by a man.** They direct you towards believing that love can be demanded, that love is deserved, irrespective of how unlovable one acts. They even deny that unlovable exists. They will feed your anger if you don't improve and fail again and again because everybody rejects your attempts of trying to understand what you could do better. They all have in common that they assume that what you want is wrong and make you feel bad and guilty for wanting to be feminine and loved.

Essentially they will make you feel as if you cannot be loved because they deny you the right to become who and how you want to be.

And usually they are asked by those people that will stab you in the back as soon as you don't meet THEIR expectations.

Update: Since I feel that my intention might not have been clear. The OP refers to the thoughts and feedback that I and probably many other women were growing up with. It was an environment and mindset with that I constantly had to defend myself against the accusation of being a doormat, not respecting myself enough, or thinking too much when I questioned the "as soon as he loves you", "you just have to find the right one" narrative. It creates insecurity and guilt for the most natural desire to please ones partner or to seek harmony. These statements serve as examples for the subtle way in which the appeal to self-love and self-respect are used as manipulative instruments to justify hostility and mistrust against the man with whom one might spent a life-time.

It is easy to ignore this as soon as one understands the redpill. For a BP girl those statements are relationship and love destructors.

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UPVOTES

How is it that my traditional, conservative husband seems to be way less "sexist" than the majority of feminist's husbands I know

LaynieFloyd · 26 November 2021 · Archived copy · Reddit

I hear friends/family and see a ton of reddit posts where all these apparently super feminist Women somehow have married the absolute worst men, despite claiming to be feminists. My husband is super traditional and would be the most sexist in there heads, but when I see the way their men treat them and disrespect them it blows my mind. Especially on Thanksgiving. My mom and sister were discussing how their SOs pick on them when they haven't done certain chores. And on Twoxchromosomes I saw a woman saying her husband expected her to cook and clean the whole Thanksgiving meal and was shocked and had no idea what to do (seriously, I cannot imagine being married to someone so dumb they can't figure out how to cook a meal) when she told him he was going to cook the whole thing.

I enjoy cleaning, cooking and child care but when I am slacking my husband does not criticize. He steps in to help. He doesn't refer to watching our kids as 'babysitting.' He adores them and realizes I need showers and naps sometimes. He likes to cook to give me a night off and is good at it. If the baby has been fussy all day and I haven't got to laundry or sweeping he doesn't complain but helps. He never yells at me or picks on little things I do or requests I dress up for him all the time. I don't get how even though my husband would be considered sexist in their heads for being the breadwinner and believing in gender roles, he does a lot more than their husbands.

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UPVOTES

A Male Perspective: Why to stay away from porn sick men

tryingital1543 · 10 August 2022 · Archived copy · Reddit

So first of all apologies, I know this is a space for women and a male post is probably misplaced (happy to delete it if no benefit can be gleaned from the community here)

Rather than an effort to gain sympathy I would just like to reinforce the correct viewpoint of porn being damaging and entering into a relationship with someone addicted to porn is a fruitless and miserable endeavour.

I started watching porn at 10, at first it was presented under the guise of a sexual awakening. It was termed as healthy by my classmates and even my sex Ed teacher. If I had a crystal ball I would go back and explain the damage I was doing to both myself and by reinforcing a toxic exploitive industry, I do however believe a minor shouldn't have access to something as addictive as porn which is another conversation I guess

. Over the years my relationship with porn and masturbation became more and more worrying, I was using porn as a way to numb and dampen down every emotion I had and to escape the sadness and misery I was experiencing. This type of emotional numbing led me to develop severe anxiety as I suppressed what was natural and embraced this muted, hollowed out existence. I'm not writing this to garner sympathy but to explain that the level of emotional suppression I was engaging meant I couldn't be a functional partner to anyone. Women who I dated and liked I could never be intimate with, I actually felt awkward and overwhelmed just by a woman touching me.

The severe intimacy issues brought on by porn and unresolved traumas that porn allowed me to escape meant that I was so disassociated on dates seemingly incapable of developing a healthy bond with a woman, leaving them questioning themselves both personally and sexually (when I obviously couldn't perform or seemed disinterested in physical touch with the wonderful woman in front of me)

I am 7 months clean now with little to no improvement in my symptoms except severe depression and emotional under regulation due to years of repressed emotions, I have also disqualified myself from the dating pool as no one should have to deal with not being physically affirmed or having to babysit a broken man while they navigate mistakes of their own doing. If a man mentions to you that they watch porn I would urge you to cut ties, no good will come from entertaining the broken soul in front of you. Even if they are good people they won't be able to give themselves over to a healthy relationship and its best you move on and try to find someone who can.

Again I apologise for invading your space and am truly sorry that you have to deal with the men of this generation. You deserve attentive, loving partners for which porn has robbed you of undeservedly

Edit: A few people rightly pointing out the lack of clarity around the non improvement of symptoms. Performance wise I have no problems now, not that I'm actively exploring that until I'm in a better place mentally. The "symptoms" I'm referring to are the dealing with the emotions I suppressed and left unprocessed for so long.

Apologies for the confusion, my fault.

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UPVOTES

Jealousy and the secret weapon against the forbidden fruit: honey

stripethrowaway · 9 March 2019 · Archived copy · Reddit

There's been a lot of posts about jealousy over the past few weeks and I thought it might be helpful to share a strategy for fighting it.

To paint out a common scenario: A couple has been in an LTR for an extended period of time and she notices that there is a girl texting him, making advances towards him, and exhibiting all-around flirtatious behavior that makes her uncomfortable about the whole ordeal.

The first gut reaction of many women is to yell, be controlling, go through his phone, start drama with the girl directly, or confront either party about it. Even if she doesn't do any of these, she makes her animosity known because she's bitter about the mere mention of *that other girl*.

Exhibiting these types of jealous behaviors does not work. Plain and simple. Nobody wants to be yelled at, have their privacy invaded, or deal with drama. Acting out this way can make a man think things like "My girlfriend is extremely controlling and crazy, why am I with her?"

Proceeding with these behaviors makes the forbidden fruit sweeter. You're placing restrictions on what he can and cannot do. What did Simba do when Mufasa told him to never go to the shadowy land? He went to the shadowy land. What did Adam and Eve do when God said, well, yeah, you get the idea? Think about it. When you drive a wedge in and start drama, you're telling him that for whatever reason, you don't think you are good enough and you're worried the forbidden fruit is better. On top of that, that other girl, she's being flirtatious and fun. You? You are being a raging and controlling girlfriend. Now *who* is more fun to talk to right now? Definitely not you!

So what should you do? **Get in the right mindset and fight the forbidden fruit with honey.** When outside factors and temptations come at your man, it's best to remember that **he is with you, and not that other girl, for a reason, and it's best to not let him forget that either.** Instead of letting jealousy and controlling behavior to rule you, let the interaction play out, and when it's over and he's still at your side, remind him about that cute little outfit you want to try on for him at home. Straddle him on his lap so he can't put the phone in his face and give him some sugar. If you're a pro, you can even get away with saying things like "Oh, she's cute." While making advances.

It works because it reinforces that you have something the forbidden fruit doesn't. She may be batting her pretty little eyelashes at your friend's social function, but no matter how cute she thinks she is, you're the one who knows how to blow his mind in the bedroom at night. You know his favorite dish, you know exactly where that sore spot on his neck that he likes rubbed is, and you know that innocent little move you can do that drives him wild in public. You have knowledge on your side, and, well, she has eyelashes.

It works because the focus is brought back on your relationship instead of driving a wedge for the forbidden fruit to work its way in. You're providing a positive distraction away from the forbidden fruit. When you grab his phone and go through it, or you get mad about it, you provide a negative distraction and opening the door for him to exhibit escapist behaviors, like getting angry and storming out. That gives the forbidden fruit the opportunity to slide right in. Acting this way is the easiest way to show a lack of respect and trust for your man which brings me to my third point:

He's less likely to hide his behaviors or be secretive if you are fighting the forbidden fruit with honey.

Making him feel comfortable to interact with the forbidden fruit will give you the opportunity to rate your vetting decision. A high quality man would decline her advances in a way that doesn't degrade the forbidden fruit, nor does it degrade you. Allowing the interaction to play out shows that **you trust him to make good decisions about your relationship and you respect him enough to not cause a scene.** On the flip side, if he's flirting back and acting in poor form, that's your sign that he may not be a high quality mate after all, and it's time to move on.

Jealousy is something that may pop up in any relationship from time to time, and handling it smartly can make or

break a relationship. Instead of letting the forbidden fruit become a temptation, remember that honey is sweeter and you have it at your disposal, not to mention honey is a display of trust and respect, and bitterness is a display of the exact opposite.

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UPVOTES

A hateful negative woman is an ugly woman.

Strawberry_Drops · 24 March 2020 · Archived copy · Reddit

We always talk about our roles as wives and mothers, but I've personally never seen this important trait out.

Hatred makes you ugly, as does constant negativity.

Part of our role is to be a refreshing part of our spouses day, a breath of fresh air when in a rough patch. Maybe don't ask your spouse about the stressful question you're worried about, instead have faith that he as a man can take care of the issue and instead focus yourself on making the situation lighter or simply be a sunbeam of distraction.

Another thing is being hateful. I dont believe you can be a proper woman while holding onto hate, whether it be a small grudge or something more severe like homophobia or racism. Overall, being a negative person is not only harmful to yourself and your heart, but also your partner. Love everyone and be kind to others, I feel as if this is a massive trait to being a beautiful woman

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UPVOTES

A little update for you: “my husband sends me Instagram models daily”

spazzkitty · 12 June 2021 · Archived copy · Reddit

Hello everyone, a few days ago I made a post here about my husband sending me pictures of Instagram models and asking for advice. I apologize because I'm not very familiar with posting on Reddit and I'm on mobile so I have no idea how to link the original post to this one, but it is fairly recent. When my husband got home from work that day, (after I gave him a minute to unwind and eat dinner) I brought up my concern about him sending me these pictures. I made sure not to get emotional about it or come off as accusatory, but I also stood my ground and did not back away from the conversation when he tried to say he was just joking. As a reminder, we are still fairly young (24f and 25m) and we're just married a few months ago, although we have been dating for over 6 years. I expressed my feelings and asked him to be open with me about any areas that he is wanting me to improve in and I clearly stated that he is being hurtful by sending me these pictures and communicating in that way. I also told him that now that I have fully expressed how it made me feel, I will take any continuation of this behavior as being intentionally hurtful and would not tolerate it. We had a good talk about it. He tends to shy away from having talks like this but I made sure to convey how important this was to me and I feel that he listened and took it to heart. He told me he would stop and that he did not realize how much it affected me, and he has not sent me anymore pictures of other women, just our normal memes and silly stuff. I think part of the problem is that I am very meek by nature and have a hard time setting boundaries. As I said in the previous post, we are very happy in our relationship and I am so in love with my husband! This was one of the very few behaviors that was causing me stress. We talk a lot about STFU here, which is very important and still a necessary skill to improve on, however I think this was one of those rare occasions that calls for speaking your mind. I know it's a little silly to be happy that he has not sent me pictures for a couple of days but I trust his promise and I'm so happy that I was completely frank and honest about how it made me feel. I appreciated the support in the comments and especially appreciated those who encouraged me to dig deeper into the problem and consider his point of view before letting my emotions get the better of me! This little experience has emphasized to me that you can be a traditional or submissive wife and still expect respect from your husband, and in fact those two need to go hand in hand. It is ok to hold your significant other to certain standards. I almost feel embarrassed that I did not fully express my hurt sooner than this, as if he wouldn't be able to handle my concern appropriately. Anyways, just wanted to update you on the progress and encourage any other meek RPW's that might have the same mindset as me!

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UPVOTES

“Women sleep with who they want. Men sleep with who they can.”

Ruinedgirl22 · 7 September 2018 · Archived copy · Reddit

This is one of the hardest red pills I've had to swallow.

For me, it takes a LOT to be sexually attracted to a guy. He has to be physically out of my league it seems, have other women interested in him, make me laugh, make me nervous, make me “feel” things and on top of it all, have a connection with me. Basically, he has to be so amazing that I would want to become one with him.

I used to think that men were just like me. I took their sexual interest to believe that they thought I was *amazing*, that they wanted to become one physically and emotionally. I thought the same for their interest in other women. I heard phrases like “get one off” and “bust a nut” but I assumed they just said those things to sound cool. I had no inkling that sex could actually be that meaningless to them.

Not only does a woman not have to be “amazing” for a man to want to sleep with her; she doesn't even have to be attractive. All she really needs to be is NOT hideous and interested. Men have nothing to lose by sleeping with women. The higher their n counts, the better they're viewed (opposite for us of course). Some will even sleep with a girl just to raise his count. It's absolutely *nothing* personal.

I know that not all men and women are the same and that this quote doesn't fit certain people. It's just something I've noticed heavily since I've come to this realization.

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UPVOTES

No nagging is true respect

Theflowerswillbloom · 30 July 2019 · Archived copy · Reddit

My husband (age 28) and I (age 26) have always naturally had a 'red pill' relationship, however at times I have been prone to nagging.

But recently, I had this inner revelation that I in no way want to control my husband. I don't want to ever nag him or try to change his mind, and always want to just be truly honest and genuine. I believe that this is how I can show my husband true respect, and it feels as though everything is so much simpler.

Here are a couple of recent examples -

A few times a year since having children, we always have some tension around visiting my family. While they are polite to eachother, my husband doesn't really get on with much of my family (particularly my mum). Because of this, he understandably doesn't often want to go and visit them. With young children I don't feel confident doing the journey and visit alone, and he doesn't want me to either.

Usually I would keep going on about how much I want to visit, how we can make it work etc. But this time when he asked about visiting soon, I simply said something along the lines of "I would really love to visit my family for the family gathering. If you think it would be possible with your work schedule and we can go, there is no obligation for you to join in with seeing everyone. If you don't think it will work, then I understand". I truly meant it (no manipulation), and I left it at that.

He looked at how best to do things, and we are going (with no disagreements) which I'm really pleased about. When I thanked him; he told me that he will do the visit as he knows it will make me happy, but if he feels obliged to do something, it steals the joy of giving for him. I completely understand him.

The second example is about our children's bath time. Because of my husband's shift work - sometimes I bathe them, and other days he does. I wanted to do something a bit different in our routine, and where in the past I would have tried to convince my husband to do it the same as me, instead I simply just said "I'm going to do bath time with the girls like this, because of this reason. I don't mind if when you do bath time you do it differently". And again, I meant it. No hidden meaning.

He had obviously thought about it, and agrees with me about the change. This wasn't my intention, but I think just respecting him enough to let him decide how he wants to do things actually opened him up to re-evaluating how we do things.

I know that this is so simple and obvious to many people, but it's definitely something that I have had to learn. I'm looking forward to always continuing with this genuine and pure communication, with no hidden meanings or agenda.

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UPVOTES

Being looked down on because you are a well kept feminine woman, anyone ever been there?

ChuckYouFarleigh · 18 November 2019 · Archived copy · Reddit

I live rural. Women here are drink beer with the guys, curse, yell, hunt types. I have absolutely no care to be like that. I also have no care to tell these types how to be. I'm kind of a "to each their own" type of person. If it makes you happy and is healthy then I don't care. Personally I am into makeup, hair, dress, cleaning, cooking, nurturing, planning. Traditional things, and I won't be sorry for it. Something I find alot of joy in, something that makes me feel good every morning. Not out of insecurity, but I find these activities calming and peaceful. They are not chores to me. I feel like every day I can make my face and outfit a piece of art, and that makes the creative part of me smile! I'll give you some examples of the stupid little comments that are just others making fun of me for keeping up my appearance.

The backhanded compliments from other moms, "you always look so nice, I don't care that much so I wear sweats, no one to impress here!" Ok, Barb, I'm not sitting there making comments about your attire to make you feel dumb for dressing up. I don't judge you.

"You were just hired because you were the prettiest." - former co worker. Whether or not true, I was well qualified. I was good at my job and enjoy being well kept. I don't see how that diminishes my education or experience. It even made me second guess myself, and cut off all my hair. I regret. I loved my hair.

Also at old job, "Ms. Company I used to work for" Alluding to the fact that I was dressed up and wore makeup everyday. I was called this often, framed as a joke, but co workers seemed to act like I was some insane vain woman who couldn't function without makeup.

I just don't get it. There's more. Why am I not allowed to look nice in today's society without catching hell. My boyfriends loves how I am, says I am one of the classiest people he's ever met my age. I love it. I just wish people could give me the same courtesy and let me be my girly self.

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UPVOTES

He proposed!

Rest_in_grace · 13 April 2020 · Archived copy · Reddit

On Saturday! He took me to Central Park in NYC and popped the question near the cherry blossoms! Here's a little background info and proof that you can always *restart* your life.

I am 31F. I was raised by a single mom and taught to be highly independent and to never trust a man. I lived a crazy life with an alcoholic stepfather. I was in an abusive relationship myself for almost 5 years. Then I left him and married the first "nice guy" that I met almost immediately. We were miserable together married 7 years. I was bossy. He was a pushover. I'm not proud of who I was. Divorced at 29 years old. No children.

Then I met my now fiancé 🙄. He is very red pill, but at the same time very loving and patient. I almost immediately snapped out of my independent I don't need a man attitude. Now we are building a life together and I couldn't be happier! Soo in case you feel like it's too late to start over, think again ladies! 🙄

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UPVOTES

Some great things my father taught me.

shadesofperriwinkle · 19 July 2020 · Archived copy · Reddit

I saw a post on PurplePillDebate by a self-described Redpilled father wanting to give his 11-year old daughter advice for the future. He had some very good propositions, but a lot of others seemed fraught and fear-driven, and seemed to almost push for making one's entire life revolve around the search for a man. I think it's too late to comment on the post as it's been a few months, so I wanted to give my 2 cents. That post got me thinking quite a bit.

I come from what I guess you'd call a "RedPilled" practicing Catholic household with happily married parents. The advice my dad gave me, he gave me as a teenager and it was very different. I realize what a remarkable place it's led me to. A few tidbits stand out to me:

- **"Find things that you love to do, and that give you meaning. Invest in pursuits that will carry you through the long-term."**
- **"Befriend quality people, and associate with people who challenge you to be better. There's no such thing as rescuing people or bringing them up to your wavelength. Unfortunately, you only get dragged down in the process."**
- **"When you meet a special man one day, make sure he's someone you can respect deeply and who respects you too."**
- **"Do not rush into something with the first person who gives you butterflies. People take time to unfold. Watch carefully and stand your ground."**
- **"Find a marketable skillset to fall back on for security. Hone and develop it."** This one, I think I should expand upon. My dad is a financier with a knack for discerning pretty far into the future on matters of economics, global politics, market events etc. and I don't regret following his advice one bit.
- **"Try to develop daily competence and excellence in every area of life. The small things matter, and it's important to be functioning responsibly and effectively as an adult. This will give you time to focus on what's important."**
- **"Stay off your phone."**... that one is easier said than done lol
- **"Always do unto others what you would have them do unto you, always hold yourself to the same standard of behaviour you expect out of those who are important to you in your life."**

Just a few of them, but they've stayed with me. Thought I'd share. My parents' theory on relational success was simple— it's that like attracts like. Fullness of character attracts fullness of character, competence attracts competence, etc. You can't stagnate, wallow or be lazy and then expect magic to happen, and that's the entire problem of the general culture coddling people and telling them that they're just fine as they are.

Did always listen? No. But now I do, and it's led me to a much better place over the past four-five years.

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What happened to this sub? It used to be about improvment

luckymonstera · 1 March 2021 · Archived copy · Reddit

[removed]

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UPVOTES

Success!!!

AmilliBee · 5 April 2023 · Archived copy · Reddit

Previously, I made a post about transitioning to a more modest and feminine wardrobe.

Well, my boyfriend is going on a trip with his dad today. He was getting his shoes on getting ready to leave, and I was standing talking to him and wishing him well on his trip. I didn't even notice, but I was twirling my dress back and forth (I'm wearing a longer midi sundress, off the shoulder with a floral print). He couldn't stop staring at me.

Eventually, he just completely stopped what he was doing, said "Alright that's it.", came over to me and kissed me like out of the movies! He leaned back and said, "You just look so cute."

- squeal *

I love this feeling. I love giving the man I love this feeling. I love that as he leaves for his trip, I'll be on his mind the whole time, and he'll be thinking about his "cute" girlfriend.

What a success (in such a short time frame)!

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UPVOTES

Your Home is a Reflection of You

CreatingLov3 · 17 June 2023 · Archived copy · Reddit

The home is a reflection of the woman that lives in it, is something my mom always used to say to us girls. When we were younger, me and my sisters would hate it when my mom would host because it meant a whole day of cleaning and being in the kitchen. Anytime someone visits, we would maintain to the upkeep of the house a bit more than usual.

Now that we have left the nest, I sometimes wonder how many of those lessons my mom gave us truly stuck. A few days ago, our place was due for a routine inspection for the fire alarm batteries. So maintenance would be in and out of the apartment in less than 10 minutes. My sister woke up hours before they were set to arrive and deep cleaned the entire house. Her action made me reflect on how we were raised, and my parents marriage. My parents marriage is something that sets the foundation for what I will look for in a spouse and marriage. It's hard to find a couple treat each other as good as they do.

A few things they did, I am going to share with you guys.

- My parents never disclosed conflict between themselves to us. They kept each others secrets. If we somehow found out, my parent would have each others backs.
- If they were upset with one another, and a guest arrived, they would set their feelings aside. They always looked and behaved like a team. They didn't leave space for people to get in between them.
- My mom always had meals ready for my dad, on the clock. There were times he worked early and she would wake up at 4-5 am to prepare his breakfast and pack his lunch.
- They never raised their voices at each other.
- When my dad came back from work, she would give him an hour or two to decompress. This was more pertinent when we were younger. We always knew not to bother dad after work.
- Family issues stay in the family. No one ever found out about our conflict.
- My dad trusted his money with my mom. She had access to all his accounts and he would let her manage it. My mom was the type to remember expenses dating back months. So my dad trusted her to manage the finances.
- My mom lived according to my dads means. When my dad struggled financially, she would cut back on expenses and support him through it. She never stressed him out about the downgrades in lifestyle.
- They always answered each others calls, even when busy.
- My mom would clean up, and put herself together before my dad would come home. They both tried to look good for each other.
- This last one I find very cute. They had the same bed time routine. They almost always slept at the same time, and waited for each other to sleep together.

I would love to hear what you learned from your parents marriage.

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I (32F) moved in with my boyfriend (44M) with the understanding that we would get engaged shortly after. He's now decided he no longer wants to get married. Do not move in with someone before there's a ring on your finger.

LookingForEquanimity · 27 October 2020 · Archived copy · Reddit

I will never move in with someone before marriage ever again and wish I had followed that particular redpillwomen advice and am sorry I didn't.

If you're thinking of moving in with your boyfriend before marriage I would strongly caution against doing so. Even if you have had a conversation that you'll get engaged shortly after I'd wait until there's a ring on your finger and a date set. Or you could end up in the situation I am in where breaking up is harder and more painful than it needs to be. Please learn from me.

In the meantime, any advice on how to navigate my limbo-ness while I look for a new place and move out? Has anyone here gone through this? How did you handle it? I should also mention my boyfriend has two teenage children from a previous marriage that ended 7 years ago so I am currently living with them too.

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UPVOTES

You women are NOT crazy and I used to be what y'all call a plate. Here's my story with a side of rant.

Vlittletea · 12 May 2020 · Archived copy · Reddit

I'm a relatively new kid on the block in the world of Reddit. I've flown through quite a few subs revolving around relationships and love and marriage. Actually, my SO (24M) and I both use my account quite actively for lurking and entertaining discussion purposes. I've just completed reading through the rules of this sub. I'm so shocked. And absolutely THRILLED to see that there is a sub dedicated to the empowerment of women in a way that isn't "I'm powerful because I walk around half naked and have sex with anyone I want because I can't be tied down or tamed". Like, bruh, no... That's taking your power away. It's an intoxicating powerful seduction that can get you short term results, yes, but when he's used you for what he wants and he's not coming back the respect for that power is gone.

I see so many subs about relationships out here and all the advice is "you don't have to change a thing sweetie, if they don't like it they can find the door"... In whose world does that make sense ??? I don't like vegetables, does that mean I don't cook them in a way it'll be able to enjoy them a little more? Maybe even like them? Of course not, vegetables are important.

The real reason I stumbled onto this sub was because I was actually looking for somewhere I could just post about some of the great things my SO does for me on a daily. I love the man with my whole heart. And after finding this sub, I think I've found a group who might enjoy the story of how we fell in love.

Some things I have to clarify: we're both 24, we grew up about an hour away from each other, and met when we started working for the same company in the same week. I was a party/rave kid, he was a video games on a big monitor and no lights on kid. Wildly different stories and backgrounds.

About 2 years ago I walked into a job orientation and sat next to an adorable boy who was kind, funny, and generally just extremely bright and happy inside and out. Funny enough, I came home from work that day and told my family I was going to marry him. We all had a good laugh because after a couple horror break ups and a failed engagement, I was done with relationships. I swore off the idea of marriage. I just wanted sex, why? Because it was easy, I didn't have to do ANY work. A year after the engagement failed I had seen a few cute guys casually, no commitment to any. I honestly just didn't want to do the leg work to transition to letting them meet my family, moving my shit to let him move some crap in, merging my life with his, y'know? After the past crappy relationships I just started seeing men as meat. It was gross. But there was something about this man though.. I was hooked on his smile the second I saw him.. the way he could make anyone he was talking to feel like the most important thing in the world. It was magic.

I started to lay it on thick, all the techniques I had acquired. Flirting, casual jokes, compliments. But he didn't bite. I shrugged it off, he just wasn't that into me I guessed. It was a hard pill to try and swallow, but I really did try, and we developed the most amazing friendship in the world. He's my number 1 best friend, closer to him than my own sister. We had no secrets, which is why it made it easy for us to build a relationship.

He was a virgin. I was most definitely not. Not only that, but, I was one of those "power hungry body positive" feminist, plates before I got a reality check and an education. I realized he had never been in a relationship before either. You guys have to know, I knew he was the one, and I fixed my shit. I got a grip on what I wanted in life, I stopped partying, I stopped doing psychedelics, I stopped hanging around with the people who pushed for doing drugs. I distanced. I distanced myself from a whole life of bullshit I didn't even know I was a part of. Why? Because I knew he was the one, I didn't change myself. I changed my perspective on what I wanted in life, and a life with him beside me is what I wanted. The friendship that grew between us grew stronger and stronger, I became stronger on my own as well. He finally asked me one day if I liked him, I was blunt and told him yes. He didn't comment on my answer and simply moved onto a new topic.

Well one night MONTHS after he asked me that, I finally got to hangout with him a little bit outside of work and

alone. We were talking, having fun, drinking a little. He was sending a snapchat to a buddy of his and I asked if I could take the picture with him, he said yes, and I wrapped my arms around him from behind and he took a picture, a small hug, nothing wild. But it was the first time we had ever had any physical contact. The game changed and he hugged me again and told me he does have feelings for me as well but it scares him because he's never been with anyone and doesn't know what comes next.

Now, looking back, I changed my whole perspective on life for this man, I made it my absolute mission to make his first relationship healthy, and happy. I'm so self aware of my emotions and my actions, and because it's his first relationship, he's also taken on that quality on. We've built our lives together through open and clear communication and no secrets, a beautiful and strong friendship, and relationship.

When I say I treat him like a king, I mean it, I do his laundry, cook his meals, rub down his back and feet after a long hard day at work, clean up the house, vacume, do dishes, spoil him and play hostess to his friends with hospitality ect ect ect ... Why? Because guess what bitchesssss!! When you take care of your man, like you would take care of yourself (or better) your man will reciprocate. Not only does he listen to me when I'm upset and just want to talk and cuddle, he also rubs down my feet and back when I've had a long day, and though he's not the greatest cook, now and then I come home to food he's picked up for us or some kind of small something weather it be a flower or a bottle of my favourite pop, he always reciprocates and displays his approximation.. And actually .. come to think of it, I don't think I've had to take the garbage out for the last 4 months. Or cut the grass or shoveled the snow or opened the pool or done any of the grose yard work I realllllly hate doing.

I've never wanted children. I was a camp councilor, my mom was an ECE, and my sister was a camp facility manager (different camp). I HATED the idea of not being able to give the kid back to its parents after I was done playing games and being the fun adult. Now?... I can't imagine my life without him and the whole life we want to create in the world that we've built with the love and appreciation we have for eachother as the foundation. I took my plate knowledge from my past(sex and stuff), and my change in ambition and put it all into him. I put everything I have into him, and us, and he reciprocated. And still does. Everyday. I worked on myself to become the person he deserves to be with, the one who will treat him like the king he is, and I still think I have a ways to go. He knows this. He appreciates this and thus, reciprocates it exponentially more. We take the best care of eachother because neither one of us are too proud to say "you have to change for me" we always are both ready to say " how can I adapt so we can both be happy and healthy".

Be the woman he wants, but most importantly, be the woman he deserves. Or don't be his woman and let him go find her. I knew I loved who he was and who he wanted to be. Not only that, but his philosophies of life really resonated with me, I knew if I wanted to be the woman he wanted, I had to stop acting like a hurt, angry, entitled woman, because who falls in love with a cube of ice? Cold, stiff, unwavering and unmoving? Falling in love with the ocean is alot easier.. flexible, adaptable and more powerful and refreshing. If you don't give your all to someone, be willing to change, meet them half way, make them feel important, how do expect to find someone who will?

TL:dr Just found this sub, I used to be a plate, met the man worth working on myself for, now I treat him like a king until the day I die because he reciprocates 10x.

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UPVOTES

Is anyone else frustrated by their female friendships - or lack thereof - lately?

plaguebl00m · 28 June 2020 · Archived copy · Reddit

edit: There's been a lot of great discussion in this thread- thanks so much to everyone for their input!

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UPVOTES

Bothered watching red pill YouTube

Moovmntstudnt · 16 August 2021 · Archived copy · Reddit

So I have watched a lot of red pill discussions on YouTube. I agree with a lot of it, but it bothers me that with all the talk about men 'spinning plates' until they are in their prime, and women having a short 'shelf life', NO HOST ever tells guys to be careful of wasting a woman's time when she is in her prime. If women lose their value in their 30s, all it takes is 1 or 2 failed relationships in their 20s to close the prime marriage window. The tone on these YouTube channels is that the hosts take pleasure in women becoming desperate when they are running out of time to start a family.

The honourable thing for a red pill guy to do is not string along women in their mid-late 20s. A man who is red pill aware should not give the wrong signals to these women unless they are serious about having a relationship.

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UPVOTES

Today I realized that being hot is a full time job.

grandmothertrillow · 7 October 2020 · Archived copy · Reddit

After having let myself go all of quarantine and amidst a bad bout of depression, I made a list of things I needed to do to get back on the pretty wagon. Even if you have natural assets to build upon, the level of upkeep required to look *really* good is an investment. I live in the south so the pressure to be put together is on another level. I'd never even known how to curl my hair before today, but I went and bought a wand.

Whatever Chad's girlfriend is wearing or however she does her hair, however she keeps her tan, or however white her teeth are—best get on that. It was a hard pill to swallow, but a good one.

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UPVOTES

I've lost everything.
ManEatingMatzahBall_ · 18 April 2020 · Archived copy · Reddit

I lost my husband and my father on the same night. I'm so lost I feel like all the light in the world is gone. I don't know how I'm going to go on. I have 5 children who will grow up without their father. I'm all alone.

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UPVOTES

Praising masculinity in a blue pill world

venetiaphair · 29 July 2020 · Archived copy · Reddit

TLDR- first date with a guy and he started talking about toxic masculinity, I was the first girl he was with that said masculinity is good, immediately saw his self esteem boost

I was on a date last night with a guy I've been incredibly interested in since before quarantine started, and at one point we got into some political conversation (we have mostly the same views, no debating), but at one point he said something about "everyone should be distrustful of men". I stopped him and asked him to explain, and he basically said that with modern feminism, it's the general consensus that men shouldn't be trusted, all men are bad, patriarchy is evil. It was just so ingrained in him that his gender is inherently evil because of our current political landscape that he was badmouthing his own gender and putting himself down just for being a man without seeing the problem with doing so.

So of course, I told him I don't believe any of that. When I tell you his eyes lit up!! Apparently I was the first woman he's met that didn't believe in all that. I told him that I love men and how they're designed to be, and how I don't believe masculinity is toxic. That it's sad how many men have lower self esteem because of how feminists have made it so mainstream to hate men that it's not PC to love them anymore. I talked for a minute or two about it and said that I think it's a horrible cycle, because the more people buy into all men being horrible, the more we expect it and seek out the horrible behaviors instead of commending the good, and it gives even less incentive for there to be good men because it'll be overlooked in favor of the bad anyway, which just perpetuates the narrative of them being evil. The whole time he's just nodding a little and looking at me, and then thanked me for that and told me how he's never been with a girl before that didn't believe in all that, and stopped putting himself down. And oh my gosh, I could see the difference in him through the rest of the night. Giving him that encouragement to be a man and be proud of it, the rest of the night he was even more of a gentleman, even more romantic, way more chivalrous - the entire energy changed!!

Idk, I'm sure this is RPW 101 but this was the first time since taking the red pill that I'd been able to go out with someone (thanks, covid) and the change it caused was shocking to me. Dates with other men before have totally just felt like two friends hanging out because it's so taboo to lean into your own gender's roles. I'm so glad this all happened early into the night so I could fully experience and appreciate the change it made in him to hear praise for being masculine for the first time.

Anyway, has anyone else had a similar experience where a man had literally never heard that from a woman before? What did you notice when you said it? It made me so sad to think about how shamed men are in our society, and I'm sure he's not the only one who's never heard praise before. I'd love to hear stories from y'all about the reactions you get from saying things like that! ☺

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UPVOTES

I don't understand how we've gotten to a place in society where everyone needs to be coddled and told they are perfect

imnotabotoraboat · 25 January 2022 · Archived copy · Reddit

I'm talking about things like when people say they have mom guilt and other moms assure them they are a great mother.

Or "you are beautiful as you are." We all know we ALL could probably be doing more. (Myself included)

I have a list of other examples that are probably too controversial.

It's like nobody wants to face the truth and accept we all have limitations and need to work on ourselves. Sometimes we need to just suck it up and go for a run.

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UPVOTES

This sub has made my relationship better!

rotisserieshithead · 15 February 2022 · Archived copy · Reddit

Just to get this out of the way, I'm a leftist. 90% of my politics are left leaning, so I never thought that I would end up here.

That being said, I'm a 20 year old stay at home mom to an eight month old boy. I was poking around Reddit recently looking for a sub dedicated to homemakers/stay at home moms. [r/SAHP](#) and [r/Homemaking](#) didn't have the things I was looking for. Actually, [r/SAHP](#) really bummed me out, seeing as it is mostly populated with rants and people hating their kids/partners/life. I'm glad there's a place for them to go for validation, but that's not what I wanted.

Specifically, I've really wanted to learn how to be less of a nag, how to improve my relationship, and how to enjoy life in my situation.

I'm so much happier now that I've joined this sub. I realized that I don't need to bitch and whine at my husband to wash the dishes. That chore specifically created a ton of stress and annoyance for both of us, so I changed the method we use. Now I wash the dishes every night before bed, and they don't pile up. Also, since they don't pile up, my husband is more likely to wash the dishes on a night that I can't.

I find y'all's advice on how to make men happy really helpful. I've been working on myself, losing weight, drinking more water, taking care of my skin, and I'm starting to feel better about myself. I know my husband is glad he doesn't have to constantly hear about how ugly or fat I think I am lol. My self esteem is at an all time high!

So yeah, thank you to all the women in this sub! And if you're a left-leaning lurker (like me) wondering if this is the way to live, I hope my story gives you some comfort!

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UPVOTES

Women are more kind towards me when I behave more femininely

dottiejeann · 22 August 2020 · Archived copy · Reddit

I thought it would be the opposite but today, wearing a nice modest skirt and shirt at a cafe, I found that other women were tremendously more kind to me. Perhaps because I was friendly and approachable. A group of ladies sat down next to me and began chatting. The female server gave me a lovely tea on the house. Everyone has been so kind. The theorist in me hypothesizes that this is because dressing more femininely subconsciously triggers me to be more open and receptive and that that feminine energy is well welcome in the world. Perhaps? Interesting! Has anyone else found this to be true?

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UPVOTES

Let's talk about the reality of being a stay at home wife and mother.

stevierose789 · 6 April 2019 · Archived copy · Reddit

I have been reading here for years and I always shake my head at the affirmations of young women who insist that all they want is to be a SAHM and it is so unfair that feminists have ruined it for them. The interesting thing is that many of the women who often posted about their idyllic plans for the future disappeared when the babies arrived. There was one woman, whom I respect greatly for her honesty, who came back to say how unrealistic her vision was and gave an accurate account of her new lifestyle.

I am not discouraging any woman from staying at home. I just want you to understand some truths.

It is harder than you realize.

You will need to make sacrifices in terms of your social life, finances, and yes, sometimes your personal needs.

Your husband will not be there because he will be off working to support you and if he isn't then your life will be shit.

You may find yourself alone with no adult company for long periods of time. Your husband on the other hand will be off interacting with other people all day and when he comes home will need time to decompress and spend time with his kids. You will come last and you may begin to resent it when you are dying to go out and be with other people.

Because you spend so much of your time at home it will be easy to let your appearance slide. Your self confidence may take a hit.

And last, you may find that your financial situation has changed and you need to contribute some income to keep your ship afloat. Your options as to employment are greatly reduced.

Now that I have pointed out the detriments, I want to give some advice on how to work around them.

If you are bored and miserable staying at home full time, recognize it and do something about it. Volunteer if you don't want to work and can afford child care. Otherwise find a job that gives you some satisfaction and works around your children's schedule.

If money is tight, find free fun activities to get you and your kids out of the house.

Keep yourself up to date on what is going on in the world around you. It is very easy to become so distracted in your day to day that you become out of touch with the times.

Find something you are passionate about that you can own, just for yourself. Not as a wife or a mother, but just for yourself. This is essential.

Find a reason every day to put on some make-up, do your hair, and change out of your sweats even if it is just going to the grocery store.

And last, remember there are going to be some rough days when you have accomplished nothing except clean up vomit and your husband will come home and ask what is for dinner. He will have no clue why you lose your mind.

I hope this post is taken in the context that I intended. I wish those of you who decide to take this path success. I have been both a stay at home mom and a mom who worked full time.

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UPVOTES

Cooking Tips from a Chef's Daughter

NotPast3 · 27 April 2021 · Archived copy · Reddit

I'm waiting to fall asleep so I'm gonna do some writing while I'm at it.

My friends and boyfriend considers me to be the best cook they know. This is because they haven't met my mum, who's a STHM and has been to culinary school.

I have some tips I'd like to share from my mum and my own personal experience. They are quite basic so if you're an advanced homemaker then I'm sure you won't be learning anything new. If you're pretty new to cooking though, feel free to read on.

- The basis of any good savoury profile is "salt, acid, heat". In moderation salt is a flavour enhancer: it makes everything taste more like itself. Heat can come in the form of smoked paprika or pepper if you don't enjoy spicy, it does imo add something interesting to a dish. Acid is the most overlooked part of cooking. If you think your dish is missing something, it's likely something sour, even if you're convinced that it doesn't seem to belong.
- You can switch out what type of acid you use to make your flavours more "authentic". French/Italian? Use a dry wine. Thai/Southeast Asia? Try lime. Chinese? Chinese vinegar. Japanese? Rice vinegar. Lemon is good with most things. As a general rule, I like to keep around a dark vinegar, a light vinegar, citrus and use wine when I have it.
- Another flavour profile that is frequently missing in dishes is umami, otherwise known as a deep/meaty kind of taste. A lot of foods like mushrooms, seaweed, red meats taste umami as it is. However, a lot of foods don't and you may end up with a dish that feels empty or has nothing behind the eyes. I have a (controversial) solution to this: MSG. It's scientifically proven to be harmless, so why not.
- adding a little bit of sugar to savoury dishes and adding a little bit of salt to sweet dishes helps enhance flavour. (Sprinkling a little bit of salt into your hot chocolate and report back, I swear)
- if a recipe calls for spices, and you want to make those spices really shine (especially if you only have the pre-grounded versions which tend to be less flavourful), you should fry off your spices before adding other ingredients instead of just stirring the spices in. Also consider marinating your proteins in said spices beforehand.
- never underestimate how flavourful veggies can be. Spinach, mushrooms, celery, carrots, onions, broccoli, the list goes on and on. The next few tips are veggie based:
- sautéed onion with garlic creates the most amazing smell and is the base to many many dishes.
- you can make the best broccoli soup in the world with TWO ingredients: broccoli and water. I'm not lying, look up Gordon Ramsey's broccoli soup. It's so good
- to make meals healthier, hide vegetables in dishes that don't traditionally have vegetables. I'm a big believer in spinach in my meatballs, and my fried rice is probably 1/3 vegetables (I swear by corn, carrots, peas and edamame)
- a lot of vegetables taste absolutely amazing roasted (broccoli, potato, eggplants, mushrooms, etc). Toss with Olive oil, salt and pepper and maybe chilli flakes or garlic powder if you want. You can use frozen veggies too.
- if you have kids, make it a priority to really learn how to make veggies the right way.
- for baked goods: I'm going to give American baking mixes some credit here: they're surprisingly good/easy. However I grew up making everything from scratch and I definitely recommend that. It's not too difficult and a lot of fun.
- the one thing I DO NOT recommend out of a package is icing. In particular cream cheese icing. It's really easy to make and it elevates a cake-mix carrot cake or red velvet to a whole new level.
- experiment with new & exciting flavours: Earl grey, matcha, rose, honey & lavender, etc etc

- baking powder and baking soda are not the same thing
- in general, never be afraid to google. Even if you know how to make a dish, it doesn't hurt to see other people's twist on it. Google is also a life saver if you mess up: there are heaps of hacks on how to fix a dish.

Here are some stuff I found to be helpful when it comes to organically becoming a better cook:

- Have cooking shows on the background and take inspiration from it
- try new dishes from different cultures and different restaurants and note what you liked and disliked about them. Try to replicate dishes you like.
- note your audience too: find out what kind of flavours your SO likes.
- go to those hippie innovative overpriced ran by people with multicoloured hair kind of place once in a while and see if they have any ideas worth stealing. Sometimes they really do.

That's everything I've got so far. If you have any to contribute then please leave me a comment. I'm always looking to hone my craft.

I hope I helped!

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UPVOTES

The Talk is Socially Retarded, Don't Do It.

Whisper · 21 February 2018 · Archived copy · Reddit

Imagine yourself on a date with a man. It's going fairly well so far... he's confident, handsome, smart, and he has a sort of dry humor that makes you laugh. Then, about halfway through, he drops the banter, gives you a serious look, and says:

"We need to talk. You're a nice girl, and I like you, but my goal for tonight is to have sex. So we need to talk about whether you're ready for sex, and about what kind of sexual acts you're ready for. Because I deserve sex, and if you're not a sex-minded kind of girl, then I need to not be wasting my time here."

About now, most of you probably feel like you need to go and take a shower just from reading that.

That's okay, I feel like that from writing it.

Certainly in this scenario, sex would *not* be happening, that night or any other.

Why? Well, because it's creepy, but let's be more specific:

- He attempted to negotiate desire, which is involuntary and cannot be negotiated.
- He showed poor, indeed borderline autistic, social skills by not knowing this.
- He acted entitled and demanded what it was his job to inspire.
- He treated you as a means to his own goals, rather than a person.

The "Commitment Talk" is the female version of this social blunder, and men react to it with just as much distaste, for the same reasons.

- Negotiating Desire

Remember that commitment is not a man promising to stay, calling you his SO in public, letting you move into his house, or even marrying you. All of these are expressions of commitment. Commitment itself is his desire to keep you in his life. This is not a conscious act. **A man can neither deliberately give you commitment, nor deliberately withhold it.** You simply inspire it, or fail to.

- Poor Social Skills

These are even more repellent in a woman than in a man, since gracefully dealing with thorny social issues where conflict may arise is a feminine art. A man wants to be with a woman who smooths over potential arguments, rather than creating them.

- Entitled

Since you either inspire commitment or fail to, getting to commitment is your job, not his. If you attempt to dump this responsibility on him, he is certainly going to wonder what else you will just demand that you should have earned.

- Treating him as a means to an end.

This hardly requires explanation. He already knows what you want. If you simply demand it from him because you want it, then he will know you think that he was put on this planet to **fulfill your desires**.

The art of girl game is the art of getting what you want without conflict or ultimatums, by making him want to give it to you. Do not attempt to shortcut this process.

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UPVOTES

I'm doing it!!! A very rushed field report.

Deedee554 · 22 October 2020 · Archived copy · Reddit

Hello Ladies.

I am posting an update. It's a bit of anonymous gush... since I am privately celebrating my achievements.

I achieved my weight loss goal. From 72kg at 16 to 55kg at 20. I am following a gym routine of 4 days a week weight lifting, some cardio and basic yoga. Meditating 5 minutes a day which is basic but building up. Started taking multi vitamins and collagen and I look forward to taking Omega 3 (i live in England so there is minimal sunlight for my daily requirement of vitamin d - I do the best I can with my food so using these as supplementation). My skin and hair are at the best state I think that they have ever been by adhering to my beauty routine.

My teeth too however I will be upgrading to an electric toothbrush and experimenting with some at home teeth whitening before getting braces to correct my bite.

I am still struggling to adhere to a study schedule though. I have attended every lecture this semester and have done most of my readings (my focus is to boost my GPA). This is building off last year when I struggled to attend lectures and fell behind due to too many commitments.

I am here to say it is possible! The feminine journey is possible ladies! I am unrecognisable to those who knew me at 16. I was unhappy, chubby, masculine and lonely! Now I am happier, fitter, more feminine and still occasionally lonely. There has been progress. 4 years of ups and downs. Hells and heavens but I am thankful. We can all do this. It takes discipline, habit and perseverance to become who we want to be.

The feminine journey is different for every woman. Mine has been tough but I am shocked to see how far I have come.

My next goals to focus on...

My academics (as a goal) Building my body's definition and shape Better regulating my emotions

Things I will be trying for aesthetic development (for those who are curious about tips and tricks):

Red light therapy Teeth whitening Yoga once a week

I am sharing this with all of you because unfortunately I don't have many people in my life who would see this an achievement and would be happy for me. I have heard that when you begin working on yourself you find out truly who is in this life with you and on your team and the answer for me has been not very many. It can be discouraging for you to change habits and find others criticising or ridiculing you. I found those in my inner circles (family mostly) critical of my dietary changes and my gym routine but use that as fuel. My partner loves the changes and improvements and a close friend of mine benefits from the knowledge I share and vice versa. Pursue your feminine goals privately and share them with people who will be genuinely happy for you.

Ladies, anything to gush over today? Or recently? I'd love to hear some of your stories: brag it's alright to be fond or proud of yourself for a moment. Especially if you have no one who can be that positive reinforcement.

(This was written on a rushed journey).

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UPVOTES

I really hate gynocentrism!

black-and-white-keys · 19 September 2018 · Archived copy · Reddit

I just have to get something off my chest. I hate our gynocentric society.

My husband is a great man. Full of self control, discipline and difficult to be influenced. He is a pilot by training, which means he does not solely operate on emotions, only logical reasoning. After we got married and had children, his drive to work harder increased. He's given up a lot of hobbies but definitely not all and I wouldn't want him to anyways.

For some reason, my support for him to pursue some of his hobbies/passion/career gets nothing but criticism (especially these last few days). Female acquaintances and even family members think he should have no hobbies and no free time because that's just UNFAIR for me. I mean, the comments are NASTY! Mind you... that man pays for 90% of everything so I don't have to work hard. Then they wonder why they're in unhappy marriages and I'm the one getting XOXO from my husband.

Before finding RPW, I thought I was some odd ball for "allowing" my husband to have a life besides wife and babies. Now, I realize I'm actually a healthy minded wife.

Ok, done venting.

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UPVOTES

Introducing Chad Thundercock's Younger Brother, Dylan -- A Lady's Man for Our Modern Age

RubyWooToo · 23 July 2019 · Archived copy · Reddit

We at the Red Pill are all well acquainted with Chad Thundercock -- some of us (though it pains to admit it), intimately so.

But less well known is his younger brother, Dylan. I was familiar with the person, but until recently, not the name... until

[Guywithgirlwithabike](#) was kind enough to tell me (they've known each other for years)! Now, without further ado, I would like to introduce you to Dylan Thundercock.

Like his brother Chad, Dylan is very handsome... but unlike big bro, he seems so humble, not arrogant at all! He's even a little bit nerdy... he loves all the Lord of the Rings movies and he even cosplayed as Aragorn at the Ren Faire (teehee!). He was just totally shocked at how many women he was able to get out of their chemises by the end of the afternoon.

But Dylan doesn't *judge* them. In fact, whenever Chad calls women whores and sluts, Dylan is always quick to chide him and come to their defense. You see, Dylan is a feminist. He will never, ever think ill of a woman for having a high n-count (actually, he's not even familiar with that term, outside the realm of biostatistics, of course). He thinks women should be free to explore their sexuality with whomever and however they wish. Some of his closest friends are strippers... ahem, *sex workers*. He feels really bad for all those oppressed handmaidens, kept down by the cruel patriarchy, who will never know the liberating bliss of getting pounded by Dylan in his tent at Burning Man.

Dylan doesn't sleep around... he's polyamorous. He can't get it up for any woman with whom he doesn't have a deep emotional connection. I know you just met him, here at this dive bar where he just finished playing a set, but with one glance, Dylan can see into your soul. Don't you want to explore this inexplicably intense bond that you two share? Oh, he's moving too fast? That's OK, he'll wait until you're comfortable, when the stars align and the time is right. In the meantime, he's going home with Alexandra. Oh, you're jealous? He never imagined you could be so controlling; he thought you were so kind-hearted and open-minded! Why are you trying to *shame* Dylan, just because he has so much love to give?!

Dylan listens intently and sympathetically as you malign your husband or your boyfriend. It's so terrible that your man doesn't immediately respond to your text messages when he's at work, while Dylan is always responding right away... even when Alexandra is right next to him in bed. Ah, Alexandra... she's such a strong, confident woman... so unlike all these hysterical, backward-thinking little girls with oppressive expectations of monogamy.

Dylan will always be supportive of your dreams. He hasn't missed a *single one* of your burlesque performances! And isn't it great how, unlike Chad (who only dates cheerleaders and Victoria Secret models), he doesn't have these societally-manufactured expectations of beauty? Dylan loves women of all shapes and sizes... so long as they are bent over the hood of his classic Mustang.

Of course, Dylan would never ask you to do anything that makes you uncomfortable. He knows your happiness is the most important thing in the world, after all. But wasn't it Mother Theresa who said that suffering brings us closer to God? With that in mind, won't you try anal, just this once?

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UPVOTES

The Power of Chicken Soup

Gin-and-Elderberries · 28 September 2019 · Archived copy · Reddit

Hi all - this is my first post, but I've been lurking for quite some time and actually mustered up the courage to post today! I've always been pretty femme, but in the past year I've really buckled down on practicing some RPW principles in my life - being more put together in my appearance, being a "soft landing place" for my SO, and - the point of this post - embracing the nurturing, caretaking aspect of femininity.

My SO (29M) and I (25F) have been together for around 2.5 years, and we've lived together for about a year (I know it's an RPW no-no, but that's just my personal preference). This past week, he came down with a rather nasty cold. So I did what I generally do. I always have homemade stock in the freezer, so I whipped us up some chicken noodle soup for dinner using the Binging with Babish recipe, which is incredible. Usually if I cook, he cleans, and vice versa, but I told him to just go upstairs and rest while I cleaned up. I brought him herbal tea with honey, pillows, affection, all that. Now, I don't mind doing any of this at all. But what struck me most was his reaction.

Normally my SO is a fairly stoic man - verbal affection is NOT his love language. But this week he was nothing but complimentary, lots of "I love you"s, tons of appreciation, and something that just warmed my heart - "Thank you, you take such good care of me." Now, that just brought a giant smile to my face. I don't know, it makes me genuinely happy to make his life easier. He's generally uncomplaining, and he doesn't suffer excessively from "man flu" so to speak, and he also takes wonderful care of me when I am sick, so it goes both ways - but that statement made me just feel so darned warm and fuzzy and feminine. Thank you all for inspiring me to be a "soft landing place" and to take joy out of the feminine caretaker role. This mindset has helped me a lot!

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UPVOTES

"Equity" training at work

littleudonbowl · 22 December 2020 · Archived copy · Reddit

Some of these equity training sessions at work are unbearable.

For example, there is lots of "we need to hire more women so they don't feel forced to stay at home/have children". I don't disagree that we need to support women who are working, but this one new hire is so incompetent that I think she was hired to fill a "female" quota. And since I'm the only other woman on the team, I'm tasked with mentoring her. She's a very "woke" and blue pill person who just finished school and we don't get along... On top of that, she consistently misses meetings or gets lazy, then tries to shove her work on me.

Because of this, I spoke out about hiring on the basis of merit at our equity training session and got shot down hard. Shot down by other men, mostly, who claimed I wasn't a proper woman because "I'm not a feminist". And this new hire that I'm mentoring also told me that I should be more considerate, since I'm a woman myself. But I think we're very different; I was promoted from software engineer 1 to 2 within 8 months, and she is still struggling with basic tasks (things that our interns can do after 2-3 weeks of training!) after 3 months on the job. Later, two people getting mad at me when I accidentally called someone else "her" instead of "them" (I would never do that if they asked me to use "them", but it was our first meeting together!)... give me a break!

There are sooo many standards in the workplace that make me want to pull my hair out. Can anyone else relate? How do you deal with this kind of stuff without hurting feelings?

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UPVOTES

I know it's been said here before, but the tiniest details can really take your class and graciousness to the next level

roygbiv103188 · 6 June 2022 · Archived copy · Reddit

A quick story to illustrate my point:

My husband and I were at mass this morning with our 2 toddlers, ages 3.5 and 1.5. We've been attending mass with them pretty regularly since they were newborns, and while we've gotten more comfortable bringing them, it definitely has a lot of challenges. As anyone who has ever been to a Catholic mass will tell you, it's a rather somber, serious worship service. Lots of quiet time as well.

We sat down in the same pew we usually do, in the back, by the cry room. We got there a few minutes early and a lovely older woman who was in the pew right in front of us turned around, smiled at us, and said "It's so great to see little ones like them at church! God Bless you all." We thanked her and mass started.

Our kids were awesome until about 40 minutes in, when they both started getting extra squirmy and my toddler started asking for water and M&Ms lol... and then the woman in front of us got up promptly and looked like she was making a beeline for another pew to sit in. Oh no!!!! Our unruly kid disturbed her and she's moving far, far away. Ugh. We felt like such jerks.

Wait, wait wait.. no. That didn't happen. She actually made a bee line to this little table near one of the doors where they have these cute little booklets to take for kiss to look at during mass. She didn't say a word but just smiled at all of us and gave each of my kids a book, which delighted them and got their full attention for a full 5+ minutes (which is basically an hour in toddler time)

At the end of the service, we thanked her profusely for her small act of kindness. She told us she's a mom of 3 and while her kids are all grown now, she still remembers how hard it was bringing them to mass on a regular basis. She complimented our kids' behavior and said "just keep coming back every week, I promise it gets easier! The church needs and loves kids! I love hearing babies and kids in church because it means we have a presence of youth."

Y'ALL! This wonderful, eloquent, kind lady.. I still can't believe we were lucky enough to cross paths with her. She made our whole entire day better with her smile, that small random act of kindness, and her words. We've been parishioners at our church for 6 years and while we love it, we have gotten so so sooooo many annoyed, dirty looks from people of all ages when we attend mass with our kids - and we do NOT allow them to get rowdy or scream or anything like that, we immediately high tail it to the cry room if we sense impending doom. I guess they forget what it's like to have a toddler, or their toddler is an amazing robotic creature who goes on autopilot during church, or they're just perfect parents who are far superior to us... idk. But this beautiful soul we met today made my husband and I feel so comfortable and at ease with our situation.

There's still lots of incredible people out there in this scary world we live in. Never, ever underestimate the power of a few kind words and doing something nice for a stranger. It can totally change the trajectory of their day. I can't wait to pay it forward and do something nice for a stranger in need as soon as I can. ♥

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UPVOTES

Most men secretly want a homemaker

rayneywayney · 7 September 2020 · Archived copy · Reddit

I've talked to men from across the spectrum of very politically progressive to very traditional, and they all seem at least very welcoming to the idea of me wanting to be a homemaker. I thought it would be difficult to find men open to it but I've only ever had good reactions. Anyone else experience this?

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UPVOTES

Expectations vs. Reality: What We Think the Opposite Gender Wants

SunshineSundress · 8 August 2021 · Archived copy · Reddit

This one is dedicated to all the RPW newbies who need a bit of theory breakdown. This is a summary/repost of [this](#) The Rules Rewritten post. If you already “get” it and have some extra time on your hands anyway, feel free to keep on reading too ☺

Before taking the red pill, there are certain false ideas that men and women often think their potential partners would want. These ideas are often based on what they want in a partner themselves, in a misguided attempt to apply The Golden Rule to love and dating. It *would* work in a utopia of perfectly identical sexes, but unfortunately (for them, and fortunately for us), men and women are quite different from each other. It looks a little something like this:

Men think women want:

- 1) handsome men so good-looking that he's considered **prettier** than most
- 2) **nice guys** who are sweet and endearing
- 3) neck-to-toe **hairless** bodies
- 4) a luscious, **full head of hair**
- 5) **sensitive** men
- 6) **peaceful** men

Women think men want:

- 1) women who are **hard to get**
- 2) **tall** women who tower in heels
- 3) **confident** women
- 4) **badass** women
- 5) **successful** women
- 6) **tough** women who aren't afraid to get down and dirty

Now, that's not to say that the things on these lists are straight up unattractive to the opposite gender. Women still like handsome men, and there are some exceptions who dig the whole soft, sensitive type of man. Men still like women who are tall, and some exceptions like whole successful, boss bitch thing. But this is RPW, where we talk about generalities that apply to most, not exceptions. We also need to recognize that while some of the sexes' expectations are reflected SOMEWHERE in the opposite sex's desires, they are nowhere NEAR the *priorities* for what the vast majority of men and women actually want.

Still struggling with the concept? Think about it this way: how turned on were you by the sensitive dude with a flower or the skinny hairless guy with a pretty face? That's how men feel about Oprah or Charlize Theron in Mad Max, at least for LTRs.

Instead, consider these lists reversed:

Women actually want:

- 1) men who are hard to get (or at least highly covetous and desired by many) - just think of every male lead for female stories like Christian Grey from 50 Shades of Gray or Mr. Big from Sex and the City

- 2) tall men - 'nuff said.
- 3) confident men - aka men who will be confident in their ability to lead us
- 4) badass men - in pure fantasyland with no responsibilities, a significant chunk of women daydream about bad boys or at the very least hyper-masculine men
- 5) successful men - again look at how many women want a Christian Grey or Mr. Big type
- 6) tough men who can get down and dirty - it just does something for our instincts to gravitate to men who can protect and provide

Men actually want:

- 1) physically attractive women - ya know, men are visual creatures and all that jazz
- 2) nice women who are sweet and endearing - a feminine personality has gone a long way for the women here!
- 3) neck-to-toe hairless bodies - it amps up the sexual dimorphism between us and the hairier sex
- 4) a luscious, full head of long hair - more evolutionary psychology for ya: it shows youth, fertility, and health
- 5) sensitive women - we've talked at large here on how vulnerability triggers his protective instincts
- 6) peaceful women - we've also talked about being a soft place to land and how it will keep your relationship strong

So to the newbies: stop trying to self-project your own desires onto the opposite sex. It would work SO much more in your favor as a sexual strategy to use the reversed lists. Some of us do and to great results. It may also help your understanding of why being "hard to get" ultimately does nothing to boost his attraction to you, or why you shouldn't be dating the sensitive nice guy if you're having doubts. Finally, knowing that many people tend to self-project, listen to what they say they want in a partner as an indication of how THEY want to be treated if it sounds a bit nonsensical or suspect.

Again, highly recommend that Rules Revisited post - it's much more eloquently stated and goes a bit deeper into the trappings of self-projection. I just felt we needed this reminder around these parts!

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UPVOTES

"Whatever it is, we're in it together" - My husband is a rock and I need to tell someone.

_Pumpkin_Muffin · 9 August 2022 · Archived copy · Reddit

Just found out I don't have cancer.

It's been an agonizing 40 days of waiting and tests and waiting and visits and more waiting. F'ing cancer? NOW? I just turned 26. I just got married. I want to have kids like yesterday!

I just walked out of the doctor office and a huge weight shifted off my chest.

I can't wait to get home to my husband and dissolve into a puddle of tears in his arms.

I DON'T HAVE CANCER.

He's been such a rock through it all. I briefly considered not telling him anything until I got the answer, but a) it would have been so wrong b) I can't keep secrets, let alone THIS secret c) he would have chewed my head off.

He was THERE. He looked straight at me and told me that whatever it was, we'd be in it together. I'm so relieved it wasn't *it*.

"Are you worried?" "No, no. It just sucks that I have to wait for the tests." He held me tight anyway. This man. I didn't fool anyone.

These are the only negative tests I'm happy about these days. I don't have cancer. Just an infertility problem - well, we already suspected there'd be one. So more waiting and tests and visits and *waiting*. That's another can of worms I'm so scared to deal with. But - it *was* nice to rule out cancer... :)

He's taking me out to eat tonight.

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UPVOTES

He said he is going to marry me

Nymph_river · 30 January 2023 · Archived copy · Reddit

The other night while I was sleeping my boyfriend pulled me close to cuddle me and started whispering things in my ear. The movement woke me up a little so I heard him as he was saying such, such sweet things. He told me that he loves me so much, and he ended it with “I am going to marry you.”

I have never felt more motivated to work harder towards my goals and self betterment. I want to be an impressive woman/amazing wife and his words gave me such a boost.

I found RPW today and I love how all of the tips are related to exactly how I want to work on myself. My bf and I are still young and both of us are pursuing higher education so we still have a while to go, but that just gives me more time to become the best version of myself.

I'm excited to be a part of RPW and I'm super excited for the future.

(BTW, I hope I chose the correct flair).

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UPVOTES

How different it feels to dress feminine

enoraj · 20 March 2021 · Archived copy · Reddit

I got a bunch of dresses/skirts and yesterday I wore a cute midi dress for the first time in ages and it felt so good. Like I could physically feel more feminine throughout the day and it's like a daily reminder to stay graceful and modest.

Also, I've never felt more feminine than when wearing a more modest dress compared to miniskirts/mini dresses, it's like a more lady like type of femininity and I love it.

I might be pushing it but I feel like it's also kind of a duty or at least an important contribution to restore the divine feminine in society and that can be through dressing nice. It seems so trivial but it's like we're doing something meaningful for this world where women are becoming more masculine and men more feminine.

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UPVOTES

F. Scott Fitzgerald's advice to his daughter on what to look for in a man

MarlonBrandoJr · 28 December 2016 · Archived copy · Reddit

Was reading F. Scott Fitzgerald's letters to his daughter and came across the following piece of advice that some of you may find helpful:

"You haven't given me much idea of — . Would he object to your working - outside the house I mean? Excluding personal charm, which I assume, and the more conventional virtues which go with success in business, is he his own man? Has he any force of character? Or imagination and generosity? Does he read books? Has he any leaning toward the arts and sciences or anything beyond creature comfort and duck-shooting? In short, has he the possibilities of growth that would make a lifetime with him seem attractive? These things don't appear later - they are either there latently or they will never be there at all."

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UPVOTES

This is a very dirty post about how I please my husband so disregard if the subject makes you uncomfortable.

Hoobin · 24 November 2018 · Archived copy · Reddit

I have a regular account, but I've started this one because discussing sex is not on par with the rest of my profile. I also post make-up with my face and fitness reports so I prefer to stay anonymous there...especially because this post is scandalous.

Some people have asked me advice in my sex life so I will share details to help other RPW.

My husband is Chad. He's 42. I am 31. We have been married for 6 years. He makes a lot of money. His body is spectacular.

He is only turned on by me when it comes to women and when it comes to sex and I was sure to make it this way.

How? I have a lot of competition. Young girls want him and they want him badly because of his position and his appearance. I don't want him to stray. How do I remedy This?

Simple. I eat well. Very well. Greens and simple proteins. Stretch. Moisturize. My hair is my pride. Salmon, omega 3's, avocado, vitamin C...collagen producing agents and NOT A DAY goes by that I don't moisturize my skin with oil.

When it comes to sex I am an extreme pervert...for HIM.

I'll begin by letting you know that I have conditioned myself to become incredibly turned on by his body and his smell. He travels for work often. I sleep with his underwear on my teddy bear's head. When he Skypes me I am snuggled in bed with my teddy bear, which is sweet and "innocent," but I tell him that my teddy bear now smells like his sexy parts and every time I turn I feel aroused because I smell him.

Then it appears that I am a sweet girl with my nice pajamas in bed, with my teddy bear, and when we talk I am suddenly able to reference the smell of his underwear and become turned on for him.

You can bet our Skype sessions when he is away are so long and so hot and resulting in so many orgasms that I can confidently be sure he'd not stray.

When we are together, which is the majority of the time, I am his buddy. We wrestle, (and with genuine aggression!) We talk about politics, and we engage in banter.

Sometimes he hurts me as a woman. Sometimes his banter cuts deep into my insecurities. It is VERY rare when I do this, but sometimes I just curl up and say "baby, you are too hard, you win. I just want you to be nice to me." And he will back off.

When it comes to sex, my only objective is his pleasure. Talking dirty to him makes me feel so scandalous that I become hopelessly aroused, and that he is beside himself.

I smell him. Then I moan. I smell his private parts when I sit above him and he is lying down and I tell him he smells so Mich like a man, so beautiful, I tell him I am drunk from his smell. I kiss his balls and his penis like they are holy. I run my hands over his bells and softly up his thighs while I gently kiss his area. I say things like,

"Mmm baby y iu are my man. Hmm baby you are my King. Mmm mmm baby, you are delicious, don't you move, I want to smell you and eat you and taste you all day, mmm mmm baby the way you smell and the way you taste makes me drip, how can you be so perfect?" All with adoring kisses and soft pets.

Then I suck him with desperation. I should! Do I want some 20 year old to take him??? NOPE.

I warm up my kegels the whole time I go down on him. It almost brings me to orgasm.

Women underestime how much a man is turned on by a woman who wants him.

He Is beside himself when he finds me dripping from going down on him.

That's the thing! My husband and I have an insane sex life.

He can't get off from any other woman at this point because he has a woman who is so insanely lustful for him in bed.

Cook, clean, be submissive, yes...all part of RPW.

The best way to be a good wife for your man is to take your man to physical heaven.

Always and often and with your whole heart.

I think we worry so much about how to be perfect in other ways but when we show them abject sexual bliss, they are willing to forgive a lot.

Love him with confidence.

No quality man wants a doormat. He wants a loyal, adoring partner who pushes him to aspire to new heights.

Be an inspiration to you man. Love him sexually until he's passed out, support him, laugh at him in camaraderie, and have a yummy dinner and a clean house and a hot oil rub ready for him when he comes home...then give him a dismissive little neg while you bend over in your ya go pants with a coquettish smile.

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UPVOTES

Unpopular opinion: saying that we do makeup for ourselves and not for others is false

carrothairs · 9 February 2021 · Archived copy · Reddit

First of all, I would like to say that I do my makeup when I go out. My post is not attacking people who do their makeup, but rather the concept of makeup itself. This also does not apply to makeup artistry. I'm speaking more about makeup that is used to enhance/cover features such as mascara, concealer, foundation, etc.

I have been thinking about this for some time, but I feel as though makeup has further enhanced the patriarchal beauty standard and in a way, us women have continued to allow the standard to stay unattainable and unnatural by doing makeup. So many women when confronted with someone against them wearing makeup argue "well I don't wear it for other people!" but I think that we all do, either consciously or subconsciously. I mean technically we might feel like we do it for our own self confidence, but i think that confidence is reliant on ideas of beauty created by society that we have learnt all throughout our lives (which we actively contribute to) because we want to feel like we are beautiful and conformed. I mean if we did it ONLY for ourselves and only dressed for ourselves, then why do most of us sit alone at home bare faced unless we are feeling bored and want to hype ourselves up. I feel like what we TRULY do for ourselves and not subconsciously for the beauty standard, is self care, such as hygiene, because makeup meant to enhance/manipulate our features has no true benefits.

I mean just considering concealer (which i use often) and contour, concealer literally covers dark circles which some of us naturally have, or blemishes. How can someone convince me that we don't cover these because we don't want others to see how tired we are, or see the "imperfections " in our skin.

I just feel like natural styles of makeup and filters on social media, etc. Just keep pushing unattainable beauty, and it makes me wonder if these things didn't exist, would we be more accepting of these so called "ugly traits" as a society. I mean when women judge men, some women even LIKE the tired rugged look, and its not like we care too much about a few blemishes or wrinkles on men. Men now are even turned off when they see a woman's bare face and think she's tired or sick, even tho they claim to loveee natural, because what they consider natural has been clouded by makeup that is purposely meant to look natural. A man who loves a truly natural girl either a. Is mature enough to love a woman past just her looks or appreciates how she looks regardless of whether she is completely "perfect" appearance wise or not OR b. She already naturally has the almost unattainable beauty standard of looks (clear skin, long lashes, etc).

I don't want to be coming off as a femcel, I just genuinely want to know what other people think because my personal experience has been that even tho I put mostly light makeup, I still feel like I feel extra beautiful with makeup, because without it, i almost feel bare, with my dark undereyes, or light brown and straight eyelashes, or whatever I feel insecure about that day doesn't fit the perfect mold that continues to be perpetuated, and I imagine maybe others feel the same. Or maybe you completely disagree! I want to know or maybe even change my mind, cause it is a bit of a pessimistic mindset.

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UPVOTES

8 personal skills all feminine ladies should develop

LivingfreewithSophie · 3 August 2021 · Archived copy · Reddit

Hello ladies - This is my suggestion on 8 personal skills you must start to develop as part of your feminine journey!

I would love to hear your perspective on this and if there are some important skills that should be added as well.

Personally, I have been on my femininity journey since March 2018 and I quickly realized that this journey goes much deeper than just looking feminine (even though it's a great start!)

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8 IMPORTANT FEMININE SKILLS FEMININE LADIES MUST DEVELOP

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1) EMOTIONAL CONTROL

The ability to stay calm and make the right choice in difficult situations is extremely important (for anyone really). This will also make sure that you never end up being the "crazy" girlfriend or make too much damage to your relationships.

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2) PATIENCE & BEINGNESS

This is very important as give a man the space to chase you and win you over. This increases both your feminine energy and his masculine energy, and it will stop you from obsessing over when a man is going to call you. Really, it's important for your sanity.

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3) RECEIVING & APPRECIATION

This is very important to inspire a man to keep taking action to pursue you, spoil you and to adore you. When you can clearly show him that he makes you happier with his actions (still, you are responsible for your own baseline happiness, his actions are extra), you incentivise him to keep doing it, as he will feel more like a success (in pleasing you) when you show him your "pleasure".

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4) LISTENING, BEING QUIET & HOLDING SPACE FOR OTHERS

This is a very loving skill to have and it's basically "holding" other people's heart, by letting them express their excitement and passion without interrupting them. I also call it listen with your heart, and people feel so loved and you learn another about that person.

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5) DUCT TAPE = STOP CRITICIZING OTHER PEOPLE

Whenever you feel like giving unsolicited advice or just to comment on other people's behavior DON'T! It does do anything good for you nor your relation and frankly, it's disrespectful and condescending (even though that is not your intention). Stop criticizing and nagging other people. (Use boundaries instead and stay calm and firm.)

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6) ENCOURAGEMENT & SUPPORT

The feminine role in a traditional relationship is very much to be the supporter and help mate of your husband.

Practicing this skill with anyone you love lifts them up when they are down, and it's an important skill to develop especially for your (future) family's mental health.

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7) PLAYFULNESS & BRINGING LIGHT

This is one of the more untangible, alluring and very attractive skills feminine women must develop. Being the goddess of light and fun as Laura Doyle would say. Be FUN to be around! Not in a joking kind of way, but in a childlike, adorable, insolent and silly manner - be girly, bring out your inner girl (- of course don't be immature by acting like this in the wrong situations.)

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8) AGENCY & RESPONSIBILITY

A feminine woman never sees her self as powerless or a victim. She knows she knows she has agency to change her life and always look on how she can improve her self or other aspects of her life.

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What other personal skills do you ladies find important to develop as a feminine lady?

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Also, if you want more details I have made a video on this topic and I hope you might find my video useful and my channel interesting ?

?? <https://youtu.be/zqxIEfsuUNY>

I hope to help more women find and embrace their true inner feminine self ?

My channel is in its essence about being free to be feminine! I focus on Femininity, Happiness, and Transformation. If you want to become more feminine, then this is the right place to be ? (I will speak up against feminists and feminism as well)

? you are welcome to take a look if these topics interest you ? ?

PS. English isn't my first language, I hope the spelling doesn't interfere with understanding ?

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UPVOTES

These are the RPW strategies that got me my dream relationship.

justsayinbye · 11 May 2023 · Archived copy · Reddit

I started reading about RPW when I first met my boyfriend about 3 years ago. I am happy to say that, last week, we got married!!!

I would love to give back to the community by writing a little about the strategies that were most important to the success of my relationship. It's mostly basic RPW theory, but applied over a long enough time, they work wonders.

Feel free to skip the next few paragraphs, but I would just like to go over what our relationship looks like with these strategies applied consistently.

For the entirety of our relationship, the honeymoon period came and never left. He feels respected, cherished and loved everyday while I feel like there is not a thing I need to worry about and my only job is to be happy and inject our relationship with laughter, brightness and positive energy. He buys me gifts and gives tokens of affection unprompted, tells me "you're the cutest" or "you're the most beautiful woman in the world" every day. He made my friends swoon because one time I asked him if we could do something in front of them and he replied "we can do *anything* you want". He actually planned our entire wedding to a dreamy perfection while I picked out flowers and sat there looking very pretty.

When we disagree, it is always a vulnerable experience (on my end especially). We never dig up old dirt, we have never raised our voices, and although I apologise first whenever I can, he sometimes beat me to it because he values me so much more than being right. This is all with the context of him being the sole breadwinner (I was a student) and doing about half of the chores. Not because I don't want to do chores, but because he explicitly forbade me from doing them. Almost shockingly to me, he sees this as a "fair" division of labour - that's how much he values my presence in his life.

It is the absolute perfect relationship that brings me joy and pride every day, and much of that is thanks to the things I learned here.

Now, on to the strategies I followed:

1. Work on yourself first and work on yourself constantly ("Own your shit")

This is the most paramount foundation to everything else I am about to say. I grew up in a conflict filled household with a busy absent businessman father and a frustrated mother who viciously beat her kids. It was perfect for developing borderline personality disorder. I am drawn to conflict and I am afraid of stability because I am constantly waiting for the other shoe to drop, not to mention daddy issues for days. If I had not done significant work on this prior to and during my relationship, I would have self sabotaged countless times. If you have any destabilising issues, read relevant books, see a therapist, talk to friends, or else you will be fighting an uphill battle with yourself while attempting to find a happy relationship.

Think about *your* role, *your* faults, and *your* responsibility in any relationship breakdown first.

2. Realise it is more important to be happy than to win

This is another *super* important foundation. I think a lot of people reading these strategies might think "how is it fair that I have to be so careful, do so much emotional work, prop up his ego, can't just say whatever the fuck I want". The answer is, it doesn't matter. It's a fallacy to think that you can say whatever you want to people closest to you because they "should love you for who you are". I have personally seen people being super careful about not hurting their friends' feelings only to say whatever they want to their SO. That makes no sense.

A happy, effortless looking relationship is in reality maintained with a lot of care and compromise, as both sides love each other so much that they rather not get the final word than see the other person upset. My mother's 25 year

long marriage is falling apart partially because she always wanted to win and always said whatever she wanted. When she finally realised at 50 something years old that she just want to be loved, she has pushed my dad away irreparably.

3. Choose who you trust, then trust who you chose. Never give advice unless asked, never try to force control. STFU.

All of RPW strategies require you to seriously trust your partner and let go of control. This is something that is hard to do but you *must* do it. There are many reasons, and I personally think the most important reason is that you will never have a relationship where things are done for you willingly by your partner if you have a death grip on the control. If you partner feels like you think nothing he does is ever good enough, he will never do anything.

Tying into this, if you have something negative to say to your partner about what he is doing or saying, and it's not actively concerning anyone's safety or wellbeing, just STFU. As mentioned in tip 2, the strife that will follow is never worth the temporary enjoyment of "A-HA, I'm right and you're wrong".

Remember, absolute trust is one of the biggest hallmark of respect. I think most men value respect above all else.

4. Be loveable. Facilitate really easy wins for him. Make it easy and pleasant to make you happy. (i.e. get good at "receiving")

There are two things I see woman in relationship do that make me die a little inside. Firstly, some are in the habit of never praising things their partner does right, and always criticising things their partner does wrong. Please do the literal opposite of this. Secondly, some like to criticise their partners, lightheartedly, for giving them expensive gifts. "Oh honey you shouldn't have, this is too expensive!", because they feel like they don't deserve it. Although this is mostly benign, please try to avoid this as well. Instead, just express a lot of happiness and gratitude.

In my relationship, I made *sure* it was easy and pleasant to love me and treat me well. I beam at any small gesture and start gushing at anything big. I'm a naturally bubbly person so I understand if that's not everyone's style, but please express your version of happiness and gratitude and make his job of making you happy as pleasurable to do for him as possible. This is why I "get away" with doing so little around the house. The reward of doing something for me exceeds the reward of having something done.

A lot of people ask me how I get people, including my partner, to treat me so well. The answer is I make them feel really good about doing it. It's that simple.

5. Do not get mad, get sad instead.

I try my absolute best to never get angry at my partner. Anger is a very hostile emotion and almost always trigger a hostile response back. Anger is also a defensive emotion, likely masking some sort of hurt or sadness underneath. Instead of getting mad, which always escalate a conflict, I try my best to get to the base emotion immediately.

For example, if I'm mad that he forgot to get me flowers even though I asked for them, I would instead realise that I actually feel hurt because I really wanted flowers and I'm scared that he didn't get them because maybe he doesn't care that much about me. Furthermore, I would realise I have this fear because I love him very much. When we have this conversation, I come to him extremely vulnerably instead of aggressively, and it always facilitate much better conversation and resolution.

(Another pro-tip is to proactively apologise when you are being unreasonable. The first time I did this, my husband was actually shocked as a woman apologising has never happened to him before.)

6. (NSFW Hot Take Warning) I don't say no to sex, ever

If my partner wants to do something sexual, I am game 100% as long as it's legal and hygienic. (TMI but I literally only say no to anal if I'm worried about hygiene. Otherwise, any time baby).

If this is not something you could do, that is 100% valid. I am not conservative or religious so I don't view sex as something sacred, just something usually enjoyable, fun, and a way to express love. I also have a very high

tolerance for sex while not in the mood. To me, it's like most other couples activity. You can get into the mood for while doing it. A lot of men, my husband included, put a lot of value into sex. My husband goes with me to random date night activities he's not super into all the time, so I view sex (on the rare occasion I'm not in the mood but he wants it) much the same way.

Also, regardless of how often you turn your partner down, I recommend getting good in bed and being enthusiastic. It's a very important expression of love, so I personally want to do it right.

Bonus: get good at creating a pleasant atmosphere at home

Although I said I don't do a lot of chores, I am actually a very good cook. 9 days out of 10 my husband comes home from work to something delicious smelling that he can eat immediately. You don't have to pick cooking as what you do, or you could do it all (I'm just not nearly as good at everything else), but I do believe there is a lot of value and happiness to getting this right.

However, my mother was ran a beautiful household as a stay at home wife while I was growing up. The home was spotless and inviting, her food tasted better than mine, but none of that matters if you don't provide the mental and emotional happiness and support first. She was an angry woman who berated my father at every turn and was not pleasant to return home to. I made sure I was not that before working on homemaking skills.

That concludes this very long post. I am really grateful to the community for my relationship and I really hope this helps.

Happy to answer any questions or give clarifications. Have a good day everyone!

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UPVOTES

Is it just me or is there a lot of feminist viewpoints in this sub?

Cherry-lemonade · 16 February 2021 · Archived copy · Reddit

I've noticed a lot of women in this sub repeating the sentiment that it's okay to wait until your 30s to settle down/start a family and to use your 20s to focus on yourself and building a career, which honestly is okay but it is not red pill? A lot of the advice I see being given seems like advice you would give a man to be honest and those seem to get the most upvotes which is confusing to me. I'm sorry, but I do not think a 30 year old woman who is not married is a red pill woman. I also don't think it's very red pill to put off thinking about having kids when we all know infertility is thing that becomes an issue when you get older and there are plenty of women in their 20s who struggle getting pregnant. I am not saying that being career driven is a bad thing, or that a career woman is any less fulfilled than a woman who chose to focus on home and family, BUT I am saying that it's not very red pill to me so it's interesting to see so much of that in this sub.

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UPVOTES

We Really Should STFU

AmilliBee · 25 January 2024 · Archived copy · Reddit

I just witnessed in action why men get so frustrated when making something happen while women watch.

My boyfriend is moving a very heavy machine that was a complicated endeavor. He's the only man available to do so with 3 women to help including me.

His mother, bless her heart, she is sweet, but she really is an example of not implementing STFU and support. She kept asking "Can you do it like this" and suggesting things and overall getting in the way. To the point where my boyfriend had to politely ask her to stay in the living room (out of the way and without comments)

I just stood quietly and out of the way until he needed me. He'd hand me things to hold or tell me to grab things and I didn't say a word but "Okay". I'm not perfect I did think "You should do this." multiple times.

But I didn't say a single peep.

Eventually his mom was back over again. Back making comments. Back trying to involve herself. Unfortunately her finger got nipped in the process.

And I got a "Thanks so much for your help."

STFU and be a support ladies. Not a headache.

Update: He got me alone while "putting away tools" and gave me a kiss to end all kisses with roaming hands and a heartfelt thank you!

Edit: I don't want to be misunderstood. This isn't a "haha I'm better" story. This is a juxtaposition. I would never disrespect his mother. I adore her and we bake together. I did debate whether to post this because of the people involved but I decided the lesson was blatant and worth sharing. However I accept this can be seen as inappropriate so I don't judge you if you think so and express that. Thank you.

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UPVOTES

I'm Laura Doyle, author of *The Surrendered Wife*. AMA

LauraMDoyle · 3 June 2015 · Archived copy · Reddit

I'm so pleased to be spending the entire day with the RedPillWomen today! I'll be here from 9am to 6pm PST with occasional breaks to get my wiggles out. Looking forward to your questions.

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UPVOTES

Is anyone else annoyed by how reddit constantly recommends therapy/couple's therapy for every minor thing?

ConcernedRedditor7 · 25 September 2020 · Archived copy · Reddit

I have noticed that subs like [/r/relationship_advice](#) , [/r/relationships](#) etc. recommend therapy over every minor thing. I am not against therapy/couple's therapy/marriage counselling etc. but it seems off to me to bring a third person to meditate your relationship because of a minor/insignificant problem. Am I the only one who would only visit couple's therapy as a last resort? Isn't it better to try to communicate with your partner first instead of bringing in a third person?

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UPVOTES

In this holiday season, a reminder to **RECEIVE RECEIVE RECEIVE (+ mini field report)**

NotPast3 · 4 December 2020 · Archived copy · Reddit

Anyone who has read *The Surrendered Wife* knows the importance of graciously receiving a gift.

Since I literally just finished reading it, here's a gentle reminder for those who're a little rusty on how and why.

How:

When your man gives you a gift (this can be an actual item or a gesture, or even kind words) smile sweetly, be excited, say thank you, and tell him you love it, **even if you don't**.

After you fully display your appreciation and gratitude, *stop there*. No "but"s or complaints on how much he spent or how it isn't quite the right gift, or there was something better on sale, even if you're 100% in the right.

Why?

Firstly, doing anything but showing appreciation hurts people's feelings.

Gift giving is a pretty vulnerable act, and you should appreciate that someone is basically willing to bet money on the fact that they know you and your likings. Imagine carefully picking out a gift for someone, keeping it a secret in giddy anticipation, only for them to shoot you down and not like it. Don't do that to someone you love the most.

(Side note: by reacting negatively, you're also basically telling them to never get you a gift again.)

Secondly, although saying "I love it" when you don't seems like lying, it shouldn't be: ideally you love the thought behind it regardless of what the gift is, because you love the person giving the gift. If your 4 yr old hands you a terrible crayon drawing of you, ideally you won't go like "ewwww yikes" even if it really is objectively terrible.

Thirdly, there might be a (big) part of you that thinks you don't deserve it. Surely that's a good reason to react negatively or whine about the price right? No. Stop telling your boyfriend/husband that his girlfriend/wife doesn't deserve anything and he's a dumbass for trying so hard. Imagine if a friend told you that about your SO, how would you feel?

I'm by no means perfect at this (I'm especially partial to thinking I don't deserve pricey things), however, I can give an example/field report in case it helps anyone.

My lovely SO got me a part of my Christmas present really early. He was so excited about it and it's so clear that he put a lot of thought behind it. He was dropping so many hints and finally he gave in and straight up gifted it to me during thanksgiving.

As it turned out, it was a piece of jewellery I mentioned I always dreamed of having as a child. What I did not mention was I probably definitely grew out of that, just like I grew out of owning barbie dolls.

When he revealed to me, in all of it's shiny, heart shaped, golden glory, not gonna lie: my first reaction was that it was so *tacky*, and my second reaction was I can literally never wear it with any of my outfits.

However, what immediately overshadowed both of those reactions were a deep deep appreciation. This man literally remembered this one random conversation we had in passing, then he browsed for it and picked one especially for me, even though he's probably not interested in jewellery at all.

I beamed and excitedly told him that I loved it and I love him and that fulfilled a huge childhood dream of mine and it was absolutely perfect.

Then, he mentioned the price. My jaw definitely dropped a bit and I had the urge to start complaining/saying I'm not worth that. He then explained that he got gold filled instead of gold plated because he wanted it to last. How the heck can anyone have the heart to whine at that?

Fun fact: it's now *actually* the favourite thing I own. It means so much to me and I wear it whenever I can (wearing it right now!) I literally show it off to all of my friends, all the time. It's honestly the cutest gift and the cutest gesture, and it makes me so happy.

I can't even believe I once almost let myself hate it. I can't even imagine what would have happened to that day or our relationship if my mindset was different.

I'm still new to this journey, and I have a lot to learn. Feel free to let me know what you guys thought of all this in the comments~

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UPVOTES

I Put On A Dress Today

JanuaryArya · 19 June 2019 · Archived copy · Reddit

It's a new dress that I bought from ModCloth. It's short sleeved, A-Line, and plaid with muted rainbow colors. Wine, Rust, Smokey Blues, and Grey.

The skirt really makes my imperfect waist look quite lovely. And for all the muted colors in the dress it makes my red hair really sparkle.

So today I curled my hair, cowashing first, then scrunching in the mousse and letting my hair plop. All that stuff I learned on the curlygirl subreddit. It looks quite fresh and shiny and healthy now that it's dry.

Then today I put on lotion. All across my smooth legs and arms. I did my whole skin care routine, sunscreen on the top. Then I put on pink lipstick, mascara, perfume, and pearls for jewelry. Even a light bracelet.

My navy blue wedges have a four inch heel and I look like I don't have care in the world.

But now I feel better. I can see my fresh face. I can see my figure that I really put so much effort into. I can smell the perfume. I feel better.

I don't always wake up in a good mood. I don't always wake up bright and ready to face the day. But a little self care and a fun dress can really help me get out of my head and back into a better mood.

So join me ladies! Put on a dress.

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UPVOTES

Modern women appear to be lost. Many are seeking external validation and media messages do not help. Should we try to help our fellow sister or is it every woman for themselves?

Kind_Entertainment_6 · 14 March 2021 · Archived copy · Reddit

Women of RPW, I have realized that women in today's society are completely and utterly lost. We find many women freely giving their bodies in exchange for validation from men. Women these days screaming how independent they are, and many ladies not fully understanding sexual market value, prime age for fertility, and essentially how you may be mid 20's now, but carry on without thinking of your future self and you will be mid 30's and alone.

This leads me to think, should we aim to help our fellow woman? I find that the current state of affairs is really affecting our next generation as Gen Z appears to be even more lost than millennials.

Or should we just worry about self?

This quote speaks on how each of us have a responsibility for our romantic happiness, and lately that's how I've been operating but would like to hear the advice of others:

"Instead of working towards real change to increase their value, most twenty-somethings instead whine about how life isn't fair and how bad their luck is, as if there is a concerted effort by the overlords of our universe to keep them single and unhappy. You are responsible for your romantic happiness, and no one else - you are. If there is a problem then do something about it, no matter how much time it takes to solve."

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UPVOTES

Pro-tip: If it has been 2 years and he still hasn't proposed , it's probably a sign that he's not that into you

Novel-Tip-7570 · 5 July 2023 · Archived copy · Reddit

(This advice is for people over 23. If you're very young then I guess it makes sense to wait a few years to become more established....)

Example 1: Friend always wanted to be a young mom, that was her dream. Also, she has some kind of fertility issue and is afraid that if she starts trying too late, she might not be able to conceive. She has been with this guys for almost 8 years now. She's 28, he's 30. They're both financially stable and it's unlikely that their situation will get any better in the future. He said he wanted to wait until 30 to marry/have kids. He's 30 now and still finds excuses to delay it... Also, he publicly humiliates/insults my friend and uses "it's just a joke" as an excuse. For example, she posts a picture on fb and he leaves a comment "jokingly" making fun of her appearance. I personally think it's awful behavior but my friend tolerates it. She slowly starts becoming resentful of him for making her wait so long though. Even if they do get married, I can't see them lasting long.

Example 2: She was 25, he was 29 when they met. It was obvious from the start that she was into him more than he was into her. He made her wait over 8 years, using every excuse imaginable to delay it. She had to practically beg him to commit. Finally they had a kid when she was 34. Guess what , they're divorcing now and I'm not surprised.

My point is that if a man is really into you he will try to lock you down pretty quickly. Waiting is usually a waste of your time.

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UPVOTES

My Captain told me that I will forever have a place in his heart.

LittleMissAfrodite · 18 October 2018 · Archived copy · Reddit

I don't really know if this belongs here. I'm not asking for advice or anything I just felt like sharing.

My Captain is a very emotionally distant and cautious man. He opens up very rarely. I don't mind but that fact, I feel, makes this moment the more special.

We were talking in bed the other night and he just, seemingly out of the blue, told me that no one could ever replace me in his heart. Even if things didn't work out in the long run he can't imagine loving anyone as much as he loves me right now. He is the happiest he has ever been. (I'm paraphrasing.)

I was kind of overwhelmed with a feeling of joy I don't really think I've ever felt. I couldn't stop crying. We tell each other we love each other on the regular and have for years but this felt...different. I felt like...more.

I just wanted to share. Feel free to take this down if it's not appropriate~

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UPVOTES

Policy Discussion on "Just Leave Him".

CrazyHorseInvincible · 22 September 2020 · Archived copy · Reddit

When we announced a rule saying "Just leave him" is not to be put forth as the first option, we got, needless to say, a lot of feedback.

Some of it was very positive: "Yes! I am so sick of twenty-year old girls coming in here and telling married women to leave their husbands over an imagined slight!"

Some of it was rather concerned: "Yes, I see the problem, but some relationships are clearly dangerous or abusive. Are we really trying to keep those together?"

Some of it was downright autistic: "OMGWTFBQQ! You are trying to trap women with the first dude they date even if it's toxic!"

Some of it had philosophical concerns: "Twenty-year old girls are giving relationship advice because there aren't enough active mods and ECs to provide better guidance."

Well, the mod team has talked it over, read all the comments, discussed concerns, and made some decisions. Here's what our goals are for the group are, in this matter:

1. We need to put a stop to low-experience, low-personal-investment commenters giving advice to the tune of "Just leave him! You are a queen and deserve better!".
2. We need to make a clear distinction between "this is your committed long term relationship, fix it instead of abandoning it", and "hey, this dude you went on two dates with is showing clear red flags... look for someone else".
3. We need to recognize and call out situations where trying to "fix" the relationship would put someone in severe danger (usually physical, but sometimes emotional or legal, too), and advise those women to seek self-protection, rather than marital bliss.
4. We need to be able to provide more experienced guidance so that RPW's values can be made clear to new readers.

So here's what we are going to do:

1. The rule will be "Don't advise abandonment of an LTR before trying other options, unless someone is in danger".
2. This will only apply to something that's really a serious commitment, not a vetting process. Use your common sense. We will not be "punishing" users for grey area stuff, but those who try to make RPW into [/r/relationship_advice](#) will be shown the door.
3. We will compile, and take additional suggestions for, a list of constitutes "danger". It will include things like violence and long term unilateral emotional abuse. It will not include things like "said something mean once". This will go on the sidebar, and we will encourage anyone who fears for someone else's safety to link to it.
4. Yes, we are undermodded. We have asked someone new to join the mod team, and she has graciously accepted. Her mod account should show up some time in the next week. She will be focusing on "troll control", so that others can type words more, and click buttons less.

Thanks for your patience. We realize that your trust is not automatic, but we also have marriages, jobs, friends, children, and lives of our own, and sometimes we have little time to spare, and a great deal of difficulty attracting appropriate people to do some of the tedious and often thankless work of sustaining a *not just female, but feminine*

space in a culture increasingly hostile to femininity.

We realize that some people need heavy moderation, but there is also a core community that simply needs to be left alone to use their common sense, and protected from trolls so that their voices do not get drowned out.

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UPVOTES

Proud of the progress I've made

saddensgirl · 27 March 2022 · Archived copy · Reddit

When my husband and I first met, I had alot of issues controlling my emotions. I was like a child and would throw tantrums when life went sideways. However with the help of therapy and this community I've gotten alot better. And what happened yesterday was a testament to that.

My husband and I were out of town and I had given him my credit card to buy something so we could get points for it. Then, he lost my card.

The old me would have had a full blown meltdown in the parking lot and erupted into yelling at him for this. But instead, I kept my composure, held his hand, and told him it was alright while he apologized to me for losing the card. My husband was blown away. He stared at me in shock for a moment and then commented that he was highly impressed with my reaction.

We then went back to our room, made love, and snuggled all night. I feel like our marriage turned a huge corner after yesterday. My husband seems less stressed out and happier now, and I feel alot happier now too. What would've ruined our trip before became a small bump in the road before we quickly got back to smooth sailing. I've also started reading Fascinating Womanhood to continue growing in my femininity and becoming a better wife and woman in general. I'm really happy I found this community.

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UPVOTES

Why does it seem like so many women give so many passes to boyfriends?

HoneydewFlashy7858 · 26 May 2022 · Archived copy · Reddit

Boyfriends to me don't get the same treatment as married men. If you want a high value man you don't settle and accept poor behavior while dating. Ladies, you deserve good men who have similar values as you do. You shouldn't accept a man while dating who is disrespectful, dishonest, and doesn't chase you and contact you often and initiate conversation first. If he's showing these childish and boyish signs, walk away before you waste your time. He's not ready to step up to being a married man. Stop giving boyfriends and men your dating so many passes. Then, when it comes time a good man proposes you're getting the honest, respectful, dedicated man you want.

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UPVOTES

Miscarriage

mrssmithhh · 17 July 2019 · Archived copy · Reddit

I miscarried my third baby last Monday. It was one of the most horrific, gruesome, gory, just absolutely awful experiences of my life. I woke up the morning it happened with a feeling of dread in my stomach. I felt panicked and like I couldn't deal with anything. Felt like a such a loser wimp but went ahead and called my mom and asked her to get the kids and keep them for a few days. I'm so glad I did. It would have been awful if my kids had been home.

I'm shocked by how horrible it was. I don't mean any disrespect to people who have seen violent crime, but I do feel like I had to watch someone get beheaded. It seemed like more than watching a beheading. I had to watch and be part of it and then deal with the broken pieces of the dismembered person. It was just... horrible. My kids would have been scared out of their minds, because I was screaming and sobbing uncontrollably. The blood and gore, plus the knowledge that I was looking at pieces of my child was just too much to handle quietly.

My mind is blown that this is a "common medical issue." I know so many women who have lost two, three, even seven children, and some of them were technically stillborns, and not miscarriages. It's such a grim thing. My husband had been very supportive, but he did make one comment late one night that I should stop talking about it and move on. I don't know if he really gets it. The thought's been sticking in my throat. I'm scared of the thought of ever having sex again, since my lady parts seem like a death tomb and it's hard to imagine them being a source of intimacy or pleasure, or even of new life.

Is this a first world problem? I'm so sad. I feel like a hungry thief snatching at all the signs that the pregnancy existed. I wanted my baby. I'm so sad that the relationship with this baby is over so soon. I don't blame myself - I really believe that my body acted as an impartial Mother Nature and rejected the baby because it had a bad abnormality. I'm still so sad though. Am I unreasonable for feeling so deeply lonely? All my food aversions have just disappeared. No pregnancy nausea or tiredness or anything. Some water weight is still floating around. I'm still bleeding from the miscarriage. I'm happy to have my two sons, but I miss the other baby that didn't make it. I feel even more strongly that life is worth all the grim and blood and death.

But I am just so so sad about my little baby. I wanted him.

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UPVOTES

I did it ... I switched to part time work!

MirriMazDuur · 27 September 2020 · Archived copy · Reddit

It seems that every woman my age is not just encouraged to have a career, but that we *owe* it to society to have one. I have always been a hyperproductive and hypercreative person, yet it seems that it is never enough. Suddenly, the dream job I landed in college is something seen as lowly for my age (27); the fact that I earn a decent living is not enough and I should earn more; being employed is silly and I should seek out to be a highly independent and driven freelancer and so on.

In the meantime, I have been living with my boyfriend for two years (I know most of you are against it, yet my context is a little different from most of you and honestly I wouldn't have it any other way) in a one bedroom apartment which I can never clean well enough for my standards. I do not have the time and mental energy to maybe pickle some cucumbers or make some home-made ketchup like my grandmother did; we often get take-away because we cannot both focus on shopping and cooking yet again. I have sacrificed my time, effort and mental space to my job and my hobbies to live a life in which I do not eat healthy or have a properly organized and sanitized home, and I felt that I was a failure.

Everybody around me seems to be able to do it all, to have an impeccable home, free time and have outstanding careers and I thought there was something wrong with me, that I am just not as capable as other women are. I blamed myself for not being up to standards, until I found out that I share the same thoughts with my best friend and until *I found you ladies* ... And so I got the courage to step down, the courage to tell my man that I wish to work less and earn less for our common good without feeling that I am a lazy gold-digger. I have the courage to admit that I *do* want my man to earn more and pay for more while I do "limit" myself to ironing bedsheets and shopping for organic tomatoes.

I will be switching to part-time work on thursady, free of the guilt of not being a modern/strong/independent/whatever woman. Thank you ladies!

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UPVOTES

Things to have together before dating for a RP woman

TranslatedSky · 23 May 2020 · Archived copy · Reddit

- Fitness, health, sense of style/dressing
- Emotional wellness (past traumas dealt with, receiving/surrendered mindset, feeling positive, methods in place for dealing with hamstering)
- Having found purpose/sense of meaning (could be education, checking off a goal you've wanted to fulfil, volunteering, community)
- Communication skills (good listening skills, body language, articulation, being well-read in areas of interests)
- Decent support system (feminine mindset friends, close relationships with friends and/or family members). Be kind to everyone, especially other women.
- Finances (the ability to support oneself, clearing of debt or plan in place to clear debt)
- 1 or 2 Hobbies (for yourself, not for a guy)
- Basic cooking and domestic skills. Maybe know how to cook around 10 solid dishes well
- Vetting - knowing how to vet a guy. Identifying prior toxic patterns in your relationships if necessary and recalibrating your picker.
- Confidence - Writing down and setting personal boundaries/dealbreakers and trusting yourself and gut to follow through. Be willing to walk away when disrespected.
- Availability - Making room for a new man in your life by sending right signals. This includes clearing out/limiting interactions with exes, orbiters, and politely declining invitations from pursuers you're not interested in instead of leading them on. Getting rid of behavior where you hide that you want a relationship. Dating incompatible men in effort to change them.
- Assertiveness - Understanding that RP submission is not equivalent to being a doormat and should be given gradually, according to how the man responds. Understanding "feeling bad" or having a meal bought for you or excusing a man's disrespectful behavior as "he's just a RP man" is not good reason to have sex with him. If you feel pressured to do anything, it's a red flag, no matter how much chemistry you feel. The only good reason to have sex is when you have commitment (not just the status, but commitment preferably through time) and when you feel ready.
- Sensuality - Being in touch with your own body, loving your own body and feeling sexy. Knowing what makes you feel good. Especially so if you're a conservative woman so you don't end up starfishing when you meet Prince Charming. Treating yourself to spas, luxurious body scrubs, bath and wine, and whatever makes you feel sexy.
- Resilience - "hope for the best, expect the worst" mindset. Accept that there are still risks at the end of the day and that you can do everything right, but still have things not work out.

Edit: I wrote this list not to say "don't date because [insinuating] you are not good enough" but more of this list is to say "this is the best position a RP woman can be in to empower herself in a feminine way and attract someone of higher value." Also, this list is taken from reading this forum inside out and putting it together.

When you don't have your shit together, you're more likely to be desperate and put up with abusive relationships or fall for men who disrespect you/lie to you/use you as a plate but tell you otherwise.

Having your shit together is most importantly, FOR YOU. It's to love yourself. IMO that's what RPW are. We strive to be of value and know our value. We respect ourselves and are not automatically entitled to the universe without putting in the work. We put in the work and strive to be the best women possible, single or no. Obviously we have flaws, trauma, baggage, but we deal with them and make as little excuses as possible. If we have a captain, we know ourselves well enough to ask for help. There's no such thing as perfection.

— If I'm missing anything from the list, do let me know.

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UPVOTES

My Captain and His Lizard

vspookygirl · 11 January 2019 · Archived copy · Reddit

My Captain has always loved reptiles. He always talked about how he wanted one, how he had one as a kid, how much he loved his childhood pet. Every time I heard this I tightened up. I was so nervous this would somehow add to my list of responsibilities. Before surrendering, I always felt like this. Like my partner making decisions would really only result in me cleaning up after those decisions. I was so wrong. After months of hard work I'm less anxious and much more trusting of my partner, and even though we haven't talked about this change, I'm sure he feels similarly.

Today we were at the pet store buying cat food. He sees this tiny little lizard. He shows him to me, he tells me all about the type of lizard. Everything. He tells me he loves how sweet his little face looks. I see my man losing his shit about this lizard. I know in my heart we are getting the lizard. I can feel my old self getting anxious, and then I remember again to stfu and let my Captain take care of us like he has done over and over again. He's never let me down, he's never been irresponsible. So I just remember to smile and enjoy this moment of happiness. As soon as I made that decision, I was happy. This lizard did have a cute little face. I did want my man to be happy. What the fuck was I anxious about?

He looks at me and asks me if he can get this lizard. I tell him he calls the shots and I give him a smile.

He looks at me like I just handed him a million dollars. He takes me out to lunch, makes a list of things we need, then we go back to the pet store and adopt the lizard. He names him. He loses composure and jumps up and down in aisle and grabs me and holds me and says "I'm so excited." I can't think of another time I've seen him so overcome with joy. He tears up in the store and tells me even more about his childhood pet and how he's so happy to have a lizard again.

We get in the car and drive home and he gives the lizard a name. He looks in my eyes and tells me he loves me. He starts helping me with my chores so we can put together the lizard habitat together.

I am so lucky. I am lucky I came to my senses and stopped acting like his mother and started being his woman. I am so lucky to have a man like this to lean on. I'm so lucky I got to see my man happy like a child again. I can't believe how much this lifestyle has changed and improved my life. I am so thankful.

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UPVOTES

Love Goggles

RubyWooToo · 31 January 2019 · Archived copy · Reddit

Frequently on RPW, there are a lot of posts about how to keep a man's interest in the long term, particularly how to maintain one's attractiveness after the Wall hits. Throughout these discussions, there's the persistent fear of losing a partner to a younger model. For this reason, I would like to share a personal anecdote and the lesson I derived from it.

My husband and I were discussing the dating lives of his single male friends and the type of women to whom they're attracted. Curiosity got to me and I asked: "If you had to describe me as a 'type,' what would that be?"

He paused for a moment and replied: "Jessica Rabbit."

"What?!" If he weren't such a literalist, I would've chided him for mocking me or for this absurd attempt at flattery.

"You're just so sensual and womanly," he explained. "You could definitely cosplay as her if you wanted to."

Um... *no*. On my best days, I can probably pull off Betty Boop... but if I'm being honest, those best days are fewer and far between as of late. I'm frequently exhausted caring for our baby twins. I'm still squishy in the middle after having them. I marvel that I even manage to dress in proper clothes rather than succumb to the desire to wear my fluffy Hello Kitty pajama pants all day long.

So why, of all people, did Jessica *friggin'* Rabbit come to his mind? **Love Goggles!**

Just as beer goggles can make a drunk guy go home with a girl he wouldn't even look twice at if he were sober, the love goggles can make a husband look at his dear wife as if she is the femme fatale of his adolescent fantasies. If your partner loves and cherishes you, and you regularly shower him with affection, tenderness, and desire, you don't have to spend your days constantly worried that he's going to bang his secretary because you found a gray in your hair that morning; his love goggles won't notice.

Now, this isn't the blue-pilled bullshit that if a man really loves you, it's OK for you to gain 600 lbs and be a slob. No... if anything, **you should feel inspired to be more like the woman he sees through his love goggles**. The day after this conversation, I brought my red lipstick out of the bowels of my purse and bought a new push-up bra. :-)

I suppose it's worth saying, too, that the *reverse* of the love goggles is possible. You could be the hottest piece of ass in your zip code, but if you're a miserable shrew, you probably look like Freddie Krueger to him for making his life such waking nightmare.

Hope you find this helpful!

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UPVOTES

He makes me want to "Submit"

Washed_Maniac92 · 5 December 2020 · Archived copy · Reddit

Not sure if that's a good thing or not ,like he makes me want to cater to him as a woman ,dress nice,cook,clean for him ,and wear perfume ...like all out feminine .Not because it's expected , because I ACTUALLY want to ,and I'm the most low maintenance woman you could probally meet. I want to treat him like a man and all that gushy stuff .I don't know I had to tell somebody so I'm writing it here .

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UPVOTES

Being a devoted feminine woman has me in the relationship of my dreams. TRP Simply Works.

LoveWitchXo · 13 September 2022 · Archived copy · Reddit

Being in college I have realized there are a lot of beautiful girls around me. There will always be hot girls men will look at the ones that can party and wear skimpy cropped clothes. Those are the women men want to fuck, not marry. Now, my post isn't in means to shame the women like that, I believe it's simply the facts.

I always get bad thoughts that I need to be a certain way for my man, my boyfriend came into my life and is the man of my dreams. Very often he tells me he appreciates my femininity, my self respect, and my submission to him. Modern women struggle with the idea of submission and even cringe at the thought, I used to as well. I started saying "I hear you!" (Laura Doyle) A cheery "Okay!" when my man talks to me and it works. Overtime it has become the norm and my preference to STFU and listen to my man because he is my provider and leader.

Feminine women are strong not in the way that men are but in the way that we can move and inspire men and make them feel safe and loved. My man takes care of me and I take care of him with my femininity and I am happier than ever with him taking the wheel. This year I got my life together and focused on my self care and femininity and it landed me a good man. RedPill works and it always will!

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UPVOTES

Do NOT give into wondering “what else is out there” (AKA hypergamy). A warning.

Ruinedgirl22 · 4 September 2018 · Archived copy · Reddit

I had the purest, most wholesome relationship in the world. We developed a strong friendship at the age of 15, got together at 16, had our first kiss at 17 and lost our virginities to one another at 20. He wasn't the best-looking guy and he was far from an “alpha male” but he treated me like I was gold every single day of our relationship. I can honestly say that he had **never** hurt me. We had a great connection and had every intention to spend the rest of our lives together.

...Until I started wondering what else was out there. I looked around my college campus and saw other girls with these great-looking jock-types. I listened to stories of my friend as she hopped from the beds of player to player, making it sound as exciting as possible. Hook-up culture was rampant and hot guys were like trophies. When I saw girls at or below my smv pull alpha jock types, I started to stupidly wonder if I was “selling myself short”. I'm ashamed to say that I actually began looking down on my poor boyfriend.

I broke up with him at 21, on summer break, simply stating that I felt like we had grown apart. A month later I went back to college. It didn't take long for me to be approached by the most *typical* “alpha” player jock that had ever lived. It's actually hilarious how typical he was. Being hungry for what I felt like I'd been “missing out on”, I took him up on his offer and we became fwb. I knew it wouldn't last- I'd heard all the stories and seen all the examples. But I decided that the experience was worth the potential outcome.

The potential outcome indeed happened. I found myself getting attached to him. Deeply. Just like the cliché goes, he didn't feel the same (although he sure claimed to in order to keep me as a lay). He had an abundance of options, way too many to fall for lil' old me. I fell deeper and deeper as time went on to the point where I found it damn near impossible to let him go. I got badly hurt time and time again but whenever I tried to leave, he would pull me back, likely for the ego boost. It took him leaving the country for me to “let him go”.

Now, I feel dead inside. I can't stand knowing that I left such a wonderful relationship for such a dumb reason. The most messed up part? My ex boyfriend told me that he still loved me and he forgave me for what I did. He was even open to getting back together. I couldn't. I could no longer feel any kind of attraction to him anymore. In fact, I couldn't feel it for anyone. I can only see loneliness in my future; marriage is a far-fetched fantasy. This, I brought entirely on myself.

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UPVOTES

“You’re the best girlfriend I’ve ever had”

seetheworldhowido · 8 November 2019 · Archived copy · Reddit

Made me blush to say the least. I love being able to express my feminine side with him, and take care of him everyday. In return, he takes care of me - and this is by far the best relationship I’ve ever been in.

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UPVOTES

Intro, or how lurking here has fixed my (25F) life

happyhearthwitch · 8 July 2020 · Archived copy · Reddit

I've been lurking here for a long time. Like.....a long time. It started as something I just couldn't believe, then turned into a guilty pleasure. Even at my most BP, tumblr-esque moments, I still found this place so weirdly fascinating. Of course, I was super upset: what do you mean men like feminine women??? I had always tried so hard to push down my more feminine traits, seeing them as "weaker." I thought I was better than that - charming, I know. As I read, I hated that I saw the points, even agreed in some way with what was being said around here. But still I lurked.

About two and a half years ago, after dropping out of school due to financial reasons and a rough breakup, I decided I needed to take some time to get myself together. I figured it couldn't hurt to try out the whole nun mode thing. Arguably the best thing I ever did for myself.

I spent six months working out my issues with my femininity, putting in the work to heal myself, to present myself to the world in a better light, and to take care of myself. I got therapy for personal trauma. I started taking care of myself, body, mind, and spirit. I found that I was a whole person on my own. Because, in spite of the whole "be your own woman, you don't need anyone" mentality, that was something I lacked before. Before, I was approaching being my own woman out of spite, leaving me angry and sad inside. This way, I was doing it to better myself.

About two years ago, about a month after coming out of nun mode, I met the love of my life. He is kind, respectful, but also a fantastic leader. He is the kind of man that I strive to be my best for. And honestly.....RP works. This has been the most fruitful and happy relationship I've ever been in. He constantly mentions how lovely I am, how I have this "womanly air" about me, and how happy he is to have me in his life. We live together and are actively working on our goals we wish to accomplish before marriage.

Of course, I'm still working to improve myself. I've gone back to school and am working toward finishing my undergrad degree. I'm working on losing a serious amount of weight (started in nun mode, had some success, then med changes messed me up). But I am so happy living in a way that allows me to lean into my feminine nature and play into my strengths. I am honestly thankful that this sub was able to guide me toward a different direction, one where I could form a relationship out of respect and understanding of differences, instead of demanding that my partner see my way.

Anyway, that's my intro/love letter to RPW. A huge thank you to all of the lovely people who contribute to this community and help people like me figure out life.

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UPVOTES

I got married !

Jikira · 14 June 2022 · Archived copy · Reddit

I remember about five/six years ago [u/whisper](#) ask me how did I know my bf now husband was marriage minded. I didn't know how to answer that. However, I would always mention to guys I was seeing that I am looking for a husband early on and he was the only guy who responded he is looking for a wife too.. We were 19 at the time. Although I do not considered myself traditional at all.. i knew that I am heavily monogamous wanted a partner I got a lot of good advice here. I also learned that happiness come in many different forms.

When we first moved in together, I tried my hardest to be traditional female doing the cooking and the cleaning. It never worked out and I sink into a major depression. Growing up my mom would always hound me about not being girlie enough and those fears carried into my relationship.

I fell into a major depression. Then I read a post about bringing your issues to your partner. I told him everything a about how I struggle to clean, about my struggles doing basic things like my hair and makeup..

He smiled and said no worries I can clean and you can cook. If you want to learn I can show you. Now five years later cleaning isn't such a struggle for me.

We just recently got our first home together and it has brought us so much closer. He always remind me that we make up for what the other lacks. We both contribute and help equally in our relationship and I couldn't be happier.

In addition, we both just got diagnosed with autism. It personally explains so much as our relationship is quite different from others. We both never fit in to our stereotypical gender roles. I am just so happy. It also explain why my bluntness didn't scare him off. Lol

We eloped in secret as we can't afford a wedding after buying a house, but I can't wait to rebuild our fund and have a celebration with my friends and family.

I get to spend the rest of my life with my best friend.

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UPVOTES

A little message of hope.

stevierose789 · 24 September 2019 · Archived copy · Reddit

My youngest child just got married. His two older siblings are married; one married for four years with two children and the other married for a year. Both of my sons married women who had more education than they did (they have bachelor degrees) and my daughter married a man who matched her in education and salary. None of my son/daughters in laws were previously married or had children. All three of my children found good mates because they had high standards and the patience to keep searching until they found the right person. All three were close to thirty when they finally tied the knot.

Two of my children had a LTR with a SO that they lived with. MY daughter walked away after three years in what became a potentially abusive relationship. My son's girl friend left him after four years, shortly after she convinced him to move closer to her parents and buy a house. It broke his heart, but it was a godsend. She was looking to him to be her meal ticket so when he did not agree to marry her until she finished her degree and the money didn't come in as she expected, she bolted.

The point I want to make is this: They loved and lost and went on to love again. They didn't become bitter; they didn't give up on the opposite sex because they fell in love with a couple of bad apples. Instead they learned from their mistakes and vetted well the second time around. My third child also vetted well. He was with his girlfriend for five years and waited until they were both mature enough to make a forever commitment before he proposed.

I believe all three of my children have a very good chance of staying married because they all entered into it with the understanding that it was forever. I am not suggesting their lives will be all happy ever after. They will have their disagreements and hard times. Marriage is hard, like anything worthwhile in life. I am also aware that the chance of divorce is also a possibility, because there are no guarantees in life. As to any of my children being divorced raped, I will say that we as parents will do everything in our power to see that does not happen. My husband and I have been married for close to forty years. We believe in marriage and have done our best to instill that value in our children.

Do not give up on a forever marriage. Wait for it. Sacrifice for it. Fight for it. There are good men and women out there who are looking for someone to share their life with.

edited to say: Thank you for the gold.

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UPVOTES

Stop falling for the “I’m too busy” excuse used by men when you bring up commitment

CitrusJellyfish_ · 19 January 2021 · Archived copy · Reddit

I used to believe it without question when a man with a demanding job would use this as an excuse to rule out commitment or dating exclusively when I’d broach the topic. In reality you’re just not a priority to them and you shouldn’t invest a great deal more time into him or progressing things further than he gives you - i.e., cancelling your other plans last minute when he texts you asking if you’re free to meet up in an hour or two.

This realisation recently hit me when I started dating my current partner who works as a ortho surgeon. Despite his gruelling hours, having upcoming barrier exams, and living a 1.5 hour drive from me - he still makes an effort to text me a few times daily/ respond to my texts that same day, plan a visit to me/ or I visit him when he gets his work roster, and doesn’t flake last minute on dates or try and meet up last minute when his other plans with friends fall through and he’s stuck bored at home. If he’s into you and serious about building a relationship with you, he’ll make you a priority. One of the reasons that some of these “too busy to date” men don’t ever seem to have time to invest in you is because you’re sitting at the lowest rung of their ladder of priorities - you get left with the scraps of his attention after he’s seen his friends, visited family, been to the gym, gone to an event, watched his favourite Netflix series, spent time with other girls he’s interested in, mowed his lawn, walked his dog, etc etc.

If you keep giving people like this the benefit of the doubt (even after they’ve repeatedly let you down), and continue to pour time, energy, and effort into them (much more than you receive), nothing will ever change. To use an analogy - you’re paying this guy a full time salary with paid leave and benefits, and they’re only working casual hours and cashing in on their leave whenever the opportunity arises. You wouldn’t keep this employee around, so why would you make an exception for a friend or romantic interest who didn’t value you, your time, or what you’re investing in and providing them with.

Surround yourself with people who you respect, and who treat you with respect in return.

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UPVOTES

Don't be fat.

vanBeethovenLudwig · 11 December 2017 · Archived copy · Reddit

We all know weight is extremely important in SMV/RMV, but I have a personal anecdote that showcases exactly how important it is.

Me and a few colleagues are at a conference (two of them are male, a few years older than me, but we are all friends and one of them is married and the other has a girlfriend).

Anyways, we are people watching, also meeting some new people for networking.

Later we are having dinner all together, and the guys start talking about the people we met earlier that day. And when they came to the women, they essentially categorized the women in the following:

1) Fat 2) Cute 3) Nice

"Nice" was really only described for the women who were much older (AKA the men didn't even really notice an impression) or were simply kind of plain (normal weight but nothing stood out about her in her clothes or appearance). Otherwise they described women as "cute" or "fat."

This is how men's brains work at the basic level. Nothing about "oh she seems interesting" "she seems nice to talk to."

Of course in terms of RMV qualities, you should be pleasant company and have something going on for yourself for long term attraction, but note that on the BASIC level of attraction, just to get your foot in the door and have a guy be even remotely interested, it's all about the physical appearance (weight, clothes, makeup/hair).

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UPVOTES

Apparently knowing how to cook and sew is odd to my Coworkers

taurusbaker · 21 April 2019 · Archived copy · Reddit

I work as a CNA for a company that provides 24 hour care to the intellectually disabled within their own homes, which includes things like making meals and doing laundry and other services.

Today I noticed a hole in a client's fitted sheet while making her bed, so I remarked to my coworker that I would have to bring in my sewing kit tomorrow and stitch it up. My coworker (female) was completely astounded that I knew how to sew, and proceeded to make a few snarky comments over the course of our shift about me being a "50's housewife". I also made a pot roast and a cake, since tomorrow is Easter and I want my clients to have a treat, and both of these simple tasks were met with similar disbelief.

Are these things so uncommon in modern society now? I work with several women (only women work at this particular house) who brag about not being able to cook or clean, which even beyond a RPW standpoint is ridiculous to me, since we work a job where both of those things are required.

I don't see why knowing basic skills like how to sew a rip in cloth or cook a meal make me something from the 50's, or why people who can't do basic domestic tasks act proud of that fact. It's not attractive, in a partner, or a friend, or a coworker even to act like you being incompetent/childish is funny and quirky.

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UPVOTES

What the f*ck has happened to men these days?

NoFondant2503 · 23 June 2021 · Archived copy · Reddit

Do any other women feel this way? Like every other man you meet (even the ones who seem to be high value) have some sort of issue (anger, addiction, porn) or engaging in even minor low value activities like following Instagram strippers etc.

I'm in my mid-20's so I don't know if this was always the case and men have always been like this but I'm incredibly frustrated that every guy I have feelings for, I somehow later find out he has one or more of these issues going on and it's a dealbreaker for me. Like why should I settle for someone with no integrity?

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UPVOTES

If you're a housewife, you can use your spare time for self-education. Don't let your intellect rot.

RPGLime · 25 April 2019 · Archived copy · Reddit

I'm a 20 y/o (female!) college student, and I just realized recently that a lot of housewives/homemakers I know who were once intelligent over time become less intelligent or easy to converse with because they lost a passion for learning and self-growth. Why don't more women that stay at home get into things like stock trading and ecommerce since they have so much time on their hands to learn? It would make things easier for husbands, money would multiply, and everyone would be happy. Being an unintelligent or ditzy housewife just doesn't look cute after 25.

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UPVOTES

Happy Update on trying again with exhusband

NeitherPainter · 24 February 2020 · Archived copy · Reddit

Hi ladies, about a month ago I made a post asking if you all thought there was any chance I could reunite with my exhusband of 5 years and heal our family. I took everyone's advice to heart and I just want to share the progress so far and how happy I am. A lot of it is thanks to all the advice on this column, which I've been reading and keeping up with over the past year. I still feel sometimes like I'm "faking" it...trying to evolve myself into a better woman and it feeling a little unnatural, but the more I practice, the better I become.

We've been having dinner together as a family once or twice per week the last month, and its been fairly split between him inviting me over and me inviting him over. I'm so happy to cook for him and show him what I've learned since we were together 5 years ago - my house is clean and organized, we all sit together and enjoy a meal, the girls do their after-dinner chores, etc.

Yesterday it was his day with the girls and he invited me over for a family day. I just hung with them all day. We went out to breakfast, took the girls to swim class, and then he dropped us girls off to get mani/pedis while he went to watch a game & have a beer at a bar. It's insane! All I had to do was be an enjoyable person and just be down for whatever and he took care of all of us. Afterward we went to home depot and picked out a fan for his bedroom and I helped him mess around with taking the current light fixture down. He made dinner for all of us later and he was trying to figure out how to make salmon and pork at the same time but on different temps. I was in the kitchen doing some dishes to help out and said "sure glad you're in charge of that one!" ...which is a Laura Doyle line Im pretty sure. Guess what - he did, he just figured it out. In the past, I would have tried to tell him what to do.

He said something that stuck with me, "the whole time we were married, all I wanted you to do was say 'okay' sometimes. Not even all the time - just half the time would have been great."

When we were together I always had something to say about EVERY LITTLE THING. I know in retrospect it was mostly insecurity, like I wanted to comment something maybe he hadn't thought of so I could sound smart. He's so super intelligent and 8 years older than me, I just wanted to make sure I impressed him too. Turns out, being a know it all is not impressive, just super annoying and makes everything more difficult.

There's some light flirting, we hug at the end of the night, but nothing more. Everything we've done so far has been family related and with the girls. He's had a few long term girlfriends since we were last together and with the most recent one he's had a difficult few months. They've been on again off again before I ever reached out to him. He has expressed what I already figured was happening - she wants commitment but he isn't willing to do more than "date" her. I am trying not to be too nosey about it. He expressed that the drama with her makes him sick to his stomach and it got worse when she realized we were spending family time together. He told her that he couldnt give her what she wanted and they should not be more than friends.

He says he is staying "open" to the possibility of reconciling with me, but also that ge can't "date" anyone right now. I didnt press him on it. Told him he has time and what happens is up to him. Even if we just become friendly co-parents, everyone's life would be better. But of course, I'm hoping for more. :)

Anyway, thats the update, thanks for listening! I'm always open to hear your thoughts, advice, or concerns! This has become like a little journaling ritual for me and really helps me process what is happening. I also feel like I can't be fully open with my closest IRL friends because of how skeptical they'd be, so it really helps to have this community of women to talk to!

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UPVOTES

How to show your captain love

Captainsgirl · 12 April 2020 · Archived copy · Reddit

So this may go against mainstream ideology where men are stoic and all that, but I find that my captain responds very well to me being proactively loving.

I keep his house and take care of his children and cook his meals, but he could have a housekeeper do that. What I'm talking about is the more interpersonal interactions you have with your captain.

For me, when he does something for me (whatever, go get groceries during this virus, fix the dishwasher, et cetera) I make sure that he knows I'm grateful. My usual tactic is to either hug and kiss him or sit in his lap plus hugging and kissing and straight up say "thank you for that!"

I also make it a habit to try to proactively tell him every once in a while that he is amazing. Example: "Hey guess what? You are such a great dad and partner! Here is why (list reasons why.) And here are recent examples (list recent examples.)"

I also try to make sure proactively that he knows he's attractive to me. Example, playfully smacking his butt and saying "dat ass doe" which always makes him laugh and smile.

What little things do you do to make your captain feel loved? Any good tips?

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UPVOTES

Approaching Men: the Art of the Bad Excuse.

Whisper · 2 November 2017 · Archived copy · Reddit

Someone asked me in PM for advice on how to attract, not just "men", but particular men she desires, once she's seen them.

This leads us to an area where many modern single girls are particular weak: the approach.

Obviously, approaching a man allows you to make something happen. But many women's immediate reaction to the very idea is "*I do not want to approach men.*" There are a number of reasons for this, some good, some bad, which tend to boil down to this list:

- I don't want to look so starved for male attention that I *have to* chase men.
- I don't want to look like a slut.
- Men don't like to be approached. They want to do it... right?
- I don't want a man who isn't bold enough to make the first move.
- My ego requires that men do all the work.
- It's men's natural role to approach, not mine.
- Approaching is scary.
- Uh... I don't know how.

Most, if not all of these are based on single misconception.

Approaching or making advances doesn't just mean making a male-style overt pass.

It means any way of starting an interaction that can lead to something.

When a man approaches a woman, the effective way to do that demonstrates masculine virtues: courage, decisiveness, assertiveness, leadership skills, and so forth.

When a woman hears: "*You can approach men, go ahead! It's fine! Men like it!*", she often thinks of that particular process and either cringes in horror at the thought of acting like that, or naively forges ahead, and chats up dudes as if she were one... at which point they eye her as one would a crazy person or a rabid dog, and start edging away.

There are feminine ways to begin an interaction.

The first tier of this is *signalling willingness to be approached*. This is mostly done with eye contact, and many women already understand it.

Make eye contact deliberately. Hold for a few seconds. Smile. Break eye contact by dropping the eyes *down*, not looking away. Repeat. Turn toward him, displaying open body posture. Laugh a lot. Play with your hair.

... this isn't hard stuff. Most every girl knows how to do this.

The rarer skill, which we'll focus on here, is being able to *actually open the conversation*. There are several elements here:

- You must fabricate an excuse to talk to him.
- This excuse must *be* an excuse, and not your overt reason.
- This excuse must not be too good... in fact, it should be pretty bad.
- You must continue to fabricate bad excuses to give flirtation time to happen.

The point here is that you are using **indirect speech**.

He must be aware of your real intent, and he must think that it is about **him in particular**, not that any man will

do, or that you want attention.

If you use an overt reason ("I find you attractive") rather than an excuse ("Can you help me with this homework problem?"), then you have broken the delicate surface tension between *"Looks like she's really into me"*, and *"This is weird, why is she acting weird? Is she crazy?"*. Then you look desperate, or like a slut, or neurotic, or whatever explanation he comes up with for your bizarre behaviour.

However, if your excuse is *too good*, then he either believes it, or is unsure whether or not it is an excuse. Both are bad. If he believes it, he will focus on the ostensible "purpose" of the interaction, miss any attempts at flirtation you make, and probably leave when the fake task is accomplished. If, for example, he really believes that you just need help with that one homework problem, he'll either focus on math, and leave when you seem to get it, or he'll decline (because he's not your unpaid tutor, and has things to do).

Where most women err here is *excuse too subtle*. They are often afraid of being too blatant or obvious, and not always aware that *men do not speak to each other in subtleties*.

There is **no such thing as an excuse that's too bad**, so long as it is an excuse and not an actual direct statement that you want to continue talking to him because you find him attractive. Remember that he's supposed to see through it, and that's its fine if others see through it as well. This can't be stressed enough. Men often miss what you think of as glaringly obvious, because men do not typically talk to each other that way. If it feels about right, it's too subtle. If it feels embarrassingly obvious, it's probably about right.

Once the conversation begins, and your bad excuses allow it to continue, flirtation has time to happen. If logistics intervene, a bad excuse can be made to resume contact in the future.

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UPVOTES

Scoring some wife points

aftertheafter-party · 9 August 2019 · Archived copy · Reddit

I went to a work event for my husband's company this week, & it went very well. I just wanted to share my experience!

Initial context: this was an important event shoved in the middle of a stressful work week for my husband.

For my outfit, I chose a super feminine, classy-but-still-trendy look with venue-appropriate shoes & accessories — & I let my husband have the final choice between 2 dresses.

A few days before the event, I told my husband I'd love to have a refresher on who would be there & what I needed to know. On the drive out there, he came back to that request & gave me a quick summary of everyone he was hoping to get a chance to see & a little insight into each relationship.

Once there, I was extremely impressed by how many of his coworkers & clients stopped me specifically to tell me how much they love working with my husband. Later on (a few drinks in for everyone!), some of the men started to get a little bro-like & started ripping lightly on my man to me... I reacted in a friendly way, smiling & joking back, but still saying how awesome he is. A certain work mini-drama was brought up, but he'd given me the context, so I was able to gracefully defuse the situation. At one point, some guy said my husband had obviously married up — & my husband agreed lol — but I just thanked him & said I felt like I was the lucky one.

I met a new female employee who is objectively hotter than I am... When I was younger, this might have triggered me. After so many years with my husband, I fully understand how he operates as a person; it wouldn't matter how hot or how drunk either person is — as long as I'm treating him right, he'll be loyal to me. Instead, I just enjoyed meeting her & noted *why* I thought she was hotter (trendier clothes, whiter teeth, more "done" hair & makeup, & skinnier). I could then decide to:

- Spend \$ on new wardrobe stuff
- Use the dentist whitening trays in my fridge
- Update my hair (as for the "done"-ness — well, I'll stay in my lane; I'm a more natural girl, & it works for me)
- Lose ~3lbs maybe? not my priority. I have an awesome body & have been working out pretty hard, plus my husband prefers a little softness

Outcome:

My husband woke me up by saying how he loves me more than I'll ever know.

I found an insane sale online today & spent \$250 to get >\$1300 in multiple designer investment pieces (I just got a serious raise & had warned my husband I'd be indulging in some minor retail therapy; when I gave him the summary, he gave me accolades for my smart shopping skills).

[The teeth / hair stuff is easy.]

Also, got several texts throughout the day saying how many compliments he was getting about me from his colleagues!!

Finally... we are currently on our first cycle of trying to conceive (after some medical delays, we are both extremely onboard), & I'm super close to ovulation (so wanted sex tonight). I wasn't too worried about it, since we generally have sex at least 1x/day, but I knew he was having a super tough week & didn't want to put any pressure on us. I put on yoga pants, an elegant crop top, & wore my hair his favorite way + made a really easy dinner that he loves. We had lovely (critical!) sex, & now he's in bed early before an important work presentation tomorrow.

TLDR: Respect (& self-respect) is something that happens internally as well as publically. It creates opportunities for mutual growth! Also, shop the sales. I paid what I would gladly spend on a nice pair of shades to get: 2 purses, a

full suit, a new hat, & sick pair of designer sunglasses

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UPVOTES

Cooking dinner every night for my fiancé has improved our relationship.

blaqrushin · 18 December 2019 · Archived copy · Reddit

[/r/RedPillWomen/comments/ec6adt/cooking_dinner_every_night_for_my_fiancé_has/](#)

Dinner and lunch*

I didn't realize how much he really appreciates a home cooked meal until I started doing it consistently. For me personally, it helps me feel less useless. His income is so much higher and he is so handy and clean I felt like I wasn't adding any value to our relationship... but now I feel like the little I do contribute makes him very happy.

Just want to report on some things I've discovered.

Oh and it makes him want to buy me more appliances for the kitchen! We recently got a panini/grill press (which makes steaks soooo easy) and an air fryer. Less mess and quick delicious meals...

What appliances do you guys swear by? And what quick & delicious meals do you make for your hubby?

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UPVOTES

I've stopped wearing makeup and It's made me feel more beautiful than ever.

cherrykitty87 · 13 November 2020 · Archived copy · Reddit

Hellooo!

I (21F) stopped wearing makeup on September 30th to see how I would react to it (for my skin and my self-confidence.) I just wanted to share what I found through the process. :)

Before this decision, I would wear light eyeliner and mascara, concealer, blush, and lipstick. It was still natural looking but It was obvious I was wearing SOME makeup.

The first few days I felt naked, I felt like I looked tired or sick. I thought my friends would make comments or customers would ask me if I were tired or something, but none of that ever happened. In fact, my boyfriend told me I looked so beautiful without it, he liked it better. I was surprised he said this! I don't know why I was so scared. Because I wasn't wearing any makeup, my skin could breathe and my lashes could grow more. I invested in serums and face creams, skin treatments, and masks to help with my skin. My eyelashes have gotten SO LONG! I use Neutrogena lash serum and it's worked wonders. My skin has cleared up and I feel so beautiful. I see my natural skin and lashes, my natural eyebrows and I have become very fond of how pretty I can be without the use of makeup.

I also can get ready in 3 minutes versus 30 minutes in the morning for work/classes That was a real save for me!

Overall, It was one of the best decisions of my life and I'm never going back. I will only wear the occasional light mascara but that's it.

I am in no way bashing the use of makeup, I personally just had a dependence on it that I saw as a problem for me. I wanted to be able to feel more than comfortable without it.

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UPVOTES

Dread for women

KittenLoves_ · 22 May 2018 · Archived copy · Reddit

A trap I think many women may fall into is believing that the male method of applying dread (showing a woman, generally in a subtle or covert way, that he has other options available) would work equally well if applied by her.

It doesn't.

First, let's talk a bit about *why* it doesn't work, then we'll get into what female dread actually looks like, and how to effectively apply it.

In essence, a woman applying "male dread" would look something like this: her flirting with another guy in the presence of the man she's attracted to; her posting pictures with other (attractive) men on social media; even passively receiving comments and compliments publically from other men, making it clear they're interested in her. But if this kind of thing can work for men, why doesn't it work for women? In short, it's because this does little more than demonstrate that other men want to *sleep with* her, and more than likely whatever man she's trying to apply this dread to *already knows this*, because the majority of women can get sex much easier than the majority of men. This is like trying to brag that you have a lot of air to breathe. It's obvious and not noteworthy in the slightest. Furthermore, most men don't particularly like the idea that their potential partner is a hundred other men's wet dream. Yes, a man will definitely be happy to be with a woman he is aware is beautiful, but that doesn't mean he wants to be given the impression that he's just one in a long series of men to take, or wanting to take, a dip in that lake. (Likewise, male dread performed poorly by a man will give a woman this same impression, which is generally also unpleasant for her -- it's the difference between the player (undesirable) and the man with many options (desirable).)

Avoiding using male dread *does not mean* you need to dress like a nun and avoid male compliments. It does, however, mean that if you're trying to seduce a man, you shouldn't be actively seeking to show him how many other men are interested.

So if male dread doesn't work, what does?

I'm using the term "dread" here because I do consider this the female counterpoint to the male term, but the point in a woman doing this *isn't* to instill a sense of uncertainty in her partner, but instead to instill a sense of *luckiness*.

What this means is that, if you want to show a man, "damnit, you should be lucky to have me!", don't go about it by trying to show him how many *other* men want you and would be lucky to have you. This *may* work for a man if done well, but it's *highly* unlikely to work for you. So that means don't go farming for compliments with a risqué picture on instagram. Instead, work on showing him *why* he should really be feeling so lucky. This means doing small but noticeable things -- compliment *him* more (men are generally very lacking in terms of getting compliments), give him a massage, just do something nice for him in general. Attractive girls are a dime a dozen. An attractive girl who cares for her partner and treats him with respect and kindness, however, is a girl worth cherishing. Be that girl.

Edited to add: I mentioned in a comment that I learned not to try male dread the hard way. I think my experience may add a valuable note.

In the very early stages of dating my boyfriend, I tried to show him I was valuable by trying to rub in his nose how many other men were dying to date me. I posted pictures on social media not with the intention to get validation, but with the intent to show him that I was desirable. Not only did this not work, I later found out that it was my other qualities (qualities like those listed above among others) that had not just attracted him in the first place, but that were the reason he didn't leave me in spite of my incredibly failed attempt at making him see me as valuable. Truth be told, there are still occasionally ramifications that come up as a result of how I behaved. Don't be like me.

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UPVOTES

Things I do to keep the love alive with my husband.

HalfwaydonewithEarth · 23 February 2025 · Archived copy · Reddit

I was dating my husband and very scared to get married because often people trade out their spouses.

I saw happily married OLD couples holding hands and walking the beach in the Caribbean. They seemed to have been married several decades. It inspired me to see men enjoying the company of his obese gray haired wife.

Some things I do to try and stay in love:

Smile and laugh

Answer the phone "Hello my love"

Encourage him to spend time with his buddies.

Thank him after every meal he buys.

Call him a super Dad!

Never say anything negative about his family.

Make him or buy him his favorite drinks. Juice oranges, make tea, or stir up hot chocolate. I want to learn to make lattes but am too confused on what machine to buy.

If he is rambling I try to just repeat a few things he said to make him feel heard, but sometimes wish he would just stop talking.

I play fantasy NFL with him and watch soccer all summer. I scream at the TV with him and encourage sports betting. I keep up with most of the sports he is into and have minimal knowledge.

I tip toe around so he can sleep and get rest.

He doesn't like shopping so I never make him go to the mall. He likes books so I get him books.

Small things make all the difference. It has been 17 years. So far, so good.

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UPVOTES

Do any of you worry about the future of male and female relationship?

my_chopin_liszt · 19 December 2019 · Archived copy · Reddit

I can't help it sometimes. I've been reading and watching MGTOW/RP content for over 2 years. While I learned a lot and have applied a lot of goods to my marriage for the better but I can't help but wonder what the dating scene will be like in 15-20 years when my children are grown. It worries me but at the same time I don't know what to do about it? Some will say, speak up and change marriage laws so family court will be fair. Sure, I get it, the system is broken and unfair and needs to be corrected but we are so, so far gone from where it used to be... that I just worry.

Does anyone worry and what are your thought, especially if you have children?

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UPVOTES

Women who are in a successful marriage, what are some harsh truths about settling down that go against mainstream thinking?

YYCchatterbox · 15 November 2020 · Archived copy · Reddit

Every time I ask someone for advice on how to settle down and improve myself, I always get the same messages

"Don't change yourself for anyone"

"A man can't make you happy"

"A partner should just accept you for who you are"

"Just go have fun, it's 2020, just date casually until the right one comes along"

While some of this messaging isn't necessarily wrong, it doesn't give me any direction, especially in terms of self improvement and moving toward understanding where i'm going wrong

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UPVOTES

I Took Paid Time Off Today...

girlwhoplayswithbugs · 3 June 2020 · Archived copy · Reddit

To come home and do the real job that I love.

The day at work was stressful, to the point of one of those silent panic attacks where you suddenly can't focus on anything and completely shut down. I only knew of one thing that would make me feel better.

I stuck my head in my bosses office on my way out to lunch and told her I wouldn't be back today and she told me to enjoy my time and to relax.

I came home and did the laundry. Washed and folded.

I washed the dishes.

I swept the floors and vacuumed.

I scrubbed the toilet and polished the mirror.

I made the bed.

I started dinner.

And now I'm going to freshen up for when he arrives. He will be so surprised.

All of this "work" and I feel so relaxed. I cannot wait until it is my time to be a homemaker full time and eventually a mother. To take care of my husbands needs. The career world has been good to me, but I have another calling now. <3

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UPVOTES

Give him the opportunity to ghost you

elmartinas · 22 June 2020 · Archived copy · Reddit

Ladies: Many of us are dating and trying to find Mr. Right and unfortunately with the way dating is these days it can be a painful experience with too many mind games. There is less of an incentive for men to pair up and settle down. Here is a little tidbit that even I forget to tell myself sometimes:

Give him the opportunity to ghost you. That's right. Let him ghost you. Whether you've been dating for a few weeks or you're in between dates and you're unsure about how he feels, give him the chance to disappear. What does that mean? In other words, don't contact him. Don't text him or call him or like his posts. Don't watch his snap stories. Just step back.

A man who is actually interested in you, intrigued by you, and realizes that he craves your company will realize they haven't heard from you and reach out. Men fall in love differently than women. You need to give him the opportunity to miss you.

If he misses you and wants to see you again, he'll reach out and arrange a date. If he doesn't, it won't even cross his mind to text you. And honestly, that's a good thing. Let him fade away. Don't we want a man who will actively and intentionally pursue us? Why do you want to date someone who doesn't miss you?

In the meantime, create busyness for yourself as a distraction so you aren't waiting around for his text. Call a friend, go for a walk, bake cookies, watch a documentary on Netflix even so you can learn about a new subject to converse about at your next social gathering or date.

I promise you that if he is actually interested in you he will let you know and it will be clear and direct. He will realize he hasn't heard from you and seek you out. And when he does, it will be intentional and your boundaries, whatever they are, will be respected.

EDIT: I say this with the assumption that the woman has actively shown her interest in a man with actions and words and he stops reciprocating or disappears without notice.

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UPVOTES

Audrey Hepburn about becoming a housewife

Cindereffy · 10 June 2021 · Archived copy · Reddit

"Some people think that giving up my career was a great sacrifice made for my family, but it wasn't that at all. It was what I most wanted to do."

"It's sad if people think that's a dull existence, but you can't just buy an apartment and furnish it and walk away. It's the flowers you choose, the music you play, the smile you have waiting. I want it to be gay and cheerful, a haven in this troubled world. I don't want my husband to come home and find a rattled woman. Our era is already rattled enough, isn't it?"

These quotes come from her cookbook, "*AUDREY at Home: Memories of my mother's kitchen*" written by her son, Luca Dotti. This charming book is filled with heartwarming stories, candid family photographs (and recipes!), allowing us to see her not as an icon, but as a loving mother through the eyes of her youngest son. The book is worth the read and I highly recommend it to any avid Audrey Hepburn fan.

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UPVOTES

Dear Men - RPW is the women's sub

pearlsandstilettos · 31 May 2022 · Archived copy · Reddit

This is a reminder that most men do not belong on RPW. The coming changes to TRP have not changed this fact.

Men who are here need to be here because they are experts at red pill theory. The way you prove this is by spending time gaining status on the men's subs. So if you are endorsed here or at TRP then you are welcome to be here.

There are extensive rules outlined in the rules page for male participation. The big ones are that you must be older, married/ltr-ed (this really means that we want you to have enough experience in a relationship with a woman that you aren't speaking theoretically) and understand RP.

Men's questions are not permitted as posts or in the comments. Men's personal preference are not advice since we aren't trying to date you. Men's ideas of what a high value man would or would not do are questionable at best and unlikely to be helpful. Men talking to other men can be done off the sub.

This is the women's group. We ban liberally and without warnings. If you don't know if you belong here, check with a mod.

And if you want to talk about the red pill, go sign up at trp.red.

This has been a public service announcement.

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UPVOTES

Ponderings on "Maturity"

FleetingWish · 20 August 2013 · Archived copy · Reddit

We are all familiar with The Red Pill notion that "women don't mature past the age of 18" and "women are the most mature teenagers in the room". I've been thinking a lot about these things lately due to some TRP skeptics asking questions like "do you really believe women are immature?" These women want to be thought of as "mature" and are insulted by the thought of being anything otherwise. After all if you're not "mature" you are lumped into the "little kids" category, and that's degrading. Or is it?

This illusive want for maturity always left me a little uneasy, because I felt like people were asking this question without even understanding what it means to be "mature". I asked myself what is "maturity", how does someone know if they have it, how does one gain it, and what is its function?

Then I came across this post:

http://www.reddit.com/r/AskMen/comments/1k0izp/what_is_it_like_for_a_man_to_have_to_hidesuppress/cbk64sr?context=3

After I read this, I realized something, being mature isn't a rite of passage, it's not something that happens to you as you get older, because you are older, but rather it's something you gain by being strong when you have to, *because you have to*. It's something that happens to you when you have to struggle against real adversity. But, I also realized it's not necessarily a thing worth striving for.

I composed a thought experiment about a fictitious child. This child is no older than 10 years old, but both his parents are dead. He has no access to health care, or any other federal aid, and he is the sole provider of his baby brother, who is only 2 years old and can't fend for himself. He does everything in his power to care for his brother, from begging, to digging through garbage, even giving his little brother food when it means skipping a meal himself. Even so his baby brother dies in his hands, either due to malnourishment, or disease, it's irrelevant, the little brother dies.

There is a reason why this fictitious story is sad, because it is forcing a child into a position of maturity, when he shouldn't have to be. A child assuming a real position that an adult would normally have to assume is a sad story because we want to hold onto that youth and innocence that the child possesses. We don't want to burden him with the "maturity of adulthood". This thought experiment made me realize that not only can lack of maturity be a good thing, it's actually a *gift men give us*. Men want to protect us from maturity, the same way society wants to protect that child from maturity.

As we all know, men have a naturally inclination to protect us. But, now I've realized that under that "umbrella of protection" men also protect us from the burden of *having to be* mature. Reading the post (above), I realized when a man chooses to be strong and push down his emotions, he does it so that we don't have to. When he becomes mature, jaded, and cynical, he does it so that we can maintain our innocence, youth, and liveliness. At the end of the day someone has to be able to step up and deal with it when shit really goes down, someone has to be able to put aside their fears and fight if need be. Men do this so that we don't have to. They are protecting us, and not because we are "the weaker sex", but because they don't want to have to burden us with that. That's what maturity actually is, it's a burden.

When we maintain our innocence, they feel like they've been successful because they've done their role "as men" to protect us. "Immaturity" isn't an insult, it's a gift. Men give us so much, and all they ask in return is that we respect them, and share that youthful vitality with them so that, once and a while, they can remember what it's like to be a kid too.

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UPVOTES

This 1955 'Good House Wife's Guide' Explains How Wives Should Treat Their Husbands

phoenixtycho · 27 January 2020 · Archived copy · Reddit

In May of 1955, *Housekeeping Monthly* published an article entitled, "The Good Wife's Guide," detailing all the ways that a wife should act and how best she can be a partner to her husband and a mother to her children.

Link: <https://www.littlethings.com/1950s-good-housewife-guide>

I'm 25 years old and I've been married for 2.5 years. The blue-pilled, ultra-feminist version of me would roll in her grave if she saw me now, but I do basically all of these for my husband? (except 7 and 8 because we don't have kids, don't plan on having kids either lol).

I have dinner ready for my husband before he gets home, unless it's specifically something he requested to cook together as a fun activity. Or unless we wanted to go out for dinner. We made deep dish pizza last week as a fun activity to do together, but most of the time I plan to have dinner ready when he walks through the door. If we are going out, I plan on being ready when he gets home so he doesn't have to wait around for me to change, do my makeup, or find my handbag.

Before my husband gets home from work, I clean up the dishes from cooking dinner + fix my appearance really quick. A spray of perfume, a little powder on my shiny nose, etc. Even if I changed clothes after work into something more comfortable, I don't change into oversized sweats or clothes with stains and holes in them. A nice fitted pair of yoga pants and a soft blouse or sweater are comfortable for an evening together while still looking pretty and feminine.

When he gets home from work, my husband loves to take a moment to decompress. He walks through the door and greets me with a kiss before he goes upstairs to change from his work jeans into an attractive pair of jogger sweats to be more comfortable. Meanwhile, I plate up his dinner and ask what he would like to drink. I bring him his food and we eat together. I ask if he wants another helping of dinner. He offers to wash the dinner plates and silverware, which is very nice of him (the dishes I used to cook are usually already washed and in the dishwasher before he gets home, so no need to worry about those). I say "oh, I can do those baby don't worry about it" but he shoos me out of the kitchen so he can wash the dinner dishes.

We unwind together with a little tv (family feud or jeopardy are fun) or play a game (video games or board games). I ask him about his day and he tells me stories about what happened at work, if anything exciting happened. I like this time of day when we relax together and talk about our days. I rarely have a need to complain to him, but I never do right when he gets home. This is his time to relax and unwind from work. I feel like I never complain or nag him, I never feel the need to! (compared to some of my other friends, who I feel constantly nag and complain to their husbands...those poor men...)

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UPVOTES

Further convinced that being a good woman to your man is unstated social clout for them.

oliveshoot · 30 November 2021 · Archived copy · Reddit

Talked with a friend in crisis mode preparing for her husband's interview for a position, and it made me realize even more that men really do benefit from extra respect when their wives are quality wives. If he invites you to a work event, he probably respects you and knows you improve his life in the eyes of others. It's not that impressing people is the goal. It just shows the value and worth of how a good woman really does help her man to gain respect among his peers. He couldn't do these special jobs without you, ladies. It's not about climbing any ladder, but becoming a person of respect. Women display either positively or negatively what their men are capable of. We have our own skills and work, but you can't escape from the reality that we do have influence on how people view our men.

I also thought that it is perhaps more important as the years go on that once you've got the clothes and grooming down pat, the social value of being inwardly kind, able to truly listen, and be able to help others is what sets you apart from the rest.

All these realizations made me proud to be chosen by my man, proud to help him in the ways I excel, and proud to launder the clothes he wears or just keep his life in order. There's a man that the world sees, but every man was once a boy. I'm reminded of that when I feel negatively. I have the ability to help this man grow and progress and to show others his real and honest value. I forget this at times.

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UPVOTES

Is anybody else red pillled because of a traumatic childhood?

throw_away4237 · 3 December 2020 · Archived copy · Reddit

Long time lurker here, first time poster. Before I begin my post, I want express how thankful I am for this community. All my life I've never related to other women, and thanks to this subreddit I know there are women out there that think and feel the same way as me in regards to their worldview. Also, this is my throwaway account because I'm a closeted red piller.

Long story short, I was raised by an narcissistic single mother that constantly let low-life, loser men in and out of my siblings and I's lives. I also grew up without a father, because my mom "wanted" to be a single mom. I can't comprehend why she would want that, especially when the statistics show that fatherless children fare much worse than those in two-parent families. On top of her abuse, I also grew up poor and as such am having to launch into my adult life without much support. I'm 18 right now and am managing okay, but my life isn't easy seeing as I work full-time and go to college full-time. I'll be moving out for university next year though, which will be nice. Anyways, my upbringing has really turned me off of the whole concept of modern feminism and the breakdown of traditional values present in western society. Because of this, I've never "fit in" with normal girls because they all buy into the feminist rhetoric the media spews for the most part.

I think is is one way a woman could be red pillled. She sees the nastiness of modern society from a young age and experiences how psychologically damaging it can be first-hand, and as such she is turned off from it and is in search of a more traditional life in adulthood. Granted, I would say it's more common for girls like me to just turn out like their mothers, but it's just a thought I had. I wonder if any other women here can relate.

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UPVOTES

The Slut, and how not to be one.

Whisper · 25 July 2013 · Archived copy · Reddit

It's been brought up many, many times.

The cock carousel. The penis train. Promiscuity. The partner count. The word itself.

Slut.

It's easy to see that there are drawbacks to being one. Feminists decry "slut shaming", redpillians often say that men shouldn't commit to one, men in general just say that, right or wrong, they don't *want* to commit to one.

But what is a slut?

Religious conservatives who claim to have red-pill values say that PUA shouldn't be a red pill thing, because it creates sluts. PUA redpillians say religious conservatism isn't red pill at all, because attempting to increase a woman's sexual partner count by one is what "male sexual strategy" is all about. How could it be otherwise, when religious conservatism is, at its core, an attempt to culturally restrain that which cannot be restrained... human nature?

But all these arguments fall flat unless we can answer one important question.

What is a slut?

And it is an important question, because there is an apparent contradiction in red pill theory, a self-swallowing aspect to the way many people think about it.

In attempting to be attractive to women, a man tries to increase their count of sexual partners. Yet he himself does not desire to commit to women with high sexual partner counts? Is he not creating the very thing he shuns? Is he not destroying the very world he wishes to live in?

But if he tells women not to submit to men's sexual advances, is he not defeating his own efforts at sexual conquest?

Is a man nothing but a hypocrite when he shuns the slut? That depends upon the answer to one important question.

What is a slut?

Will the correct answer to this question make this apparent contradiction go away? *I contend that it will.*

To answer this question, we must remember one fundamental truth about the sexual marketplace: *Women are the gatekeepers of sex, and men are the gatekeepers of relationships.* When we think of a slut as a woman with a high count of sexual partners, we must be aware of what this implies.

First, that she has allowed men through the gate of sex many times.

Second, that she has been allowed, by men, through the gate of relationships very few times... for otherwise, she would have slowed down her pace of acquiring new partners considerably.

Now we are ready to answer the question.

A slut is a woman whose sexual market value consists mostly of sexual availability, and little else.

Or, equivalently,

A slut is a woman who does not have the ability to turn sexual encounters into relationships.

Looked at in this way, *of course* men don't want to commit to sluts. The very definition implies it.

High partner counts are a symptom of sluttiness, not its cause. Sluts acquire high partner counts not because they "open their legs too easily", but because the men they have coupled with do not wish to stay... and so they must, once again, find a new man.

A slut is pumped and dumped many times. But **it is being dumped, not being pumped, that makes a woman a slut.**

This resolves our apparent contradiction. If a woman's goal of avoiding sluthood is not to avoid sex, but to make a man stay afterwards, this is in no way opposed to a man's goal of getting to sex. It is the sex that is the male biological imperative, not the hasty departure afterwards.

In fact, that hasty departure provides him with no pleasure at all. Would he not rather met a woman with whom he wishes to have sex *again*? Would he not rather meet a woman whom he prefers to a hasty departure? Of course he would.

But that is out of his control. Just a woman, the gatekeeper of sex, cannot control how sex-worthy the men around her are, a man, the gatekeeper of commitment and emotional investment, cannot control how relationship-worthy the women he meets are. The only power they have is the binary choice whether or not to open the gate.

So, to avoid being a slut, don't *refuse to have sex*. Instead, have value beyond just sex. Make men want to see you again. And your partner count will stay low without having to resort to withholding tactics.

Because withholding tactics don't work. A slut cannot "reform" herself by withholding sex. If her only sexual market value is availability, then withholding that leaves her with... nothing to offer. A slut can only reform herself by increasing her value in other areas. If she does so, men will want to stay, and her partner count will stop increasing so fast.

That partner count is only a symptom, not the disease.

To avoid being a slut, be a keeper.

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UPVOTES

My SO is dead

scallopkid · 26 May 2014 · Archived copy · Reddit

He was killed over the weekend in a boating accident. I'm sorry for this not really being red pill but I've really grown to appreciate this community and it'd be good to have your support.

I feel so lost and scared. He was my whole world. There was never anything officially said but it was understood that we were going to be together for the rest of our lives. Things were going so great too, we were just starting to really build our life together and we had so many things we wanted to do together. He was so happy and excited for the future.

I don't feel like doing anything because it's all stuff we did together and it's not the same without him. Even all my other friends were always more fun with him. He was my very best friend, and the closest relationship I've ever had with anyone. We would stay up all night just talking and no matter what was wrong, he always made me feel like everything would be ok. Just the sight of him made me so happy, and we had such an understanding. We always knew what the other was talking about with just a few words and could laugh together about things we had just overheard.

I really have no direction or goals now. All my plans were centered around being with him. I don't want anything now.

He would have been the only person who could have helped me deal with this grief, but he's the one I'm grieving for instead. I miss him so much. Everything reminds me of him and sometimes I still can't believe I'll never see his mischievous smile again.

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UPVOTES

I'm a formerly poor woman who married into extreme wealth. AMA!

Fearless_Room_1970 · 24 October 2023 · Archived copy · Reddit

I've thought about doing this for a long time now, so here I am to share the insights I can't share anywhere else.

I'm the lucky one. I'm not a lower middle class person who moved to upper middle class, or an upper middle class person who married a wealthier man. I am a person who has literally been (briefly) homeless, now married to a person who owns a jet. The difference between my former and current lives is almost inconceivable and I pinch myself every day. Here is my insider knowledge for all the rest of you ladies. I'm going to try not to be identifiable, and I believe there are enough Bay Area tech and VC wives to maintain anonymity. :)

1) LOCATION: I went for West Coast, Bay Area new tech money. These boys come from a wide range of backgrounds, have colorful interests, and like to party hard. I've seen men in this scene with net worths in the tens of millions marrying women covered in tattoos, women who were escorts and strippers, women over 40, single mothers - it's maybe not the most common and they're still more likely to choose these women to date than to marry but ultimately all the rules are out the window if you're interesting, hot, and can hang and keep up. I myself have several characteristics that this sub would say categorize me as a very "low value" woman. It's not hard to get in with this crowd if you position yourself well. I'm uncomfortable when we hobnob with East Coast old money and I wouldn't even know how to begin to snag one of those men, so be aware of my perspective as we proceed. There's an exodus from California currently but Bay Area, Austin, and Seattle are still great choices. Or, take a shortcut and just go to Burning Man :)

2) With that said, you still need an in. MOST wives of my husband's colleagues went to a top-tier school even if they promptly became a housewife. The ones who didn't worked in-industry (venture capital and tech for us), even if their role was not distinguished. There are others who went for older women distinguished in her field, but her field is like hair styling or acupuncture or nutrition or some "womanly" thing. Then there's a smaller category of really bold, out-there guys who went for colorful hotties, sexy performance artists of various bizarre stripes. Then there's an even smaller category who went for the diamond in the rough - a really special girl with nothing to show. The absolute wealthiest man I personally know, a literal billionaire, married a divorced woman in her 30s who worked at a tiny yoga studio and is pretty but not gorgeous, because they attended the same event and had a few of the same friends, and she really was a special girl.

My "in" was the right school and youth. Because of coming from a disadvantaged background, I did not have the supports I needed to get into a good school for undergrad. I was 25 before I managed to get into an Ivy for grad school and that's what I'd recommend to you all, because it's infinitely easier to get into these schools for grad school than undergrad, you have time to build your resume and application, you can pick one of the less selective and easier majors and no one cares which you went for. I actually only finished a year, chose the least selective major, and didn't graduate, but I still can say I "went to X school" just as much as the rich kid who got in for STEM undergrad. Or more importantly, my husband can say it to his colleagues about me, and they're satisfied I'm one of them.

My husband and I are now 30s and 50s but I was late 20s when we got together. I am attractive but I also put in a lot of effort. My BMI stays around 19 besides the first few months postpartum, I get Botox but have no plastic surgery, and I am fit. Understated hair and makeup. I work strategically hard at dressing and appearing in a youthful manner because I unfortunately know youth is one reason he picked me (and yes late 20s is still young, don't listen to the men here who tell you otherwise). He really likes having a wife to introduce that is noticeably younger than him.

I personally find older men attractive but think twice if you don't.

3) The best way to learn how to fit in with your target crowd is to be around them. I know no other way, really. You'll find lots of guides on the Internet but mostly they are outdated, or embarrassing caricatures of what people think wealthy people are like, or target one specific demographic that might not be the one you'll have most access

to. Don't pay attention to these or you'll just come off as a tryhard.

So the best thing to do is to observe the way the women in your target group talk, the way they dress and do their hair, what they say they do in their free time, how they socialize.

There are only a few constants I've seen across groups, as my husband's colleagues hail from many countries and backgrounds. I have NEVER seen an extremely wealthy person regularly eating fast food/junk food. For all of them, health is a priority and something to take pride in. You don't work out because you want to look hot, that's a plebe thing to do. You work out because you are so grateful 🙏 to nourish your soul 🙏 namaste 🙏, or you work out because you spend a lot of time on the slopes or surfing or playing pickleball or riding horses or whatever bougie sport you're into. Health, mental and physical, becomes the foremost interest for almost all wealthy people, so to blend in with them you'll need to develop it as much as you can.

There's also a sense of confidence, ease, and entitlement that sets these people apart. I don't mean entitlement in a negative sense, as many wealthy people I know are reasonably humble and kind (it's easier to be humble and kind when you're extremely resourced and can fly to a million different meditation retreats). By entitlement I mean a comfortable air of "yes, I belong here and I deserve this". Imagine being waited on by a team of swooning adults from early childhood.

I have only just developed this after more than a half decade of marriage. I didn't feel comfortable on yachts or mingling with the elite or meeting celebrities. I felt like an impostor, was afraid of being exposed, made many faux pas, and outed myself as a trashy wannabe many times. Only recently have I come to have enough experiences of luxury and service to begin to have an identity of "I am an important person who deserves to be served and pampered". Finally I feel confident in my skin, totally unashamed of my background, and don't immediately notice someone's position and think them superior to me.

4) I would put in twice the effort all over again to have this lifestyle. It's absolutely worth it in ways I could never have imagined.

I worry about NOTHING. My house is cleaned and maintained and repaired, my dishes and laundry mysteriously disappear and are handled, my cars are in pristine shape. My meals are cooked and delicious and tailored to many specifications for nutrition and taste. My vacations are planned and booked, invites to the right parties are taken care of. We're not herded like cattle through the airport to get to our destinations. The nanny is always present to give me a break so I can use the bathroom, work out, read, relax. I pour myself into my children and my volunteer work so yes, before you ask, my life has way more meaning and fulfillment than it did when I was taking the city bus to my shitty retail job.

My husband and I have a wonderful relationship perhaps in part because we have the luxury of time together, we don't fight about money, we can stay attractive for each other, we can take off for a couples' retreat in Hawaii any time we feel like things are on the rocks, we can bring in a famous author of marriage books to coach us at the slightest sign of trouble.

I recommend this path to any woman who can pull it off, if not for you then for your children. None of the benefits I've listed above can come close to comparing with the peace of mind that comes with knowing my children have as much safety as a child can have and a world of opportunity open to them.

AMA!

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UPVOTES

FR AWALT is true

Aholahi · 17 June 2015 · Archived copy · Reddit

I've had some serious emotional stuff over the last months, and if I'm honest, the last few years. I was a wreck, really angry, mad, feeling helpless, feeling like life had lied to me in this gigantic horrible way. Why wasn't my husband treating me the way I expected? Why wasn't my life the beautiful fairy-tale that I deserved???

I filed for divorce in Feb. bc things had spiraled out of control. My husband was drinking, I was yelling. He worked too much, I yelled more. The more he "messed up", the more controlling and mean I was. I felt like if I could just get him to listen to me, if I could control things, get him in line...

I found the Red Pill when I was living in a hotel room with my toddler and a mountain of fear. I was really angry when I first read it and frankly, I still get upset about it. Accepting the red pill makes me look at myself in a clear light and that's so much harder than just blaming my husband and the world.

Things I've learned about myself:

1. I MUST cultivate an aura of being pleasant and nice to be around. That bossy, bitchy attitude that works well for the corporate woman on t.v. doesn't work well in real life. No one likes her, and as a result, her life sucks. I've been in trouble countless times at work and at home for being a total jerk. It's too late at my work to save the relationship. I already wrecked it. Thankfully, my marriage isn't totally gone. I notice that when I shut my mouth, smile, and allow things to happen, it works out really well, even if it isn't what I "planned".

Case in point: this weekend, my husband (yes, we are working things out), went out and bought a ton of lights for the kitchen and a motion sensor light to come on when I walk into the kitchen. Pretty sweet, right! He starts working on it, and after awhile, couldn't figure out one part of it. He said, I can't figure this out, I've tried everything...I'll finish later. Usually that's when I would get super mad bc that's the usual way things work, he starts a cool project, hits a wall, and stops, and I get angry that things are left undone. I said OK baby, thank you for doing that. It's so cool! And went back to making dinner...

and he went back to finishing the project! Once again he hit a wall, couldn't figure it out, and said, I can't fix it, I'm so sorry. I said, don't worry about it! Thank you for doing all that. And...he kept working. It was unbelievable! I was thinking...wow! This works! Being nice makes him want to help!!!

1. Time management. I haven't figured this one out yet, or rather, I'm still falling victim to a lot of laziness. I've stopped the netflix (yay!) and it's amazing what amount of cleaning/organizing/work I can accomplish in the same time it takes for a 30 min show! I still read reddit far too much, but I feel like some of it is still really important to my growth as a woman. I read Red Pill A LOT - which leads me to my third point.

This is humbling. I'm not proud of it.

1. AWALT. Including me. I filed for divorce bc I was sick of the marriage and wanted a new life. I fantasized non-stop about the amazing man that "I deserved" and that was surely waiting around the corner to, as they say on red pill, captain save a ho. Um...yeah. I turn 31 this August, I'm attractive, but not toned, cuss too much, and my career is underwhelming (I focus a lot on my kid and my home life, which is good) Slowly, I started to see that...

I have a husband that loves me and our child and makes a ton of money. He works all the time, but our life is extremely comfortable, and he treats me like a queen. Why am I walking away from that? Yeah, he drank too much, that was not O.K. and that boundary has been established and he isn't drinking like that now. Yes, I yelled constantly, and was super mean to him, calling him nasty names and emasculating him constantly. Hard to accept that dark side of myself, but it was the truth.

The choices now make me feel a bit disappointed in myself for "settling" but I'm making a logical, reasonable decision when it comes to RP philosophy. Hollywood glamorizes women like me racing out, divorcing the husband,

taking maximum cash, and saddling up to the next guy that walks by.

Really, in the real world...it doesn't work like that. There aren't amazing men in the wings just waiting to get involved with divorced women raising a child alone. I mentioned earlier how important my daughter is and how much I value that time with her. Marrying/dating someone else would only infringe on our time together and it would take my daughter's dad further out of her life than he is now (he literally works constantly and is gone for weeks at a time on projects). Staying together isn't the easier choice, it's humbling, and embarrassing bc I told so many friends all the "wrongs" he did...so many of my friends can't understand why I would stay with him. The hamster is strong. **YOU DESERVE BETTER!**

Yes, I do deserve better, and so does my husband.

That's why I'm focusing on my own self improvement. Being nice, managing my time better, being grateful for this second chance, and trying to remember that AWALT (including me!) when my own hamster goes into overdrive and I want to send nasty texts or blame my husband when things go bad in my own life due to my own actions.

One final story. I play kickball and it's competitive. I love it. Plenty of the wives are on the sidelines drinking while we play, (I'm on a co-ed team), and one in particular stands out. This woman is about 27, with a child that's 5 (no dad in the picture on that one), and she "got pregnant" with a total Alpha who is on our team and he has completely been supportive of her, the baby, as well as the first child. It's truly incredible to see it. She went from broke and struggling, clinging to him, to him getting her a new ride.

Anyway, is she grateful? Is she cheering him on and happy as a clam? NO. SHE ISN'T. She's on the sidelines getting DRUNK, every single game, and complaining that being a mom is so hard. It's baffling when you know the red pill and you see things as clearly as they really are. Anyway, on this particular day, she's a few beers in, talking nasty to her older child, and everyone on the team is deciding where to eat after the game. Some are going to a far away restaurant and some are staying closer by. Her hubby, and about half the team, want to stay closer by, but she flips out bc her girlfriend is going to the farther away place. "We never go anywhere I want to go!!" she says. He stays calm, where do you want to go? what about pizza? "NO!! We eat pizza all the time!!!" (wow, she doesn't cook and stays at home?) Repeat the back and forth as the rest of us are silent. Then she says, I'm leaving! Takes the stroller, yells at the older kid, and starts walking angrily. He follows.

One of the other guys on the team (Alpha dude) says "he's going to get an earful in the car." His girl says, why? what did he do wrong? Guy says, "it's not what he did. It's about how she feels about herself."

That was a real breakthrough for me. All those times I was angry, and all the times I get angry now, I try to center myself and say, who is this anger about? It's usually myself being disappointed in my own actions. Hard to accept, but for me, it's the truth.

Thanks for all the advice out there, ladies. I might not be where I want to be as a RPW now, but I can see that each day I AM getting to a better place with myself and my own actions. I hope to one day have a FR that says all positive stuff, and I can say Look! Figured it all out, yay! Not there yet, but getting there.

One step at a time.

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UPVOTES

Online Dating with Purpose Part 1: Sister, Cast Thy Net Wide

zsadiist · 15 June 2020 · Archived copy · Reddit

Online dating is about casting a wide net.

When I mention 'online dating' to my parents, their eyes glaze over. If I look closely, I can see their spirits astral-projecting back to the year 2001, when my cousin 'Chuck' married his World of Warcraft girlfriend (of four months) at the local Red Lobster, and was then scammed for thousands of dollars that she wired back to her grandma in South Africa.

Perhaps you've observed a different type of stigma when it comes to online dating. Perhaps you've simply observed other people (especially other women) making a little moue of condescension when someone mentions their foray into online dating-- as if taking concrete action to increase your chances of finding a quality man cheapens the ensuing relationship.

But as for me-- I needed online dating, stigma or not. For a 20-something working in a rural town where the pinnacle of nightlife was Dollaritas at Applebee's, populated only by unemployed dudes and perhaps 50-year-old truckers, online dating just made sense. Gone were the days of college and grad school where I could meet 300 guys every new semester, and if I didn't care for any of them, I could find fifty dudes at the nearest seminar that was giving away free Koozies. There just weren't many jobs drawing high-value men to my area.

I wasn't getting insane opportunities to just stumble into a great guy anymore. I needed to cast a wide net that would maximize my chances of finding a compatible, quality man. And if you're reading this, maybe you need to cast a wide net online too.

Here is a short guide to online dating as a RP-minded woman. This advice comes from my own experience of taking a hard look at my SMV, learning to intentionally date, and eventually marrying a wonderful man that I met on a dating app.

Prerequisites for Serious Dating

Consider for a moment whether you are fully prepared to start seriously dating. Are you...

1. **Free of previous romantic entanglements?** You're not still hung up on that guy you had a crush on in grad school, are you? You're not just doing this to occupy your time until your ex-boyfriend Rodrigo decides to start paying attention to you again, right?
2. **Within the BMI range of 18-24?** This will astronomically improve your chances of success.
3. **Able to dedicate a little time each day *and* at least one Friday/Saturday night weekly to this?** You could hire Kazuo Ishiguro to write you a compelling bio. You could have a profile picture taken with the Queen of England. Maybe Jason Momoa's in your DMs on OKCupid. But if you don't have the space in your life to actually read your messages and follow up that weekend by going on a date, you're shooting yourself right in the foot.
4. **Is your brain screwed on straight when it comes to sex?** This entire post assumes a basic understanding of RPW principles. You should not be having sex without exclusivity and a serious level of commitment. 'Casting a wide net' should not mean your n-count is also cast wide. If you're still in the mindset that the first, second, or third date is going to lead to sex, STOP and do a little more reading and thinking on this topic.

If you answered 'no' to any of the previous questions, you might consider a **BRIEF** stint in nun mode to fix up any of the aforementioned issues. Making your online dating debut with all of the above completed-- rather than fixing these problems after you've already screened through hundreds of guys in your area-- will be an asset.

But remember, online dating is a numbers game, and there is an element of time involved. It is usually possible to work on improving yourself while you continue to see what's out there. Every day that you delay dating is a day that you could have screened five more guys and gotten one little step closer to finding a great man. This is why nun ____

mode should be used sparingly and only when there is a dire situation that must be resolved before you can date freely.

Selecting an Online Dating Service

The 'best' online dating site might be different from region to region. In my area, OKCupid is the best site for a relationship-minded woman. However, here is some broad guidance:

- You want a service that has a large user base in your area. Don't be drawn in by sleek niche websites designed to appeal to Gen Z/millennials, and don't be drawn in by gimmicks like 'the female-friendly dating site'. If there's no dudes on there, it won't matter. In some areas Bumble and Hinge are very popular. However, in my area I found that they were not used by many guys, and the ones that did use them also had profiles on OKC.
- You want a service that prompts all users to fully complete their biographical information. You want to be able to reliably filter based on important details. This typically rules out Tinder due to its skimpy (picture-based rather than profile-based) design.

Constructing Your Own Profile

Men are visual creatures. The foundation upon which your profile is built is your picture. This is what gets your foot in the door, like it or not-- so make it count.

Required for a good profile picture:

1. **Your primary profile pic should only be of you.**
2. **No selfies.** A selfie as your profile pic communicates one of two things: Either you're the self-absorbed type that's always taking selfies and looking to social media for validation, or you're antisocial and didn't have any good pictures people took of of you actually out doing things.
3. **No weird artsy filters, no weird angles.** Just a nice picture that actually shows what you look like.
4. **Don't include men in ANY of your pictures**, unless it was a picture of you and Hulk Hogan.
5. **One or two pictures with other girlfriends are OK**, especially if you were doing something cool, but they should not be your primary profile pic.

Now, as for the body of your profile: A high-value man will probably not be scouring the seventh circle of your online profile the way women sometimes do. However, to attract a serious, intelligent guy, I would advise that you:

1. **Demonstrate that you are literate.** Spell-check your work, write in full thoughts, and make sparing use of emojis and acronyms.
2. **Demonstrate that you have a sense of humor.** (That one's on you.)
3. **Demonstrate that you took this relatively seriously.** If the entire body of your profile is "Idk ask me hahah", you might think this comes across as lighthearted, flighty, and charming-- but you might as well have written "I'm going to respond to your inquiries with one-word responses or even acronyms. The onus will be entirely on you to carry the conversation. Then I will ghost you because, incredibly, and counter-intuitively, I found YOU boring."
4. **Demonstrate that you are used to being treated well.** If your profile includes "Tired of all the games. Just ready for something real. No hookups!!!!!!"-- you are absolutely screaming to the world that you gravitate towards assholes, and maybe even sleep with them indiscriminately, but that now you're tired of all that and want to find some nice man, even though you're going to bring an insane amount of psychic baggage from your crappy exes.
5. **Demonstrate that you are employed, financially stable, or at the very least, an industrious woman.** High-value men aren't going to be turned on by your five masters' degrees, but they WILL be looking for evidence that you're intelligent, industrious, and reasonably self-sufficient. In the year 2020, a quality man will not want to embark on an entirely new relationship with a woman who can't currently take care of her own bills.

That's it for Part 1. In **Part 2**, we will discuss the importance of your own search criteria, how to chat and secure the first date, and how Willy Wonka will fix your psychic dating hang-ups.

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UPVOTES

Boyfriend watches virtual reality porn?

annanorwich · 16 February 2020 · Archived copy · Reddit

So when I was at my boyfriend's house while he was at work I usually use his xbox to watch netflix, hulu, etc. He has a VR headset and I was curious about seeing if I could play cool games like VR chat or vacation simulator. Instead i found porn :(The porn on his VR was so insanely realistic. I was shocked at how it felt like there was 3 naked women right in front of me.. It literally felt like the women were in front of me with their boobs and ass shaking in front of me. The women looked like models, perfect everything, it felt like they were looking into my eyes, crawling and riding me and whispered into my ear, it felt insanely real i freaked out at how intimate it felt. I feel fucking awful. My friends are saying its just porn and im overreacting but this felt too real to be comfortable. How should i feel about this? Am i really just overreacting and should accept my boyfriend does this?

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UPVOTES

Super secret tip to discovering he has feelings for you

Silas1067 · 19 February 2020 · Archived copy · Reddit

One thing a lot of women miss when trying to figure out if a guy has strong feelings for them is this one:

He will re-name you. Not necessarily a nickname or something playful, but a variation on your given name, or maybe a phrase to describe you.

Examples:

Natalia --> Nattie

Jane --> Janet

"little one"

Miss Phillips (not using your first name and playfully being formal)

etc.

But it has to be a name NO ONE ELSE uses--only he uses this with you. Men will do this subconsciously, and without thinking, and it expresses a sense that you are his "special friend", or you mean a lot to him. That his relationship with you is different from others.

(In Jane Eyre, the heroine realizes something has changed between her and Mr. Rochester when he calls her Janet and makes strong eye-contact for the first time).

Not all men do this obviously, but trust me, it is a sign. I find myself doing it with women I have affection for, without even thinking.

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UPVOTES

A Simple Way to Like Your Man More

Teacup000 · 23 July 2022 · Archived copy · Reddit

Finding women on parenting and baby subs blaming their unhappiness on their partner not helping enough is somewhat common.

Finding women here who theorize that their HVM would be perfect if he could just be a little different in some way or another is also easy to find.

What do both of these groups have in common?

They're likely wrong.

The Ben Franklin Effect

As of late, I've found that the more I focus on improving myself and treating my husband as well as I can imagine, the happier I've been with the both of us.

It was clear to me why I'd be proud of myself, but it wasn't intuitive to me why I'd be so thrilled with my husband after I would do something to please him.

When remarking on this to him, he immediately mentioned a sociological phenomenon known as the Ben Franklin effect.

A few hundred years ago, Ben Franklin asked a frosty acquaintance to lend him a rare book. The man agreed. Upon seeing him again, Ben noticed that the man was much kinder and friendly to Ben then ever before.

Asking someone for a favor makes them like you more.

This has held up across a few studies now. My husband explained it as this:

If someone asks you for something, and you comply, the brain rationalizes that you must have agreed because the asker is a person worth doing favors for. You instantly see them in a better light.

When I act in service to my husband, my brain thinks I must be expending effort because he's high value. I then think better of myself, because I am with a man I respect. I'm so happy to be with a HVM and what that implies about me as a woman, that I'm inspired to find more ways to show my affection, and the cycle continues.

The inverse of this is likely true as well.

Take a woman who's cheated on her husband, for example. Her brain will then rationalizes her husband as being gross and unattractive. It does this to protect the woman's ego.

She has to think of her behavior as his fault, because what she did was awful, and we don't feel good about doing awful things to people.

We don't want to think we would be bad to good people. We also don't want to think we would be kind to people who aren't worth the effort.

So our brains don't let us. They step in, altering our perceptions of others to reflect how we treat them.

Therefore, a woman wants to be happier with her partner, I suggest to stop trying to improve him. Improve how you treat him.

Side note

Recently, my husband remarked that my treatment of him made him feel better about himself. His brain rationalized me being nice to him as him being someone deserving of my kindness.

He says he feels more confident and more inspired to improve himself. That wasn't my intention, but it's a lovely

unintended consequence.

Lots of happy feelings all around! Thought I would share. I do think a big part of why this can work for me is because I know my husband is a HVM regardless. I'm increasing my estimation of him, but the quality was already there.

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UPVOTES

Your Man is not your Best Friend

girlwithabike · 12 January 2019 · Archived copy · Reddit

One of the justifications that I see all the time around here is “He’s my best friend”. A woman will describe a veritable nightmare of a man and when someone points it out, the inevitable response is: “*He’s my best friend*” with a handful of trite niceties thrown in.

So let’s talk about the idea of a partner versus a best friend. Your man should not be your best friend. He should never be your best friend. The boyfriend, fiancé, husband role is different from the best friend role. When there is overlap you risk failing to vet properly, you lack an external support network, and you accept behaviors that are not acceptable from a partner.

The Best Friend vs The Boyfriend

Ask yourself: What are the biggest things I’ve done for a best friend? How optional was it? How optional would it be for a partner?

Here are two of mine:

- When my BFF had her twins, I visited for a weekend to give her some relief. When the weekend was over, *I went back to my life*. Her husband, doesn’t get the option to go back to his life. He was right there in the trenches with her the whole time. There was no break for him, no returning to work on Monday. And you know, her family thought I was just wonderful for the time I spent. What they didn’t see was her husband doing laundry at 3am so she could sleep and the house could still function. It was optional for me, it was parenthood for him.
- We’re at an age now when grandparents are dying. When my BFFs grandfather died, I didn’t make the funeral because it was up in Queens and that made it entirely impractical. When my dear friend from HS’s grandmother died, I *did* make it to the funeral because it was in our hometown on a Saturday. I love them both equally but I had the *option* to attend these events and I did as much as *I was able to do*. But do you know how didn’t have an option – their husbands. Those men were there holding their wives and supporting them through it all.

You may take care of a friend when she is sick, drive her to the hospital or pick her up from the airport. I say *may* because it’s not your responsibility. If there is something more pressing in your life, you handle your other responsibilities first. But if your partner needs a ride to the hospital, you will leave work at the drop of a hat to take him and sit with him for the duration.

The role of a friend and a partner is simply different. You make vacation plans for next year’s trip with your best friend. You make plans for where you will move with your partner. You share all your life’s details with your best friend because that is how you bond. You share all your life’s details with your partner because what happens in your life directly impacts his. You discuss a job offer with a friend to get an opinion and help you decide. You discuss a job offer with a partner because it means reassessing your future together.

In my job, we tell married clients that they have to be rowing the boat together to reach their goals. To stretch that metaphor – your partner and you must row one boat together, your friends and you are in separate boats heading along a similar path.

This is a good thing because while you are rowing along, you don’t see the boat from the outside. Your friends are there to look out for you. She sees things that you might not see. She is there to give you support if you start to tip over. She’s there as a companion while the Captain is busy charting the course. And sometimes, she’s there to throw you a line when you can’t row anymore.

You cannot combine the roles. If you do, you become too insular in your relationship and can lack socialization. You lose an outside perspective. You *need* outside support when you and your partner go through hardships and cannot fully support each other. All this *can be* a problem in a marriage but it is a much bigger deal during the vetting stage.

And those are the women who most often default to this idea.

Because if you are vetting and you've become so attached that he is your best friend, a break up means losing both your boyfriend and the future you see with him *and* losing your best friend, your social outlet and your emotional support.

Further, we love our friends and it is easy to forget that what is acceptable behavior in a friend is not always acceptable behavior in a partner. You may not care that your best friend smokes because you don't live with her and you don't plan to have children with her. You can be concerned about your best friend's drinking but her addition wouldn't derail your future. You can even quietly think your best friend is terrible for cheating on her man while still loving and supporting her because it's not you she is betraying. Any of these behaviors in a partner is a massive red flag that needs to be examined.

Don't use "he's my best friend" to justify allowing bad behavior from a partner. Fear of losing two roles at once makes us hold more tightly to men we should not. Don't look to your partner to fill a role that rightly belongs to a woman who is dear to you. One person should not be responsible for fulfilling both roles. You will lose out if you fill them with one person. **In short: if your boyfriend is your best friend, then it's time to find a new best friend.**

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UPVOTES

Tools for women to communicate with men

LateralThinker13 · 23 July 2020 · Archived copy · Reddit

I was browsing some of my old archives and I found a few items I thought would be helpful. RPW is all about providing you with RP relationship tools to understand how men actually work (rather than how BP society wishes they worked); if you don't understand how men actually work, you aren't going to date one successfully. So I'm providing some snippets on the topics of Shopping, Problems, and How to Listen to Men.

Shopping

“Shopping” is a fundamentally different process for men and for women.

For men, “shopping” is akin to hunting—you plan for the prey you wish to kill, decide where you can best locate it, go there, kill it, and return triumphant.

For women, “shopping” is akin to foraging—you go into the woods looking for items that are in season, ripe, and desirable, not knowing exactly what you’ll find but putting in the effort to search for what’s good.

The problem is, we call these two fundamentally different activities the same thing, which confuses people enormously. If a man is reluctant to go shopping with you, understand that how he sees it - and how you present it - matters, and are likely different.

Problems

When men talk about a problem, we’re looking for solutions. ADMITTING we have a issue that we can’t resolve is actually loss of face or status (hence the famous stereotype of not stopping and asking for directions). We’re giving up status to find a fix. (Of course we gain status by providing a fix when is why men are frequently eager to help...)

When women talk about a problem, they’re usually looking for comfort. Attempting to provide a fix just gets men in trouble. Problem is, most men have to consciously change mental gears to “Poor Baby” mode; it is not very easy to do. Men are usually insulted by “comforting” and, naturally, we don’t want to insult a woman. We have to work pretty hard to understand that this is not the case with women.

How to Listen to Men (from Alison Armstrong)

To create the kind of situation that enables men to communicate fully, remember this:

Make sure it is a good time to ask a question. This means when he is not doing anything else (including things you don’t think are important). To check, you can ask, “Is this a good time to ask a question?” Don’t take it personally if he says no and try again at a later time.

After you ask the question, give him time to think before he responds. He is not taking the answer off the top of his head, he is really thinking about it. That is the respect he is paying to your question. Just wait patiently while he thinks. If you prompt him, or rephrase your question, that will interrupt his thought processes.

Once he starts talking, don’t interrupt him. This includes a comment, objection or another question.

Watch nodding your head excessively, or agreeing verbally. This can also be an interruption.

When it seems like he is finished, listen “one minute longer.” Do this until he says he is done. When he takes a breath, don’t jump in. While men are accused of being “shallow,” they are actually the opposite. They are like deep, deep wells. If you don’t give him a chance to draw up another bucket, you will only get what was on the surface.

Make sure you are safe to talk to — this means that *you can’t have a “right answer” in mind*. If his answer will get him in trouble with you, he can tell this and is likely to not answer at all. The odds of him answering the question the way you would are slim, be willing to be surprised and learn something from him.

Appreciate him for answering your question. Even if you didn’t like the answer, he honored your question with a

response.

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Ironic regret of not having a career

moonchildcountrygirl · 28 November 2022 · Archived copy · Reddit

I found this page in my early 20s. It completely radicalized me, I read all books, my political beliefs flipped. I felt so relieved to be able to admit my desires were to be deeply cherished in a relationship with a masculine man, and become a young stay at home mother rather than flounder in some career as a slave to a corporate boss. I completed my BA, resolved some health issues, and explored my passions. I trained to be a yoga teacher, and traveled. I met a man when I was 25 who checked every box. He was looking for a wife and future mother of his children and pursued me intentionally with this purpose. Bought a home and proposed to me.

Fast forward to 29, turns out he had been cheating on me, and the early course of our relationship was mirroring my desires to hook me. He tried to baby trap me and financially abused me by guilting me into paying half the bills in a home I would never own. I worked twice the hours he did and made less than 1/4 of his salary.

Looking back I'm stunned how cruel to me he became. He constantly told me I was worthless and without him would have nothing, he was afraid I'd leave him otherwise. He'd leverage my financial dependence on him, which confused me bc he expressly didn't want a woman with a career.

So now I'm at the end of my 20s with a dead end day job, (I love teaching yoga but it doesn't pay the bills.) debt, and am a cliché traumatized single almost 30 year old. I work 7 days a week sometimes 12 hour days and don't feel like I'm even making a dent to support myself. I don't know how to be in a breezy effortless sensual feminine energy while supporting myself and trying to heal. I feel like life's been cruel, and I feel like I've been stupid.

I'm kind hearted, adore children, have lots of talents and hobbies, love to cook, and joyful and bubbly and loving, I stay in shape and look younger than I am but haven't slept properly in ages, I know I can't evade time forever.

I'm off dating apps and don't drink or go out because I work every day. I live in a suburb without seemingly anyone who shares my values.

The only real light at the end of the tunnel has been finding god and nurturing friendships with other women. Though I love them, I've fallen in with a friendgroup of women who are older and single and have been similarly harmed by toxic male relationships.

What advice would you give to me moving forward? Any encouragement hope tough love or just regular old love love would be appreciated.

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My husband wants me to quit my 6 figures job

ThrowRAthatgirlfrom · 27 January 2025 · Archived copy · Reddit

My husband wants me to quit my \$8K/month software engineer job because 'too many men hit on me.' Am I wrong to feel controlled?

Hi, ladies. I'm in a bit of a dilemma and would love your perspectives.

I've been married for 6 months and I work as a software engineer making around \$8,000 a month. I absolutely love my job. It's fulfilling, pays well, and I've worked incredibly hard to get to where I am.

However, my husband recently sat me down and told me that he's no longer comfortable with me working because he says, "Too many men hit on you at work and online." I admit, I've gotten some attention from male colleagues and LinkedIn messages, but I've always kept it professional and transparent. I even told him about these instances to avoid any misunderstandings.

Now, he's pressuring me to quit my job and stay at home. He says it's about protecting our marriage, but honestly, it feels like he doesn't trust me. He earns muuuuch more than me and is very generous but I can't help but feel like I'm giving up my independence if I agree.

I'm scared this is just the first step toward controlling me. I know that we don't need my salary and I absolutely love taking care of our household and everything, but can't imagine being just stay at home wife (especially since we don't have kids yet). I think I would get crazy to do nothing whole day.

Has anyone else dealt with a situation like this? Am I overreacting, or should I stand my ground?

Can life be fulfilling with no job? If you are stay at home wife with no kids, what do you do to feel fulfilled? Are you happy?

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Why do young girls not get taught growing up how important youth, looks and relationships are?

sympathyfor90 · 17 May 2018 · Archived copy · Reddit

This is my story of regret:

<https://medium.com/@penny.lipmann/im-a-strong-single-independent-woman-and-i-m-sad-e0098a2c468d>

I didn't know I was born with high SMV and that it would decline with age. I didn't know that families were such crucial things that knit people together in life. I didn't know I'd grow up to want a man so badly it would hurt. I didn't know that all the success in the world wouldn't make me happy deep down.

I'm lucky, because I'm 28 and I still have time. But not much. And I'm kind of angry about how little I was ever told about relationships, SMV, and the less than rosy facts about male and female mating strategies.

What do you guys think of the piece? Does it ring true for you? And how do you think we could change things for the next generation of kids growing up?

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"That's not fair"

kittxxn · 21 March 2019 · Archived copy · Reddit

I visited my sister last weekend, and there's trouble in paradise. She has been with her boyfriend for seven years, since high school, moved across the country together, live together, and only a year ago, he was excitedly looking forward to marriage. Over the last year, though, things have fallen apart and she, a headstrong committed feminist, is finally asking for advice. I thought her experience could be a good reminder how bad things can get, and quickly, if we make certain mistakes in our relationships, and an example that even feminists can be receptive to our advice when their beliefs fail to yield returns.

What happened a year ago? They graduated college, and she began a PhD program in philosophy with a 22k stipend. He started working as a computer engineer making six figures. Due to her commitment to the equality ideology, instead of appreciating him and admiring him for his career, she began to subconsciously resent him for it. She began bringing him down in many ways, criticizing everything he did, how he spent his free time, and even calculating the hours she spent working on her PhD to prove she works just as hard as him and as an argument for splitting house duties down the middle, demanding much from him and begrudging her own contributions. Day by day, he began laying bricks around his heart. They used to have mandatory date nights, but as his love for her began to cool, he would use any excuse to not go, and when he did, they were devoid of romance. She suggested they try something new: a mandatory "romantic gesture" they would trade off giving each other weekly. After a few tries, he gave that up because nothing he did was "ever good enough for her." As things got worse, she became more desperate. She suggested as a solution that maybe they both try for four months to be the absolute best girlfriend and boyfriend to each other possible. He said that sounded like a long time.

My advice to her: try anyway. If this was something you'd be willing to do as a couple, do it on your own. Be the best damn woman you can possibly be, for as long as you can maintain it without any reciprocation. I believe that she can correct for her mistakes and recover lost ground, that the wall can be taken down piece by piece. She's scared that he won't respond the way I'm predicting – and that's possible. It might be too late. But she has to realize that she cannot change him, she can only change herself, and she can't expect him to fix it, or demand that he love her the way she thinks she deserves.

"That's not fair." Nope, it's not. That's the point. If you are exceptional, extraordinary, generous, feminine, understanding, grateful, sweet, and loving, his attitude might shift from feeling like maybe life would be better without you, to realizing he has to step up his game to deserve such an incredible woman. And further, she will gain fulfillment and peace from loving him and giving generously for the sake of giving. Remind him why he fell in love. Why he moved across the country to be with you. Love must be given selflessly, and in service to one another, not in competition. When you find a man worthy of this type of love, shower him in it though it came from a bottomless well. If love still is not returned to you, it unfortunately might be too late, and it might be best to move on. But Helen Andelin documents many marriages in far worse condition that were saved by the woman becoming the best she can be, and awakening a powerful love in a man neither one knew existed. I have to believe it is possible. My heart aches for her, for being so misguided by modern women. And unfortunately, I think this is not unique in the slightest – I think this is how many feminism-minded couples live for years, resenting one another and themselves for not being able to make marriage based entirely on "fairness" work the way it was supposed to.

Take a moment tonight to admire and appreciate your man extra, even if you're already in a happy, traditional relationship. It means more to him than you know. And give, generously, daily, and the return is more valuable than the world.

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Do not be beholden to your parents after you marry your husband!

PinkAnna · 4 October 2020 · Archived copy · Reddit

Hello RPW, frequent lurker of this subreddit and I love the advice I read on here. I wanted to share a bit of advice I learned from my own marriage and also observing other women's marriages.

Once you marry your husband, HE should be your number one priority and advisor in life. NOT your parents. I can't tell you how frequently I see this. A woman will get married to her husband, but she still continues to be beholden to her parents. She still continues to obey and consult her parents the way she did when she was living under their care.

I did this in my own marriage. The first few years of my marriage, my husband knew I was beholden to my parents. When my parents asked me for a favor, I IMMEDIATELY sprung to action to help them. If we were running late to a family dinner, I would stress my husband out and become flustered because I could never be late to see my parents. Whenever my parents would visit the house, I would spend the whole day cleaning beforehand. When my car broke down, I would immediately think to ask my dad how to solve the problem (because this was normal for me my entire childhood). When I was sad, I'd call my mom to cry and vent instead of going to my husband. When my parents called me on the phone, I would always drop whatever I was doing to take their call, even if I was doing something with my husband.

My husband picked up on this, and it made him feel as if I valued my parents and their input more than him. It made him feel as if he was second to them. I never realized my husband felt this way, because it was normal for me to rely on my parents and I relied on them my entire life. And when I got married, that behavior didn't just shut off. I continued to be beholden to my parents without realizing it was hurting my husband's feelings and undermining him as a man.

I see this frequently with other women in their marriages. One of my female friends just made her husband quit his job and move back to her home state so she could be close to her parents, because she couldn't handle living across the country and being away from them. After the move, their marriage slowly fell apart because it's obvious she needs and values her parents more than her husband.

You can still love and respect your parents and be close with them! BUT your husband should be your number one priority, and I would suggest you take some time to examine your behavior toward your parents and see if some of your actions undermine your husband in favor of your parents. **Your husband should have no doubt in his mind that HE is your number one loyalty and that HE has your respect first and foremost, before anyone else, including your parents.**

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Worked on my femininity and I have NEVER felt better!

beaniemyheart · 29 March 2020 · Archived copy · Reddit

Two months ago you would never catch me wearing a dress! I GREW UP hating dresses and skirts and pink and anything feminine but over the years I have come to start liking pink and skirts. I still never wore dresses though. But a day at a picnic with my bf totally flipped a switch and now I own 5.

I wear my contacts more often now in place of glasses, apply makeup, wear perfume, a cute pearl necklace if my outfit matches, and generally make sure I look good way more often now than I did in the past.

My bf's reaction has been great. Today I wore a very flattering denim dress and my pearl necklace, and he took a picture of me when we sat down for lunch, and kept shooting me compliments. He even said he'd like to make love to me in that dress lol, which he has been saying for pretty much every dress and skirt I've worn so far.

Yesterday I even asked him whether he liked me wearing dresses or pants better, and he said dresses, because I looked cute in it.

I also make sure he feels cared for. He's in the military now, but I get to see him every weekend. Whenever he comes home and I visit his place, I make sure to give him a massage, because he deserves it for all the hard work he puts into serving the country. Sometimes I get so engrossed in the massage that an hour passes without me even noticing.

My point being that I feel so damn feminine and so good about myself! I feel energized from all the increased intimacy and he feels loved and appreciated and like the luckiest guy in the world. I don't think I've felt this good before, even on my best days. Our relationship is pretty long (and we've been through things - like me being a raging teen feminist for a whole year who could not stop getting upset at everything) and in recent years we have not lacked intimacy but the extra intimacy now is insane. I *love* it.

I still have a lot to work on on improving my femininity and also simply as a woman. But I already love it so far and I'm SO glad there's a community of RPW living with the same views! What do you do to increase your femininity and lovability? Cheers!

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Everything I wish every woman knew about weight and beauty.

Jubilee222 · 20 December 2020 · Archived copy · Reddit

In response to some recent posts and questions about weight. From a happily married woman.

1. BMI is a very poor indicator of health. It was never designed to be used as such, only as an arbitrary measurement.
2. There is SO much that plays into attraction like ethnicity, culture, region, personal experience, bias, and preferences, and so on. It's really impossible to give much of a blanket answer beyond some basic generalizations that still won't apply to everyone.
3. Age plays into this as well. Most women naturally gain some weight after the 18-21/22 year old range. I work in women's health, actually, this is getting into prime fertility stages and lots of women, it's almost like a second growth spurt. They may go up in bra size and even a little in pant size due to hormone mediated widening of the hips in preparation for childbirth. Age of the men in context is important to. What men prefer when they are 18-25 and 25+ tends to change as well.
4. Women need a healthy amount of body fat for optimal fertility. Progesterone in particular is a fat-mediated hormone. Women with a body fat percentage below a certain amount are at risk for amenorrhea, irregular cycles, difficulty conceiving, and difficult breastfeeding. Poor childhood nutrition can increase the risk of small and less than ideal pelvic shapes, leading to increased risks of difficulties giving birth.
5. "Healthy/ideal weight" is going to vary by individual body type, genetics, ethnicity, etc. I, for example, have about 42 inch hips (was about 40 before I had a child). I've got extremely wide hips, I've actually gotten a pelvic x-ray. There is no fat on either side of my hip bones, it's just my bones, with a very wide pelvic opening. I could diet till I died, it would not change my pant size but more than an inch max. This also allowed me to push out a malpositioned baby, unmedicated, without intervention. My husband loves it, and it's literally the way my body was built, we joke that I actually have "birthing hips". I've learned to love them, dress them well, and accentuate them, which is way more attractive than dieting myself to ill health to go down maybe one pant size.
6. In the past, a healthy amount of body fat was a wealth and status symbol. Thinness was associated with poverty. We now have the opposite experience where thinness is a wealth/status/education symbol.

Men that I've talked to when I was dating (married now), who were looking for long-term partners, women to start a family with, were not as interested in excessively thin women in general. There was a preference for a healthy weight, but also not having an obsession with weight. Excessive dieting, not being willing to indulge, and obsession with appearance, were all very unattractive qualities regardless of appearance.

I follow the 80%/90% rule. It's the rule that states in life that you can do 80-90% of the work on a various thing and the vast majority of people will be pleased, impressed, happy with your work, whatever. And you can do that 80% comfortably without pushing yourself beyond your limits, becoming unpleasant to be around, and without causing harm to yourself or those around you.

You are likely the only one that would notice the difference between 80% and 100%. And that last little piece would be ten times the work of the 80% that came before it. And it could potentially take away from other important things in life, could cause harm, could make you deeply unpleasant to be around, etc.

So, eat healthy, within reason. I love Micheal Pollens work on diet and lifestyle, moderation, and health. But if achieving a certain look becomes obsessive, inhibits normal life functioning, makes you unpleasant, takes up way too much of your mental space and energy, *that is inherently unattractive and unhealthy*. No one cares about collarbones that much, except the people trying to arbitrarily achieve them.

Yes, be healthy. But also indulge. Work out, but don't obsess. Take care of yourself, inside and out, and cultivate a healthy mindset and healthy relationship with your appearance. Vanity and obsession doesn't look good on *anyone*.

I had many men in my time of dating say that they loved just *average* women. Women who weren't "a bag of bones", and had a womanly, feminine figure. Someone who wasn't ripped with a six pack. Someone who wasn't overweight. Women who had breasts to grab, a butt to hold, some nice curves, but more than anything, a fun, easy-going, enjoyable to be around personality who had diverse interests, intelligence, and so forth.

Anyone can get someone's attention momentarily with looks. But it's a much deeper and more profound ability to keep that attention in the long term. Looks will eventually fad, long-term health, mental and physical, won't if you cultivate them.

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The existence of all red pill ideology highlights one big issue: Why do we tell people looks/money/personality type doesn't matter when it does?

LilaDuter · 26 April 2021 · Archived copy · Reddit

We want to believe that life is fair.

We want to believe that the things you can't control don't matter.

But life is a game. Human brains have biases that can easily be exploited if you play your cards right. Women who are young and beautiful are rewarded. Men who are rich and powerful are rewarded. Everyone else is generally left to the wayside: the old, the weak, the poor.

You're good-looking? You're rich? You're friendly? You're a good person! You are a superhero!

You're ugly? You're poor? Not socially adept? You won't socially succeed as well as your peers.

Sure, there are exceptions and complexities to all of this that I don't fully understand. Exceptions are not rules. I see so many posts on certain subreddits saying that rich and beautiful people are secretly shallow and unhappy. I'm sure some of them are, but the majority of them are good people that get to reap the benefits of being the ideal, and average people just attack them to feel better about themselves. To feel that life is fair. Yet the average can't help but admire, because they are playing the game right. There are people that exist who have it all, they are just born that way. There are some who will never have it all, and they are just born that way.

I know when you are born, life doesn't "owe" us anything. I just wish we didn't tell people to just "be yourself" and the good things will come because this simply is not the truth. You can be a "version" of yourself that matches more closely to the ideal, an ideal that is constantly evolving, but you are still changing yourself. We all have to whether we like it or not.

You can't opt-out of this game because humans crave the acceptance of others. They need it to survive.

It all just seems like one big sick evolutionary game. Men cannot be themselves. Women cannot be themselves. People cannot be themselves, it is not advantageous to do so.

Of course, then there is the argument of defining what even the "self" is in the first place. A discussion that probably belongs on the philosophy subreddit.

Closing note: So, what is the point of all this? I am not sure, I am just thinking. Though I don't really love that this is the way the world works, I am fully aware that this is a system I CHOOSE to participate in, one that I will be a part of for the rest of my life. I could easily just save enough money to go live on a wireless ranch for the rest of

my life. I don't want to sound like I am whining, I am constantly trying to improve myself every day. I am simply reconciling with the harsh truths of reality. I'm not sure how I will ever tell my children that this is the way the world works, I can only hope maybe I can advocate for a better world for my children to live in.

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UPVOTES

What I look for in a man: Husband Material

kittxxn · 8 September 2018 · Archived copy · Reddit

This post is inspired from a question posted yesterday on RPW about vetting questions to ask a man. I think a far superior question is what vetting questions you should ask yourself about the man you're with. My thoughts became extensive enough on the topic that I decided to make a separate post.

These are questions I asked myself while I was getting to know my current s/o, and questions I asked myself while I was deciding whether or not to accept the proposal and engagement of my last. These questions provided me valuable guidance, and gave me the courage to do the right thing for myself and my future family. For me, they're non-negotiable. Someone once told me that the greatest gift you can give your children is their father. This isn't a list of what I want in a man, this is what I feel is essential if I expect to build a life and family with someone.

- Do I respect him? Do I think he's admirable, and do I look up to him? Do I find myself more often asking him for advice or feeling the need to give him advice? Am I proud to show him off to my family and friends? Many women today don't seem to answer this in the affirmative. It is very difficult to cultivate a healthy relationship with a man you don't respect, and will often leave both people miserable. You should trust his judgement and guidance, and be proud to be his. You should be attracted to him, physically, and also to his character.
- Is he honest with me? Trusting his honesty and sincerity is a must for a future husband. If you can't trust his word, you can't trust your entire world. You deserve to know the truth about who he is, even the bits he might regret or that might hurt your feelings. It's the foundation of the entire house. Be someone he can tell the truth to. Don't love him because he's perfect, because no one is, and it only pressures him to lie to keep up the frame. If he knows this, and still feels the need to keep things from you, you will wonder your entire life what is real and what is a facade.
- Do I feel safe and comfortable being honest with him? This is the flip side ladies. If you're with someone that demands perfection from you, you will feel that same pressure to maintain an illusion of perfection. Your husband should be someone that you can come to with anything. If you're pretending to be someone you're not while you're dating, it certainly isn't fair to him, and it also isn't fair to you. Find someone who loves you, accepts your limitations, and helps you be better. Dishonesty is often a personal problem that you need to work through, but you should never be afraid to tell the truth to your partner.
- Does he make me feel desirable and valued? This is the equivalent of a man's need for respect. How does he look at me? How does he react when I do something special for him? How does he hold me? He should look at you like there's nothing else in the world he's looking for. He should hold you like there's nothing else he's reaching for. Of course, this comes with the assumption that you are putting effort into the relationship, but when you do, does he appreciate it? Many women have turned away from traditional marriage because many men have taken those women for granted. This question includes feeling desired and beautiful in the bedroom, as well.
- What is he like when he is upset? Many men, especially younger men, have not yet gained the reins on their anger or frustrations. Does he shout and curse at you unnecessarily? Is he quick to become physically aggressive towards other men? Does he have a quick temper? Is it worse when he drinks? Is he rude? Men might think this behavior is "alpha" but it is quite the opposite, and a major turn off. Good, strong men are in control of their emotions and words as much as they are in control of situations. A soft, low, stern tone is much more effective at communicating grievances than throwing a tantrum like a child.
- Are we compatible with values, morals, priorities, religion, finances, style, motivations, politics, etc? I can't make this question more specific, because everyone's compatibility varies individually. But do you often find yourself in disagreement with him about the things in your life you both want and care about. Infatuations can often distract us from learning the core of a person, and can cause us to overlook serious compatibility issues

that might not matter now, but will matter in 5, 10, 20+ years. This includes things like how you want to raise your children, what amount of spending and saving is acceptable, where you want to live, and even, what constitutes an ideal weekend? Significant differences in answers indicate a pretty serious problem. I know these questions can be hard to ask, but they are invaluable.

- Is he receptive to my needs, concerns, and ideas? While many of us RPW believe in the captain/first mate dynamic, and trust our men to lead us, we still need to find a man who values our input, including things within the relationship, that we might have concerns about. If something's important to me, does he make it important to him too? If something makes me happy, does he make it a priority? If something upsets me or makes me uncomfortable, does he care?
- Does he help me be the best version of myself? Does my love and respect for him inspire me to improve, to take care of my body, to sort myself out? Does my commitment do the same for him, or does he use it as an excuse to "let himself go," physically or with general motivation? Does he have humility about the things within himself that he should work on? Does he know how to apologize and how to forgive? A healthy relationship makes both participants better and stronger.
- How does he act when he's faced with a challenge? Does he give up or push forward? Is he a hard worker? Salary and job security are fine measures of success, but choose a man with the attitude of a successful man, not just the bank account of one. Choose a hardworking, industrious, motivated, and ambitious man with a 40k salary over one with a multi-million dollar trust fund from daddy without a single callous on his hands.

I'd love to hear from everyone what other questions they ask themselves. Have a beautiful weekend!

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UPVOTES

No More Mr Nice Guy Should be Required RPW Reading

misscleanex · 1 October 2019 · Archived copy · Reddit

No More Mr Nice Guy by Robert Glover (From here on out, "NMMNG") is a fantastic tool and should be added to the RPW toolbox.

There's that saying that goes "Nice guys finish last," **Green Day** had a smash hit in the 90s about it, and of course there's the infamous subreddit.

Now, NMMNG is a book for men, by a man, designed for men to avoid being "that guy," but even though the intended audience is men and there are homework exercises throughout designed for men to do, this book shouldn't be dismissed as a Men's Only book. This book should be added to the RPW staples because it has advice that is crucial for successful relationships regardless of gender, it could be very useful to identify men with blazing red flags, and more importantly it is so incredibly useful for identifying high quality men.

NMMNG identifies unhealthy behaviors like covert contracts, pedestaling, and constant seeking the approval of others, and what drives them to do this behavior, how to avoid engaging in this behavior, and why this behavior is poisonous to relationships. This type of material is invaluable for anybody, regardless of gender. It makes quick sense of behavior that women often ask about on RPW and often are quick to write off as harmless for them to engage in.

When I first read the RPW sidebar, I would argue that the most confusing thing about everything was how much it talks about the importance of vetting, and how little it talks about actually vetting. There's a very vague checklist of items to green light and red light, but at the end of the day, it's a checklist. With boxes. Totally open to interpretation. NMMNG goes a step further and *paints a picture* of the difference between a high quality man and a Nice Guy™ with plenty of examples and explanations that make the comparison much easier to decipher.

NMMNG makes discovering undesirable traits in potential mates easy. Things like lying to hide flaws, being non-confrontational, keeping score, the savior complex, and an inability to stand up to mom. This book explains a concise portraiture of how to identify potentially abusive behaviors in potential mates as well, along with what drives those behaviors to manifest themselves in people.

On the inverse, this book makes identifying a quality man much easier. It distinguishes Mr Right from Mr Wrong in Mr Right's clothing and paints the persona of a high quality man who possesses the qualities we as women so often miss because we get hung up on the logical fallacy of thinking a man with achievement and material wealth should automatically possess.

Upon reading the book, I immediately understood why it didn't work out with my exes, and I understood even more why things were going so well with my current significant other. It was so eye opening that I had to make the case.

I hope you all will also give it a read and see this for the invaluable vetting tool that it is!

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UPVOTES

I'm New and I Wanted to Share My Joy

frvalne · 30 December 2019 · Archived copy · Reddit

So, I wanted to share my perspective as a traditional wife and stay-at-home mom. I LOVE my traditional lifestyle. Adore it. I have one little girl and 2 little boys. My husband is 6'5", very handsome, fit, makes 6 figures, and loves me very much. I'm crazy about him. He's kind and loyal and sweet. I feel lucky every single day and I make sure my husband feels appreciated and respected.

Motherhood is a challenge but I feel fulfillment in keeping a clean, organized home, cooking homemade bread and meals, budgeting, meal planning, being home with my little ones, decorating, working out, gardening, deep cleaning, serving in my community, volunteering in my daughter's class, creating a warm and peaceful home that's an escape from the world, going to library story time with my toddler, making crafts with my 4 year old boy, and so on.

I realize I'm fortunate and in a position where this lifestyle is an option for me. But I was also a SAHM mom and homemaker when my husband was making 40k a year. We worked it out, we're frugal, went without luxuries.

I share this because I have found, that although it can get tedious many days, lonely at times, and the world mocks my efforts, it's a really rewarding option. Being an encouraging, feminine, stable, motherly, wifely presence in our home has blessed my whole family.

So if you're considering it, I just really recommend it. I feel adored and appreciated and needed and valuable and I can't think of a role in the career world where my efforts would be more meaningful than they are here, nurturing my own family.

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UPVOTES

In defense of femininity. I'm really tired of seeing ultrafeminine habits get dismissed as "basic" (vent)

lavieennoir94 · 2 April 2021 · Archived copy · Reddit

Meme after meme on Instagram poking fun at women for collecting plants, doing yoga, taking care of themselves, buying maybe some of the same home accessories or fashion books. It's just exhausting. Let us live!

Men and women today have such unrealistic expectations going both ways, and seem to forget that statistically there are at least 5 other humans on this earth identical to them! It's like you're expected to look gorgeous all the time but conveniently, without admitting to putting in the work it takes to maintain that. Conversely, expected to be able to "hang" and eat junk food, magically transform into this tomboy type on a dime, read what he reads, take it up the ass in the bedroom, etc etc etc and all these other things just to check off boxes. I mean...you are literally expected to be #NotLikeOtherGirls all the time and it's exhausting. I'm tired of seeing this get mainstreamed. It's like this nightmarish, ironic fusion of Bluepill culture and a strange form of misogyny at the same time.

Just let us live for crying out loud.

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UPVOTES

Has anyone else noticed that the only men around them involved in church or religious stuff seem to be low-test/effeminate/borderline gay?

grandmother__willow · 10 September 2020 · Archived copy · Reddit

I've found this to be an issue in practicing Catholic circles. I even went out with a devout guy whom I found out was in the closet sometime later.

Honestly it seems like "masculine" "guys guys" just seem to have no interest in organized religion, or are only a part of it nominally. My impression is that these types almost end up not needing church or the concept of God as a fallback.

Has anyone had luck meeting masculine men who also demonstrate some commitment to their spiritual lives?

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UPVOTES

Being his safe place to land.

Fieryirishplease · 8 December 2018 · Archived copy · Reddit

I have been a very long term lurker here. This is a place I come to in order to re-ground myself in this world. Thank you all so much for that! I apologize for the long winded writing now.

Being here has taught me quite a lot about being a safe or soft place to land for my Captain. I sometimes forget how important that can be but then there are nights like this that I remember and I come back.

My Captain is an extremely dedicated man. He works long hours in very cold weather to take care of us (myself, and our three fur children who are our pride and joy). On Wednesday he let me know that the next day he needed to be up and at work by 7am to catch a ride to our neighboring state to pick up a truck for work. We recently moved to a new state with a much smaller work yard that the old one which meant he didn't have his own truck to work off of yet. He was slated to be home from grabbing the truck Friday evening.

When he got home he was a poor drained zombie, he had been driving for 10+ hours on icy roads with an admittedly crappy truck. He was exhausted. Pretty much as soon as we got home he parked himself on the couch with a YouTube video pulled up to unwind. I had missed him and of course sat beside him for a cuddle.

He grabbed my legs, swung them over his and laid his head in my lap with the most contented look on his face. For 20 minutes he laid with his head in my lap just nuzzling my thighs and saying he missed me last night. This man is so strong every single day, it takes my breath away that he sees fit to show me his vulnerable side. He only let go when his stomach started to growl and I said I would go make him some ravioli. (It's a home made recipe, dough and filling from scratch, I even partake despite the carb heaviness and collateral annoyance to my stomach.)

Three different times while I was in the kitchen making dinner he came in to hug me and thank me for making his favorite food. While he was sat down to eat and I was fixing up some stuff in the bedroom waiting for mine to cool he said "thank you" or "this is delicious baby!" whenever I had to grab something from the living area.

I may not have always shown my Captain that I thought he was a treasure but now, each day I recommit to showing him that he is my Captain and that I love and care for his well being. Each day he shows me that he is more worthy of that than ever.

Edit: Tomorrow I have decided that I will be telling my Captain how deeply I respect him, as a man, a provider, and as my Him. I feel like I haven't done that enough in the last year. I will be changing that. He has done so much more than I can explain, it would need its own mega post I think.

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UPVOTES

Ending my 4-year relationship with boyfriend that has (undiagnosed) Paranoid Personality Disorder

firebal222 · 20 August 2020 · Archived copy · Reddit

Hello ladies.

We hear a lot of talk about red flags when dating. Especially concerning the narcissistic, egocentric and bipolar men out there. Today I want to shine some light on the type of personality that may not be obvious in the beginning of your relationship. It can however spiral out of control fast. I want to give my experience with dealing with the **Paranoid Personality Disorder**.

From the beginning of our relationship I noticed that my boyfriend had special "quirks".

If he could not find something he needed, somebody **must have stolen it to get on his nerves**. As the only persons with access were me and my mom (spare key), we were the accused. I thought it was very weird that he would think that way. But at the time, I let it slide multiple times. I mentally added it to my list of his "mostly harmless quirks", and ignored it as much as possible.

One time he came home with a bunch of ingredients and asked me to cook him dinner. I felt like cooking, so I got started. When he came to the kitchen a bit later, he was immediately confronting me that I was doing it all in the wrong order. I was just making dinner as I would normally, and as I saw my mom do. But according to him I had to have known the correct sequence of cooking meat and sauce and vegetables and I was **doing it wrong ON PURPOSE to make him mad**.

Whenever I made any kind of mistake it was always interpreted as me **playing dumb and trying to irritate him**.

One time he was looking out the window at our street (lots of row houses, lots of cars) and commented "Oh, they got a new car." Naturally I was curious and come over to have a look. I am not a car person, so I asked "Whose car, and which one is it?". BAMN. Total blow up. Apparently I was playing dumb again by asking a normal question? He was convinced I should know which neighbor he meant and which car outside was brand new.

I felt like I constantly needed to monitor what I did and said in order to not make him angry. But if I **made him angry by "chewing", "blinking", and "taking a second too long to answer"** (the fuck?!), how the hell could I function normally? Nevermind that me **acting cautiously around him also seemed to be a trigger** to make him mad. Whatever I did, it seemed to always be the wrong thing.

Similar episodes occurred throughout our relationship. I was not stable enough to see the truth. At one point **he almost had me convinced that I was really subconsciously doing these things** to make him mad and get his attention.

These episodes were the lows in our rollercoaster relationship. There were **times were it was awesome** and it felt like **us against the world**. And then inevitably the crash would come. It would come **totally random**, from a seemingly unharmed remark about any topic. And it would be my fault again. Cause I was always trying to harm him, in his mind.

He was also convinced that **everyone had ulterior motives** for every action that they take. For him, the world was a selfish place where big fish eat smaller fish. Every thing that happened was a **sleight against him**, and such **disrespect** was called out. The cashier was not that friendly today? They must have gossiped about him behind his back. Or she's a bitch and thinks she's better than everyone. It never crosses his mind that **people could be having a bad day**.

A year or so into the relationship, he started reading **red pill, and black pill**. I can honestly say that it made him a **complete disaster**. He became convinced that every woman had the possibility to be unfaithful. They were always on the lookout to "branch swing" to a better man. Funny enough he did not pick up on the part of red pill that men needed to be captains of the ship. He has never been able to keep a steady job, **always getting fired**. It was always

because someone was jealous of him, or perceived him as a threat to their function. I am ashamed to admit that for the past year, I have been the sole contributor to our rent and utilities. He helped out occasionally with the groceries and he mostly payed when we went out to eat and such. I suspect the latter was to **protect his pride**. Whenever I (always very gently) opened up the subject of him owing me a lot of back rent, he became defensive. At one point he even admitted that he does not see that he HAS to pay me back, that if he does it would be a **FAVOR to me**.

A lot of times, I felt like I was living with a **mentally unstable son**. My respect for him as a partner naturally dwindled over the past year, as he could no longer be a provider. As a modern woman I was willing to compromise, of course. If he had taken up the household chores and such, I could have lived with the balance. But that did not happen. He did some, yes, but not enough to tip the balance.

At one point, I wanted to discuss our future together. I've always wanted a family and he knows this. Whenever I would open up the subject of a possible child (I know, what was I thinking?!), he would become very defensive. During one of our talks he even **suggested that I could use a donor**. What an awful thing to say to your partner?

He has now been unemployed for months again. There was a time that I felt I could take it no longer and I asked him to either give me proof every day that he is applying for jobs OR sell his car to at least pay for his part of the rent that he owed. He refused both and told me that I should just trust him. The next few days he did involve me more in his job searching process.

I am certain that he is depressed and it is making his disorder worse.

I have decided that I cannot live with this person any longer. He is draining my shining positive personality. I would never intentionally harm another person. The fact that he will never believe that has made me realize that my own partner does not know me. My work colleagues have a better understanding of my personality than him.

Finally I am stable enough to end it. I cannot fix his personality disorder. His world view is skewed, and I do not want to live in that delusion with him.

I hope this post can help other women who may be dealing with similar issues. Feel free to reach out to me if you want to talk about your struggles.

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UPVOTES

Theory about “Man Flu” - Aka how resentment manifests

not_the_notebook · 9 September 2019 · Archived copy · Reddit

I just wanted to post this theory. I hear a lot about man flu. It's been a thing since I can remember. Growing up, my mother would mock my dad for having man flu and being a baby.

I just saw in a forum a woman complaining about her partners man flu because she handles being sick, and being much more sick, “better” than he does. What is better? Apparently continuing to do all regular household chores and stay somewhat upbeat and independent while sick. Not needing anything, toughing it out. Meanwhile her husband has the Man Flu! Eyeroll, am I right ladies?

I have a serious issue with Man Flu, the term has always really annoyed me. Aside from the fact that belittling your partner isn't okay, belittling him while he's in pain is even worse. So why do we do it? Why is this such a common observation or complaint that it has a name that is pretty much universally understood - Man Flu.

Maybe women are intrinsically more robust when it comes to the common cold. Maybe men have a lower tolerance for pain. Or maybe men really are just more vocal about this sort of pain.

Here's my theory. When these women are sick, they stick it out. They tough it out, they take care of themselves, they ask for little in return. Except do they? Because as soon as their partner dares not to handle their own sickness the same way, these women become resentful. “I barely complained! I still did the laundry and looked after the kids and went to work! Now he has a cold and he wants to stay in bed? He needs me to run to the store for him? He wants me to bring him soup?”

How dare he, right? I think this resentment comes from toughing it out when you didn't really want to. Nobody told you to be super woman. Nobody told you to be a martyr. But you did it anyway, for reasons I can guess at. Maybe you were raised to think you didn't deserve kindness, maybe you were raised with a “rub some dirt in it, walk it off” mentality. Either way - clearly you're not actually okay with the fact that you toughed it out while sick, otherwise you wouldn't despise your husband for daring to need help and to complain while sick. Your husbands experience of an illness would have nothing to do with you, if you didn't carry with you an unspoken resentment for being stronger, tougher, more independent than he asked you to be.

Maybe next time you're sick you should indulge in the so called man flu a little. Ask your husband to make you hot tea. Look at him like he's Hercules and thank him when he brings it to you. Ask him to put the kids to bed, and order a pizza for dinner instead of cooking while you feel miserable.

I bet it'll feel good to not needlessly self sacrifice and be unrewarded for it. I bet it'll make your husband feel really good too, to know that you need and appreciate him. And to not be chastised or mocked for his man flu the next time he dares to encounter the common cold.

I do realize that not everybody who says their husband has the Man Flu actually resents their husband or is trying to put them down. Just an observation and a theory behind why some women seem so hell bent on invalidating their partners and seem to take it so personally that their partner is “weak” while sick.

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UPVOTES

How to be irreplaceable aka bring value

mairymb · 3 October 2019 · Archived copy · Reddit

I'd like opinion from men in general and also from women who are in relationships.

I always thought that being pretty and having a nice personality was all that I needed to find someone. I'm 27 now and I realized while reading this subreddit that it's not enough. I realize that men have so much choice if we're talking about beauty, everyday I see gorgeous women and younger also. I'd like to know how to stand out in the crowd. How to truly be irreplaceable to a man without being a doormat. How can I show my worth on those first dates ?

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UPVOTES

Quarantine Reposts: Childlike vs Childish

pearlsandstilettos · 21 March 2020 · Archived copy · Reddit

Here is a repost from our EC [/u/vanbeethovenludwig](#) from about 2 years back. As each day adds new stress and restrictions, we would all do well to bring some lighthearted joy into our households.

What will you do this week to bring some childlike light to your relationship?

My boyfriend has a friend, who is in his 50's. He married a woman much younger than him, she's 29. While she's gorgeous and youthful, they fight. A LOT. Predominantly because the age difference is too big, and she hasn't caught on to what her responsibilities should be.

For example, yesterday they had to take a flight in the evening to France. The husband was working in the morning and began packing in the afternoon.

Wife is out hanging with her girlfriend and returns home 1.5 hours before departure. She hasn't packed. Ensur big argument between the couple since she's acting like an irresponsible child when she's almost 30. Apparently she needed him to tell her what time to come home and what she needed to do, she couldn't think for herself and think like an adult.

While this example might be extreme (since there's a 25 year age gap), it's still proves true that even when a man wants a submissive, youthful wife, you will still irritate him by being childish and irresponsible.

Childlike is different than *childish*. *Childlike* is when you are open to life's opportunities, are fearless, excited, optimistic. *Childish* is being irresponsible, unmanageable, stubborn, immature.

Wives need to be feminine, radiant but also functional. The key is not to let your functionality overrun the relationship (bossy, naggy). How can RPW maintain your childlike optimism while still being functional?

1) **Childlike affection.** Ever seen a little girl hug a puppy, or kiss her parents? Or beg her daddy for a piggy back ride? Giggle when someone harmlessly teases her? She's open with her emotions, she's not afraid to show her love. She gives her affection to those that are dear to her.

2) **Childlike enjoyment.** Think about a little girl eating ice cream, enjoying her favorite lasagna, putting on a pair of beautiful earrings, painting her nails, singing along to her favorite song. She's happy about the simple things in life. She's uninhibited with the pleasures of the world. Any good woman knows how to control her emotions - to switch from being functional to being childlike, and a talented RPW knows how to assess which situation requires which quality.

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UPVOTES

My mother is uncomfortable with my traditional relationship

Grand-Parking8916 · 14 November 2020 · Archived copy · Reddit

I (F26) am in a happy relationship with my boyfriend (M31). We have a very traditional relationship. We are choosing to abstain until marriage, not live together until marriage etc. It is more of a courtship to be honest.

We are both incredibly happy. More often than not I defer decisions to him. He is a great leader and looks after me very well. I don't control him, only let him know my thoughts in a polite way that is not confrontational.

The longer we are together, the more my feminist mom is starting to clue in on this dynamic and has been vocal to me in private that she does not approve and that I should be trying harder to lead the relationship instead of him.

It's shocking because for years she gave me a lot of redpill advice that I did not always listen to.

Now that I am, she has decided not to like it and find its uncomfortable that I don't try and be more "equal" in my relationship. I'm not sure how to tackle this since I still live with my family.

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UPVOTES

RPW has made me so much happier because I've stopped feeling bad about not being a man!

Exstntial-strawberry · 9 November 2022 · Archived copy · Reddit

Just a random thought... My whole life before RPW I was pursuing a version of myself that was not really me. It was a masculine image that I'd seen projected to me by my family (my family is mostly men) and by pop culture. I thought that to be worthy I had to achieve something amazing career wise, be the funniest/most outgoing person in the room, and be super confident and not give a crap about anything. RPW has made me realize that me just being my loving, giving, genuine self is enough. 🙏 thanks ladies, so happy I found you 🙏🙏🙏

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UPVOTES

I realized that I have absolutely nothing to offer men.

redthrow1121 · 19 April 2019 · Archived copy · Reddit

Hi so... I'm not really sure where to start here as my mind is all over the place

Sure to (certain) men, I probably have looks that might interest them for the time being, but that's about it.

It's occurred to me in the last several months, during which I've been focusing on self reflection, that I have nothing to offer in a romantic relationship.

I've come to understand that what men want is a woman who is empathic and emotionally mature, someone who "loves him for who he is" and not what he can do for her. Someone who is willing to understand him and appreciate him beyond what he has to offer externally. Someone who isn't going to be resentful when he doesn't completely act the way she expects him to, and doesn't try to manipulate. She can also find happiness on her own, and doesn't expect him to validate her emotionally in every way.

And that's not me at all, nor am I sure that can ever be me.

I don't want to get into details, but I have a lot of emotional baggage, namely from feeling like my parents never truly loved or accepted me in an unconditional manner, and this gave some serious self esteem issues. Hell I was reading about "attachment theory" and I think I fall into anxious-preoccupied pretty well.

I think I was looking for a partner to provide me what (I felt) that my parents never gave me, and unfortunately that's just not a good reason to get into a relationship. I am more focused on what a partner can do for me and less what I can do for the partner, and whether I can love them in a similar fashion.

I'm at a cross roads where I have this information, but not sure where to go from here. Sure I can work on my problems, but I have no clue how long that'll take or if I'll ever recover. Hell, I think it's possible I have no clue what "love" truly means outside of liking someone who fits certain criteria you've established.

I don't think it's fair, especially at this point, for any man to be with me.

I'm wondering if there are any women on here who are similar to me? Did you decide to continue to pursue romantic relationships while working on emotional issues? Or did you forgo relationships entirely?

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UPVOTES

COVID19 and the hypocrisy of modern feminism

HappilyMrs · 7 April 2020 · Archived copy · Reddit

Am I the only one who is disgusted that no-one cares about the fact that men are getting hospitalised and dying at a much faster rate than women? In the UK the death rates in ICU for men is just about 70%. That's a huge discrepancy. Yet there is no media outrage, no extra protections, and large amount of men are still having to work because their jobs (manufacture, heavy labour and driving got example) are still running.

If it was 70% of women, the media would be up in arms. But when it's husbands, fathers, brothers, no-one bats an eyelid.

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UPVOTES

Besides sex - HOW do men need women?

TheCharlieOfRomeos · 8 July 2021 · Archived copy · Reddit

Hear me out. F23 here. I was watching a lot of Kevin Samuels and Fresh and Fit podcast YouTube content and comments because I was genuinely interested in the Red Pill concept. The RP platforms want all average men to work to become a HVM. HVM have a certain body count, earn +6 figures, is tall, and can be resourceful to as many other women as he wants. (But if everyone has him, how is he high value.?) ANYWAYS, a frequent question the hosts asks, is what women bring to the table besides sex+children, to which the women respond: I bring peace, I cook all the meals, I clean the house, I help him with his work, job, I provide emotional support, I take care kids.

The hosts say these values are great and are indispensable. BUT then, contradict their own opinions by saying men shouldn't be looking to women for emotional support because women aren't equipped to handle a mans mind. Moreover in their YouTube comments, so many men say they learned to cook, clean and take care of themselves in bachelorhood. The hosts advise girls to listen to their (rightfully) overprotective fathers who say 'don't sleep with men on the first date'! Yet, the hosts want a girl to say yes to sex on the first date so she doesn't leverage sex against you. No wonder we're lost and confused.

I see a lot of contradictions in their statements on what they 'WANT' within a women, but there are SO MANY comments just seem to say "I can do all of that myself anyways, and I have my boys to back me up emotionally...ect." How should a woman build herself up to be necessary for a man then?

I'm sorry if I sound stupid, but I want someone to spill some truth in here. BTW I will gladly submit to a man because he has worked his ass off to provide. But as far as retaining a man—assist him with work tasks, cooking, cleaning, being their peace—apparently they can do that for themselves anyways. The hosts say 'men and women work better together' but all their statements prove men don't need women, even since the beginning of time. I'm single, but I don't know how to build myself to be a proper wife. The additional value I thought I would bring to the table, appears to already have been made.

****TLDR;** How have you ladies built yourself to become utterly indispensable?

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UPVOTES

Let your captain lead

saddensgirl · 30 May 2023 · Archived copy · Reddit

I have been in the market for a new vehicle for a few months now, but have been busy saving up for a down payment. And since I'm close to my target downpayment, my husband and I went to look at vehicles this past weekend. We settled on one car, which will be the most expensive and luxurious car I have ever owned.

I am frugal, so I wanted the base model, but my husband and I really liked the extras in the top tier one. My husband asked me if it had everything I wanted and I told him it did, but the price gave me pause since it would increase my monthly payment past what I wanted to pay per month.

So we got out of the car, and went back into the dealership. When we sat down, I let my husband do all the talking to the sales guy for two reasons. One, I don't know much about cars and have very little haggling skills in that area. Two, my husband and I had already discussed things and I knew he would make the best decision for us.

So what did my husband do? He chose the top tier option and I STFU and nodded in agreement without snark or complaints. We paid a holding fee, since the car we want has to be built still, and left. Then on the drive back home, my husband surprised me and told me he was going to give me 50% of my downpayment and pay for it to get special detailing so it's extra nice when I receive it. and since my downpayment is already 50% of the car, that's no chump change. I was elated.

The old me would've argued with him in the dealership and probably told him how much of a waste the extra couple of thousand dollars was for the top tier, etc. But by respecting my husband's judgement and place as my captain, especially out in public, it paid off for me in the long run. My husband is a capable man and knew that the costlier option was affordable to us and that it would make us both happier in the long run. And he found a solution to make me feel better about it as well.

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UPVOTES

My husband got our camper van stuck for two hours

leilavanora · 6 July 2018 · Archived copy · Reddit

My husband and I are on a year long honeymoon and currently on a month long road trip through Australia. We only have a 2WD van. On our second day we reached our campsite and the road was extremely sandy and rocky. I told him to just park and he insisted on driving further in - two minutes later we were stuck. Three men came with shovels to help dig us out for the next two hours. I tried helping with a soup ladle since we didn't even have a shovel packed (pro tip: must pack shovel).

Instead of getting mad for the next 24 hours as I would usually do, I just went with it and learned a lot about getting a car out of a hole! Everyone was also in good spirits and happy to help us. I fed our camping neighbors corn on the cob when they took breaks from digging and when we finally got out hours later, we brought a bottle of wine and our dinner to our neighboring campers and had a blast eating and drinking together.

The next day my husband out of the blue mentioned at how he noticed I didn't give him a million "I told you so's" and how he appreciated it and thanked me. I honestly wasn't even sure he noticed but happy he did!!! I figured he had already learned his lesson and it wouldn't help for me to be aggro the entire time making him feel bad and it all worked out in the end!

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UPVOTES

Celebrating Non-Toxic Masculinity

ImTheCaptainNow24 · 17 January 2019 · Archived copy · Reddit

Hi all! There's been a lot of debate on my Facebook feed about toxic masculinity the past few days, especially after the debut of the Gillette commercial. It honestly makes me sad because the debate over whether "toxic masculinity" is shaming men or not is just distracting from the main issues that most people agree on, which are that bullying, sexual harassment, rape, and gun violence are problems, and we need to work together on preventing them.

With that in mind, I wanted to promote, in some small way, a conversation of positive masculinity - to make it clear to those who are offended by the term "toxic masculinity" that there are plenty of things about masculinity to celebrate, but also to contribute to a conversation about making our cultural definitions of masculinity more positive and healthy. My husband is a masculine man and a good man, and I want to share some of the things he can do/has done that are totally masculine and also totally positive!

1. Make enough money to support us, such that when I announced I was going to quit my job and try freelancing last year, he didn't even bat an eye
2. Fix our dishwasher
3. Brew a kickass craft beer in our tiny kitchen
4. Maintain our car
5. Act as president of our housing association
6. Carry me down 6 city blocks when my heels are hurting my feet
7. Bench press my bodyweight and more
8. Push a car out of a snow bank
9. Lift a car out of a mud pit
10. Defend someone who was being picked on by someone much stronger than him
11. Defend someone in a fistfight
12. Carry our grill up 3 flights of fire escape and then teach me how to operate it
13. Fix a washing machine
14. Change a bike tire or a car tire
15. Build and fix a computer
16. Grow a badass Viking beard
17. Give a best man speech
18. Be best friends with gay guys without feeling like it threatens his own sexuality
19. Repair and maintain a vintage motorcycle
20. Build a garden bed
21. Shoot a gun (at a target or a pheasant, not a person)
22. Register for the draft
23. Rock a tux
24. Plan for our retirement
25. Chug a beer faster than anyone I've ever seen (alright, not sure how "nontoxic" that is, but I'm still pretty proud of it!)
26. Drive stick shift

27. Heat up the car in the winter when it's freezing and then come back to get me once it's warm
28. Carry all my furniture up 3 flights of stairs...three times
29. Rewire my parents' cable and internet
30. Build a fire, pitch a tent, and cook a meal in the wilderness

I mostly just want to brag about my husband! But also hope this keeps us all a little grounded in the midst of the debate. Please feel free to add examples of how your Captain/Boyfriend/Husband is masculine in good, healthy ways!

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UPVOTES

How to make a man fall for you.

ObedientLittleWife · 13 February 2019 · Archived copy · Reddit

When I was still dating I had plenty of guys who were absolutely crazy about me because of a few things I did/do. Friends who are very much in their feminine energy also are very popular, even if they haven't met the right one yet. It really doesn't matter how beautiful or hot you are, if you manage to do these things guys will absolutely love you and not only want to bang you.

1. Be vulnerable

Sounds like weird advice but a man needs to connect to your heart. I had some horrible things happen to me in my teenage years but I noticed that when I disclosed this to a man he felt much more connected and protective of me. I had more than once a man confess his love to me the same night I told him this.

You don't have to have a horrible trauma to make this work. Be open with your emotions, if you are sad don't hide it! When a man asks you how you are tell him how you feel.

Imagine you get a 'how was your day?' text from a man you are dating for a short while, respond with something that made you feel something that day. It's best to keep it positive if you aren't in a committed relationship

Ex. 'I went to the beach with my dog today, I always feel so free when I walk by the shore!' or 'I was a little under the weather, so I spend some time under a blanket today, it felt so cosy and warm.' Make him feel what you feel.

1. Be receiving

I'm not necessarily talking about gifts. I'm talking about any form of receiving. The most important one being energy. Masculine energy is forward moving, giving, thinking, taking care of business, feminine energy is being and receiving.

A good way to start is to physically move back in your chair, lean back and let your date lead the conversation. Don't think about what amazingly funny thing you want to tell him after he is done speaking, listen to what he is saying for a change.

1. Don't try to make things happen

That's the man's job. When he sends you a text that's fine, if he doesn't that's also fine. Be in a headspace of seeing what will happen (this doesn't mean not having boundaries btw) but don't be desperate to have a relationship after one date.

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UPVOTES

Being a wife vs. being a girlfriend -- a small thought

aftertheafter-party · 27 March 2019 · Archived copy · Reddit

One tiny thing that changes when you are married is the status you're accorded by your social circle.

Today, my husband interrupted a work call saying, "Excuse me, I need to say goodbye to my wife."

I thought it was sweet, of course. But it occurred to me that there is a difference in saying "my wife" rather than "my girlfriend." The first implies: you are happy/satisfied at home & have something that requires attention that supercedes part of work. The second would mean... maybe you're being controlled or the 'girlfriend' would be mad if you didn't say goodbye. That doesn't mean either thing is TRUE, just what others generally may draw from the exchange.

Similarly, my husband took the day off of work for my birthday recently & mentioned to me how it felt natural to say he was taking the day off for his wife's birthday, but it would be weird to take the day off for his girlfriend's birthday.

Just thinking out loud -- & I suppose sharing my experience with some who think marriage is irrelevant :)

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UPVOTES

Is No One Monogamous Anymore?

SabirahNova · 16 September 2019 · Archived copy · Reddit

Hi ladies this a discussion but also partially a rant. I ended my first/longest relationship because my ex developed a “hot wife” fetish which I refused to participate in—when he realized I was never going to sleep with other people we finally split he’s now dating a girl with a premium Snapchat. I’ve been vetting another guy and things have been progressing wonderfully and today I told him I wanted to talk about his goals for our relationship, where he saw himself in 5 years etc everything sounded great until he brought up being polyamorous.

Honestly I’m gutted, I told him that wasn’t a lifestyle that would work for me and despite already really liking him had to cut off contact. Obviously it’s something I now have to say upfront but when did so many people decide they wanted to live this lifestyle? Is one partner not enough for anyone? Have you guys encountered this a lot while dating?

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UPVOTES

Husband thanked me for being a good wife, but changed it to 'partner' instead

blahpunchlineblah · 15 April 2020 · Archived copy · Reddit

Husband and I are both essential employees, but have paired down 'in office' time. This week I don't have to go in, but he does.

For our dinners, we trade weeks. He does all the dinners for one week, the next week I do all the dinners.

This is his week for dinner, but because he is traveling to the office and I am working from home I have been doing it instead. It's just makes sense to me.

Tonight, he thanked me and said "You're such a good wife." But then got flustered and said "Partner. I didn't mean that to be derogatory or anything."

Wife is not a derogatory word! He had to drive an hour today, and I didn't, why would I not help? It's part of my job AS A WIFE.

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UPVOTES

Uplifting him

Sea_Bookkeeper_1533 · 17 October 2021 · Archived copy · Reddit

I've seen a couple of posts lately where the man isn't in such a great spot and the comments seem to suggest throwing the whole man out, simply because he can't be Perfectly Stoic, 24/7. Can anyone, though? Are any of the lovely ladies here the Ideal Woman, through and through, 24/7? Extremely doubtful on a good day.

I've been with my guy for 6 years and recently married him. I've learned that these phases come and go. We all go through periods of stress and disappointment, even men, believe it or not.

Here's how I handle those phases, so that we can promptly exit them and move on:

- this is when I take extra care to be his Soft Place. I am gentle and aware that if he's getting criticism outside of the home, I need to give the exact opposite. So when he walks in the door, I am delighted to see him and have missed him all day. Be his cheerleader, ladies, not the damn referee. I make sure to look extra cute, just for him, and flirt.
- I take on my share of the chores and most of his. When he's stressed, he can do the bins and cat litter, everything else is for me to handle.
- I spoil him with food. Yesterday I made a frittata for brunch after he woke up, apple crumble, and pumpkin soup for dinner. Today we've got leftovers and I've got a cottage pie planned for tonight. Ladies who can be stressed with that much good food being handed to them? Not my guy anw. He asked me "what's going on today, you've been feeding me so good"? I just said "husband benefits baby"(married less than 2 months.) and his face lit up like a teenager in love. He said "I'm so happy I married you!" He spent a good chunk of the evening praising my cooking, and how well I take care of him.
- I pamper him. I got off work earlier than him on Friday so I went and got some massage oils, pedicure set and a manly face mask. I dare him to be stressed with a face mask on. 🤪

Most importantly, I stfu during these phases and let him deal with it. I don't even mention it as a phase. Everything is fine, and I am DISCREETLY helping him recharge his batteries, gain some confidence and strength for the next week. This means NO contradictions, no suggestions, whatever he decides, roll with it. If I have nothing nice to say, I say nothing.

I suppose some would call me a Pick Me, but I've not so much as lifted a finger for another man, and yes, I do want my husband to pick me, every day. :) I want for nothing with him, and I'll be dammed if a bit of stress gets between us. 🤪

Feel free to let me know ways in which you cheer YOUR man up or, if you are a man (hi guys!) how do YOU like to be cheered up? :)

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UPVOTES

Why don't men feel protective towards women anymore

[deleted] · 8 February 2023 · Archived copy · Reddit

I know there are men that want to protect their women but most men these days don't feel that paternal instinct towards women anymore. I see creepy guys cat calling women in public spaces and men that watch this don't do anything to protect the women. There is no concept of a woman's honor anymore. A guy could say something really sexually offensive to a woman in a public place and no man will come to protect her.

I'm not saying women shouldn't defend themselves, we surely should stand up for ourselves. I'm just wondering why men nowadays don't feel protective towards women. I remember about 10 -15 years ago when a woman was harassed in public, at least one guy would come to support her.

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UPVOTES

Why hobbies are so important

vanBeethovenLudwig · 27 January 2018 · Archived copy · Reddit

RPW, I just realized something over the weekend. Perhaps it's me being slow, but this concept really hit me right on the head lately.

The reason why hobbies are so important is not only does it make you interesting long-term, but it means that **you are able to put your energy into developing a skill/passion instead of constantly seeking male attention.**

Too many women essentially use male validation as a hobby - the consequence is that even if she does secure marriage, she still is a risk at infidelity because she seeks her fun and interests in men *instead of herself and her own life.*

Even if you are technically loyal to him, he wants to see that **you are able to be happy regardless of any male attention/validation.** THIS is true security in oneself.

This is why it's so important to have your own girlfriends, to have your own hobbies, to have good relationships with your family/siblings.

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UPVOTES

Cultivate a receptive spirit

LeilaintheDark · 16 August 2020 · Archived copy · Reddit

Being receptive is feminine. I previously thought (along with probably a lot of women) that I was the spirit of receptivity just by letting men pay for dates, but this was just the tip of the iceberg.

Sometimes, still, my partner gives me the bigger/better piece of meat at dinner and I reject it, then bite my tongue. A lot of us may reject things like lavish gifts or labor (say he offers to carry all of the groceries in) for various reasons such as:

- It's too expensive and you'd rather he save the money (like going to a fancy restaurant)
- It's not what you envisioned receiving (like a surprise road trip)
- You want him to have the nicer piece of meat, or keep his jacket when you're both cold
- You're worried he'd be tired (for groceries, driving you to work etc)

You get the picture. I think most of the time, we reject out of love. "I can drive myself" you say, so he can use that time to do something for himself.

However, I'm learning that any rejection of what a man gives feels to him like a rejection of himself. He feels un-useful, that the ways of making you happy that he thought of and will happily do are not good enough.

We also reject to maintain control in a subtle way. Say he offers to spend lots of time and labor to build you a table, but you envisioned buying one from Ikea, so you reject.

We should reject things that will cause actual physical or psychological harm or significant discomfort, like if he planned a rock climbing date but you have bad knees, by all means reject it. But otherwise, go with the flow, receive his gifts and plans, maybe you'll love it. In any case, you'll get to relax and let him take the lead.

When you graciously receive from your man, you make him feel useful, powerful even, like he can make you happy, that he's needed. For the labor stuff, you make him feel capable, strong, tough.

To cultivate the spirit of receptivity, one can practice on one's man and/or other people, like friends, and even strangers to an extent. Just don't receive dangerous things like a drink from a sketchy guy. I'm talking about stuff like:

- Compliments - graciously accept them instead of denying they're true
- Help
- Gifts small and large
- People opening the door for you
- On the house coffee from the barista

Etc. We know you can pay your own way and carry your own things, but people, especially men, especially your man, feel good when you graciously receive what they willingly give.

Don't nag and expect him to give, but enthusiastically receive what he spontaneously gives. If you've been routinely rejecting all of his little gifts (like calling the plumber for you so you don't have to deal with it), don't be surprised if he stops "being romantic." So switch your default mode from "no because" to "yes thank you!"

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UPVOTES

How to be Lovely: A Guide to Attracting a Wonderful Man

PrincessaRusalka · 22 July 2021 · Archived copy · Reddit

You will never find him. “Find a good man” This is feminist language. It sounds like you are desperate to buy something at the dollar store before it closes.

It’s not romantic.

A woman attracts a man. You never make the first move. Men want to hunt. Let him chase you!

You must tap into your feminine energy. Men love feminine women. Not rich, not sexually liberated, not out of control, not egotistical, not flashy. Feminine women.

Focus on that word.

Feminine women are exclusive, lovely, and exude a positive aura-like the fragrance of a flower. Men are willing to climb a mountain for that flower!

Side note: What about (this playboy)?

A man who doesn’t want a lady is immature. He is irresponsible, cowardly, and wants a Mommy to take care of him. Do you want to waste your prime years on him? If he improves he will toss you into next week! I’ve been eyed by playboys and I never entertain them. Move along, honey!

HOW TO BE LOVELY OR THE GUIDE TO BECOMING A LADY

I’ve read the book how to be Lovely on Audrey Hepburn and I wanted to add my observations. The world is in need of ladies. Be one!

The song “She’s a lady” should playing in your head right now. 🎵

Dress well. Wear dresses. Wear skirts. Wear low heels and sandals. Make it classy! American women dress alike, and this isn’t a good thing. Overalls, shirt shorts, daisy dukes. This is “college girl” energy. 🎵 You will attract the losers!

Go Easy on the Makeup

Every Hollywood starlet had a look. But that was the same look with no variation. **Marilyn Monroe’s beauty routine was just that.** It should say healthy, fertile, blushing young 🎵 not goth drag queen. 🎵

Men love natural beauty, it shows you are healthy and confident in who you are. Keep it simple.

Heavy makeup = “college girl” look. It makes you look superficial.

And in debt from MAC purchases. 💸

Smile! Compliment everyone and have a cheerful attitude. Learn from Pollyanna. Be playful! Find the good things instead of complaining. Angry women are a big turnoff. It’s a masculine emotion. You’re probably not aware that you’re angry. But men are! No one wants to be around a whiny feminist. Except losers. 🎵

Eat healthy, eat less often

It’s better to eat several big meals throughout the day then snack constantly and nibble on something. Your metabolism will be running smoothly and you will stay slim.

Ask questions. Be interested! This is an amazing asset to your personality. Men say women are self centered because girls don’t ask beyond cars, bags, money. Men are goal oriented. Ask about his job, then listen. Then say “thank you for sharing that”. Be courteous to him! If you love endlessly talking about yourself, rethink who you want to

be in a relationship with. Is it a man or a cat? ☹️

Be Modest

This is controversial. You can be modest with your clothes but being modest with yourself is key. ☹️

Keep your opinions to a minimum. Don't openly talk about your achievements. Let men and bitchy career women around you sport the big ego. I actually get asked about my career by men because I never talk about it.

You're a CEO? Nobody cares.

Have no expectations Stay with me on this one. I know everyone is looking for a HVM these days but you don't need one to be happy. You need a good man to love you. HVM don't have time to send you flowers or ask about your day. They can't kiss your hand m'lady because they work their ☹️ off. Good men are everywhere, please start valuing the good in your life. You can always go big but it will cost you, decide what you are willing to sacrifice for more value. Men do this in the career world all the time. Are you willing to sacrifice to become high value?

Be pleasant

This is a big one. If a man is disgusting when he is unkempt and smelly, women are that times 1000 when they are loud and obnoxious. American women have LOUD voices! And they swear. ☹️

Sorry ladies, but it's true!

Adore Children This is a hard one. Men love children, men want their own children. A lot of women don't understand the difference. You can love children all you want but be careful who you have them with. They may be a loser.

Know yourself

What emotion dominates your psyche most days? Why? Write down your biggest weakness. Be willing to share that with others and don't feel bad to feel weak.

It's part of being a woman.

Respect him This is the hardest part but we can all respect each other a little more. Men want respect most of all from their lady. Respect everyone regardless of their "worth" and let people earn it. Don't be a ☹️

"Be tolerant of others, and strict with yourself" Marcus Aurelius

Be quiet ☹️ If all else fails try to make as little noise as possible. Eat quietly, walk smoothly. Turn it down a notch. Quiet is peaceful. ☹️

Don't react ☹️

Women are notorious for living in their emotions. Women love to put people in their place. Women like to squeal and screech and sob.

It feels good, but what about your reputation? ☹️

Have feminine hobbies You don't need to sew, cook or crochet. (you should know how to cook) But you must appreciate beauty and delicacy in all its forms. Go to museums, listen to classical music concerts, arrange flowers, read old books. Be classy!

Be forgiving ☹️

Don't retaliate when you are wronged, don't hold anything against anyone. Don't gossip even if you want to. Relationships will die without forgiveness!

Don't think you don't need forgiveness. ♥

Be simple ☑ Don't have oodles of makeup and jewelry. Dump those piles of clothes. Streamline your life and you'll be happy and much easier to live with. Prioritize. Stop shopping and start living!

Be faithful

Whether it's a religion or not, women should guide their spirit into something nurturing. Believe in something greater than yourself and you will be the hope when others needs it most.

Love your heritage Yes I am Russian. Yes people think silly things. I don't care because I prove them wrong every time. I am proud of my ancestry. I know enough about it. I love my family and men adore that.

Be beautiful ☆*

The best is for last. As a lady your spirit will glow. You are not only healthy and lovely but you are nurturing! Grow your inner garden first and you will bloom to the outside world! ☑

You will attract the right guy when you give him the right you. ♥ ♥♥♥ Thank you for reading this. Ladies, I hope this is a helpful guide. I'm dating HVM right now from OLD and have been on the market for a year. I'm a virgin and currently celibate so sex isn't something I've offered. I'm quiet and withdrawn and I never like talking about myself. (I do talk though!) I only date men who are interested in me. I go out on dates once a week. Men start kissing my hand on the way home. Every. single. time. ☑ I don't have an amazing career or a privileged background. I live at home. I cut my own nails and hair. I don't own a designer handbag or cool friends. I don't have my own car. I don't grind ☑ Men still pursue me. ☑ You gotta decide if you want to be happy! Stop listening to other women who can't find love. ☑ them! Let them cry. Listen to happy people. Listen to your Dad. Hug your dad! ☑ Men's top priority is not your physical assets when it comes to love. ☑ Leave that "hot girl" stuff where it belongs! ☑ ☑ Edit: I'm amazed this didn't get removed. Thank you ladies for your feedback! This list is as much for me as it is for you, I am working on myself every day. Your kindness is appreciated!

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UPVOTES

Embracing your natural feminine side is healthy and liberating but hard in current society

nobodysbusiness33 · 2 December 2021 · Archived copy · Reddit

(F30) I was raised by a feminist mom who shamed me for wanting to be beautiful and feminine. I wanted to marry early and be a good mother, but was mocked for it and was too scared to go against my parents. I felt that the only way to be happy was to be who my parents wanted me to be, so I started focusing on a career I didn't want. I was extremely successful and spent my money on materialistic things. I now realize the only happiness was what I wanted when I was young, to be beautiful and to be loved by a man I love, be a parent and make a career in raising great kids. I really wish there was someone who could stop me from listening to my parents and guide me on the right path. It pains me that we can't even talk about this in any forum because it's instantly taken down. There's probably other young women out there who want to do this and don't have anyone to guide them on the right path.

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UPVOTES

He Desired a Traditional Relationship All Along

whoreforglokta · 17 January 2022 · Archived copy · Reddit

Hi RedPill Ladies! I just wanted to share some thoughts and observations concerning my boyfriend and my decision to be honest with him about my desires.

We're in our late teens/early twenties, and we've been dating for almost six months. Now, from the beginning of our relationship, I was (relatively) upfront about what I wanted. Honestly, I kind of surprised myself, because I normally do *not* have that much guts when it comes to expressing my feelings directly. I guess even from the beginning I had confidence in him, and he's very sweet and understanding...and sooo handsome. But anyway, my honesty started out as a gradual process. I didn't go from 0-I want to be a housewife in one sitting. I did little things, like 'confessing' to him that I preferred it when he made big decisions, even though I also wanted to be consulted. I told him how much I admire him, and how attractive his take-charge attitude is (and ladies, let me tell you, it is so attractive that I'm blushing right now just thinking about it).

He was definitely amenable to all of this. He had his moments of being delightfully 'old-fashioned', such as his insistence that he pay for dates and small gifts for me, his protectiveness and concern for my safety, and his all-around gentleness with me, but I still wasn't sure where exactly he stood on the kind of traditional relationship that I desired, where the man is the Captain and his wife is the first mate. A lot of men/boys in my age group aren't exactly mature or interested in that kind of relationship, which is understandable, especially since we're all growing up in an era where traditionalism is frowned upon. But I was honest from the beginning, and more direct than I thought I was capable of.

One thing that made me worry was when we started discussing children. I told him that I wanted to be married before I have children, and he reacted with some surprise, saying that he hadn't expected that from me. I was irrationally worried for a bit, but then he said he understood, and it was a sensible decision. Still, I wasn't 100% convinced that we were on the same page, but by then, I was falling in love so I decided to continue expressing what I wanted.

So, I told him I wanted to be a housewife. And if anything can scare away a 22 year old man, *that* certainly can lmao. I think I was pretty reasonable about it. I talked about wanting time for family, wanting the chance to take care of a house and kids without worrying about any stressful jobs. I told him that I would do freelance writing and editing jobs as a side-income, perhaps run an etsy store for my embroidery, but ultimately, I wanted to be a housewife after we have children. And shockingly...he was very supportive about that prospect. Afterwards, he started to talk about how I made him feel 'fulfilled.' He said that word several times, and I loved it so much. He told me that I made him want to work harder since he wants to give me a good future. We talked about logistics, expectations, etc. I'm still attempting to get the baby fever in check, since we won't be ready for that for a while :(

And recently, best of all, he told me that it was a relief to not pretend that he wanted a completely egalitarian relationship. He said that he wants to protect me and provide for me, and he wants to be a traditionally masculine figure in our relationship. I was so happy that I was almost tearing up. I'm so lucky to have found the love of my life, and I can't wait to spend the rest of it with him.

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UPVOTES

Femininity makes people treat you better!

LoveWitchXo · 10 June 2022 · Archived copy · Reddit

This may just be my experience but there have been times when people help me. Compliment me, for no reason!

Or I thought it was no reason , I realized when I am wearing skirts and dresses and heels that people are a lot nicer to me.

When I was taking the bus back to my dorm a girl was swearing a lot and turned to apologize to me for it. I thought this was crazy because that has never happened before haha

Or when people address me by “Ma’am” or “Miss”

Anyone else experience this?

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UPVOTES

I'm stunned lol. Offmychest sub permanently banned me due to me being apart of this sub. The hypocrisy is incredible

willowaverie · 2 January 2023 · Archived copy · Reddit

It says it's users are uncontrollable and belligerent- I'm cackling. What? [?](#)

And why now after like 2 years

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UPVOTES

Male Participation on This Sub

[deleted] · 18 June 2014 · Archived copy · Reddit

Hey guys,

your participation is welcome on this sub, especially in helping us reinforce to women that what we say about how men think or feel is really true. this isn't a feminist sub, we love men and value your contributions, but we aren't the BEST help for your PROBLEMS. we are best at helping women not be bitches anymore lol

That being said...

there's been an increasing number of men asking for our advice when they should be asking TRP.

women are exceptionally unable to advise men on how to deal with their women, even redpill women, they tend to err on the side of the women's feelings and even inadvertently slip into rooting for Team Woman. they get bogged down in the details and lose sight of the big picture. then the non-redpill advice from women starts piling in and since it's "nicer" than the redpill advice, it validates the guy asking the question and he goes along his merry way continuing to do the wrong thing but feeling better about it

you need to talk to MEN, men will give you harsh truths and not coddle any bullshit from you. just the fact that you ask us shows you value the opinions and feelings of women too much which is likely the cause of a lot of your problems in your relationship from the outset

i'm not saying we are banning male questions, i'm saying...before you post your question ask yourself "am i posting this here in the hopes ill hear easier, nicer advice that doesn't mean i have to do hard things and not hurt my wife's feelers?"

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UPVOTES

Not even an unpopular opinion, just one that consistently brushed under the rug

eiggteen · 28 September 2020 · Archived copy · Reddit

Most young women aren't attracted to older men.

I don't know why the contrary is proposed to men.

I (now 20f) was 16 - young and near my peak - and *still* I was never drawn to older men (at 16, 'old' for me was over 19).

Nothing changed when I got to 18. The chemistry was just never there with older guys (at 18, old for me was now 23+). I was an 18 year old girl - pretty picky and immature - but they seemed boring to me.

Although, now that I'm 20 and not *as* immature - I'm aware that (in general) 23-38 isn't old at all, far from it. But *dating wise*, I'd still considered 26+ to be too 'old' for *me*

Even in my teens (16-18), the only significantly older guy I could fantasise about was Robert Pattinson. Even then, I would fantasise him as a 17-19 year old (Cedric Diggory), and not his actual age (his *actual* age being 30; he's still hot don't get it twisted lol).

At 18, the (non-existent) chemistry with older men is nowhere near the same compared to guys who were my age or near (18-23). Tbh, maybe it was me.

But at 18, being with guys around my age was so exciting. There was always this undeniable flirtatious and cheeky aura - a slight sexual tension maybe. No matter how much I tried to hide it. Even with friends. There was always this playful energy and connection. And I still have the same feelings now that I'm 20

But when with older men, there was nothing. nothing lol. It was like clumpy, half-dried paint. Again, it could simply be me.

I think men around my age emit this playful and cheeky aura without downplaying their masculinity. Reason being that the connection with men around my age is more fluid.

Playful and masculine. The two traits go quite well hand in hand, it's super charming.

This is obviously applicable to both sexes, but there this strong emphasis (usually emphasised by single guys I think) that young women are naturally drawn to men in their 40-70s.

I've never understood why I would be attracted to some that old, let alone want a long term relationship. I want kids lol.

And really, this only applies to the very small % of extremely *rich* old men; even then - most women want a quiet and private life, so many won't be attracted to the idea of getting with a extravagantly rich man who is 20-40 years older.

Most *respectable* rich men get married pretty young - in their 20s/30s - and are usually quite happy with their marriage. They usually have a long-lasting marriage and a few kids by 50. So they have no reason to desperately tag onto every 16-30 year old girl/woman they come across.

An old rich man with no spouse and inconsistent relationships - scavenging for 16-30 year old women - screams *midlife crisis* to most women. That in itself is a red flag.

As a man begins to age, it that playful aura warps into a creepy and bland aura. It's not always accurate and true; the man may be a playful, loving dad with a happy family. But he'll be perceived as boring and creepy - without context - at face value; hence why so many 16-20 year old girls/women are quick to write older men off as creepy.

It's life, the same will happen to me. All of us. It's probably already happened. But we accept it, why can't most

men?

Of course some women will be drawn to older men, but that's similar how some men are drawn to older women.

I feel like this topic completely excludes women's point of view (ew I sound like a feminist lol, but it's true). I say this simply because so many other women agreed with me when discussing this.

But if you look into the *male* perspective of this, you find the polar opposite. They're all truly convinced that most 18-30 year old women are most sexually attracted to 40-70 year olds.

Well they're all okay with it until you ask them:

'would you let your 18 year old daughter date a 40 year old?' lol.

Then it was like a hall full of stutters aha.

Anyways , give me your opinion. Anyone.

Disagree or agree idc

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UPVOTES

RPW truth: appearance is the most important thing

NewStartOnceAgain · 17 November 2020 · Archived copy · Reddit

There's an older woman where I work who was pretty obviously a Stacey in her youth: blond hair, stylish, good body (that was probably even better when she was young).

She's literally one of the worst people I have ever met. She's lazy, skips work constantly and the only reason she hasn't been fired is because it's a municipal job. She's also quite cruel: like bullying the local autistic guy level of cruel.

This woman has been married not once, but twice and also has kids. She has a nasty character yet she has still won in life in the eyes of many: has a stable and easy job, is married, has grown up kids.

It shows how physical attractiveness is the most important thing in women. As long as you're physically attractive and a little bit feminine, you can get away with all sort of things and many men would still be willing to marry you. I think all RPW should invest in their appearance first and foremost.

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UPVOTES

Repost: If you are a man and you are here

pearlsandstilettos · 28 February 2022 · Archived copy · Reddit

This was written many eons ago by redpillschool to explain why most men should not be "helping" give advice on RPW. Some gentleman decided today to pull it out of the history and explain why it's wrong.

But it's not. In the years I've been modding here, I've seen this come up again and again. Men want to tell us that everything is great that *their preferences* are what matters and they would date us.

Well that doesn't help. We aren't looking to date them and if someone is coming in with dating issues then "you are perfect" doesn't really help. Some of these thirsty dudes will insult our boyfriends and husbands as though that is the start of good advice. Some will insult us because we *aren't* their preferences. This is just as irrelevant as the unwarranted praise.

Men should be here as teachers of RP theory. This is where the advice should spring from. They should be older and experienced with *relationships*. Everyone else should be focusing their time on themselves or other men.

We don't give warnings, we give bans. This and the rules and the sidebar are the warnings.

The Original Post

Guys have terrible advice for women. I see it time and time again, and you're all terrible shit at this.

There's a reason. Guys rationalize bad decisions and past decisions as "preferences." I won't dig up the quote right now, but Rollo made a very good point to this theme: Guys will have a preference for whatever worked before. If nerdy chicks show interest in a guy, he will gain a preference for nerdy chicks.

This isn't because nerdy chicks are necessarily sexier or more feminine, but because guys come from an essentially needy position. A position of no abundance.

On TRP we focus on abundance mentality to try to subvert this natural disadvantage, but it's true. Guys will never, ever, have as many options as women.

So when I hear a guy tell a woman, "No, you keep doing what you're doing, I like a woman with a little spunk.."

This guy doesn't have a preference for "spunk." No, he's an idiot who is so thirsty he'll take any woman he can get, and he'll accept her self-proclaimed handicaps as features.

He'll think to himself, "gosh, she's bitchy, rude, and abrasive..... well, I like a strong independent woman."

And that's his rationalization. Because he's a thirsty fucking idiot.

But when they start preaching about their preferences as though it's going to be useful advice for women, then we've got a problem.

And we do have this problem here. Guys think they know what good advice for women is.

Women, if you take this advice- "i find book smarts to be very attractive" I promise you will waste a considerable amount of time and energy doing something that doesn't really boost your SMV. Oh sure, some guys might say they have the preference, but ultimately, book smarts aren't actually sufficient to create attraction, nor required for said attraction to exist. Guys will not assist you in actual SMV building. Because, guys want to fuck you anyway, and will basically accept you as you are. But that doesn't help your chances with higher quality guys.

If you're a dude, and you think you should be chiming in, read the fucking side bar. Then read it again. Then don't chime in. Because it's unlikely you've got much to contribute.

If you're a guy and you contribute and it's not gender neutral (that is, none of that "as a guy..." bullshit), then it's out

of here, and you're out of here. No warnings.

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UPVOTES

Outside of the normal "romance" things, what is something that your man does for you that melts your heart? I have a weird one!

Captainsgirl · 2 July 2022 · Archived copy · Reddit

Hi ladies! I was just feeling gratitude for my husband, and it made me think about the little things that men do that are not the traditional expressions of love and romance, but that make us love them all the more.

The one I'm thinking of is weird, but I find it so sweet. I love to cook, but I have a weird hatred of touching raw meat. It squicks me out, even through gloves. It always has. I'm fine using tongs or a spatula or whatever, but if I have to grab it with my hand I get grossed out. When we were first married, my husband noticed this about me, just the grimace on my face while I did it, and of course he teased me about it, but from then until now (about 20 years later) if he is around and knows that meat needs to be cubed or dry rubbed or patties patted out, he always takes over. He may tease me good naturedly while he does it, but he never hesitates to take over because he knows I hate it. 20 ish years later and it always makes me feel happy and loved because he knows that about me, and cares to make sure I don't have to do it if he is there to do it for me.

What sorts of things like that does your man do? I love happy stories about sweet couples!

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UPVOTES

'For Women Only' - Sex- Chapter 6

girlwithabike · 2 June 2018 · Archived copy · Reddit

First, check out the introduction post [here](#) before you get started. Also, if you haven't read the summary for [Chapter 2 on Respect](#), [Chapter 3 on Insecurity](#), [Chapter 4 on Thought Processes](#), [Chapter 5 on Providing](#) you *may* want to do that as well. This post will assume you've read them.

Disclaimer: this is a summary of Chapter 6 in the book [For Women Only](#) not my own thoughts, feelings or research.

Let's get started.

Tl;dr: Your sexual desire for your man profoundly affects his sense of wellbeing and confidence in all areas of his life.

We all know that men want more sex. Unless you and your SO have *incredibly* mismatched libidos, it's a safe bet that your man wants more sex. What we don't often realize, is how strongly a man feels this need or why. This chapter explores just how important sex is to men and more importantly **what sex means for men and why it is so important**.

The author was unsurprised to find an *urgent theme* that arose from her surveys: men want more sex. What she discovered when men opened up more is that men believe that women don't understand that this need is a crisis for both the man and the relationship.

Women who understand that men need sex, tend to view it as a physical need. It is not hard to come to terms with that idea. What we miss is how much emotion men attach to sex. **Though there is certainly a physical component, sex fills a powerful emotional need.** And, because men don't describe sexual needs in emotional terms, we often don't realize it. **The lack of sex is as emotionally serious to him as his sudden silence would be to us. It is just as wounding and just as much a legitimate grievance.**

Remember all the previous chapters where we talked about men's insecurity, feelings of inadequacy, the burden they feel? A man can feel isolated and burdened by these feelings that he never discusses. Sex assures him that he is desirable. It eases the loneliness and allows him to face the world with confidence. He cannot feel completely loved without it.

In his heart, he wants to be wanted.

To explore this idea further, the author asks the following survey question

Q: Regarding sex: with some men it is sufficient to be sexually gratified whenever he wants, for others it is also important to feel sexually wanted and desired by your wife. *How important to you is it to feel wanted by your wife?*

The question gets to the nature of sex. If it is the act itself, then men should be happy as long as they are receiving as much sex as they want. However, less than 1% claimed that feeling wanted was irrelevant as long as he got enough sex and only 2% said that it wasn't very important to feel wanted. A full 66% said it was very important and an additional 31% said that it was somewhat important. **For most men, the sex act alone is insufficient.**

It's unlikely that we women are intentionally withholding something that we know is critical to our partner's well being. What is more likely is that women don't realize the emotional consequences of our responses, or lack of them. We perceive the desire for sex as a physical desire or if we're being cranky and unkind, an insensitive demand. For the sake of our relationships, it's important to understand the truth behind our men's advances.

Why is sex so important?

In the surveys two trends emerge. The first considers the benefits of fulfilling sex and the second the hindrance that rejection creates.

Across the board, men reported that having regular mutually enjoyed sex life was critical to their feeling of being loved and desired.

I wish that my wife understood that making a priority of meeting my intimacy needs is the loudest and clearest way she can say *"you are more important to me than anything else in the world"*. It is a form of communication that speaks more forcefully with less room for misinterpretation than any other.

Many men, even those with close friendships, seem to live with a deep sense of loneliness that is foreign to us women. Making love is a balm for that loneliness. It means there is one other person in this world he can be completely vulnerable with and not judged.

Fulfilling sex gives him confidence. As we touched on in 'imposter' chapter, most men ask themselves "do I measure up". Our support and affirmations help our men to feel confident of their place in the world. Sex is just an extension of this idea. Your desire is a bedrock form of support that helps him face his daily life with confidence and wellbeing. Men are more confident and alive when their sex life is active and rewarding.

Q: imagine your wife was an interested and motivated sexual partner and you therefore had an active love life, how would having sex with her as often as you wanted, affect your emotional state?

About a quarter of the men surveyed (23%) said that sex is unrelated to emotions or how he felt about the rest of his life. For these men sex on demand would have little to no impact on his life. However, the remainder, a full 77% said that it would have a positive effect and that he'd have a greater sense of well being and satisfaction with life. Ask yourself, what is the likelihood that my man is in the minority?

Men tell us this all the time, but again, because they don't speak in emotional terms, we *hear* the man code for this fact but we don't understand what he's actually saying. When he says he feels better when he has more sex, it's easy to assume that he means it in a purely physical way. This is wrong, men repeatedly tell the author. They feel better and life feels better when they are getting enough active and mutually appealing sex. Put simply, it helps release life's pressures and makes everything *feel* better.

What happens when he doesn't get it?

If she doesn't want to, I feel incredible rejection.

Most men would rather do onerous tasks than have sex with a woman who is responding out of duty. The guy isn't going to be rejected by his chores whereas duty sex feels like a rejection.

If you are responding because you have to, he knows it, and feels the sting of rejection. Remember that what he wants most is to be desired. If you agree to roll around in bed, but once you get there, you aren't engaged, he isn't going to view it as something you do out of love. He hears *"You are incapable of turning me on even if you try and what is most important to you, isn't important to me"*. If you flat out reject him with say, the standard: *I'm tired honey*, he hears *"You re so undesirable, you can't even compete with my pillow, and I don't care about what matters deeply to you"*.

None of us mean this of course. It doesn't always matter what we mean, what he hears and feels are the pill that must be swallowed here. We may just be saying *I don't want sex at this moment*", but he hears that you don't want him and that is painful.

Men Speak:

She doesn't understand that I feel loved by sexual caressing and if she doesn't want to, I feel incredible rejection.

"No" is not no to sex, as she may feel, it is no to me as I am and I am vulnerable as I ask or initiate. It's plain and simple rejection.

She doesn't understand that even her occasional dismissals make me feel less desirable. I can't resist her. I wish that I too were irresistible. She says I am but her ability to say no so easily makes it's hard to believe.

The feeling of rejection and the feeling that his wife doesn't really desire him can lead a man to dark places. One only needs to visit the other RP subreddits to see the impact these rejections have on men.

Your lack of desire can send him into depression. If your desire gives him a sense of well being and confidence, then you can understand how the opposite holds true as well. The ongoing perception of a lack of desire will translate to a nagging lack of confidence, withdrawal and depression.

Men scoffed at the author's push back. *A string of rejections doesn't necessarily mean she is rejecting you as a man say women, We are tired, we work too and care for the house and the kids. Just because we don't want sex, doesn't mean we don't want you.* Men warn us back: *Any woman sending those signals will undermine the loving environment she most wants because she'll have one depressed man on her hands.*

If you still can't wrap your head around it, the author compares men's need for sex to women's need for talking and communication. Men can't turn off the physical and emotional importance of sex. Regularly turning him down feels the same to him as his sudden silence would feel to you. Imagine how you'd feel if your husband didn't talk to you anymore, or acted as though connecting with you through conversation was something he did out of duty.

We've been married for along time, I deeply regret and resent the lack of intimacy of nearly any kind for the

duration of our marriage. I feel rejected, ineligible, insignificant, lonely, isolated and abandoned as a result. Not having the interaction that I anticipated prior to marriage is like a treasure, lost and irretrievable it causes deep resentment and hurt within me. This in turn fosters anger and feelings alienation.

How can we overcome the sex gap?

We must choose to love him in the way he needs. If you are viewing his need as physical, that is, important, but perhaps options, then you must stop and wrap your head around this chapter right away! When viewed this way, it's too easy to make the argument that your need for sleep is just as important as his need for sex.

If you realize that he's actually saying *"this is essential to my feeling of being loved and desired and to counteract my feelings of stress and loneliness"* your response should be very different. It is always ideal to respond to his invitation with your full emotional and physical involvement, knowing that you are touching his heart.

However, there are going to be times when you realistically *cannot* manage sexual intimacy with your partner. If you must say no, say with words from the heart. Make sure that you are being reassuring, reaffirming and adoring. Leave him in no doubt that you love to love him. Through in the fact that you desire him for good measure. Promise to show him later if you can.

And if you say no in a way that reassures him, it can be better than saying yes and then engaging in emotionally detached starfish sex. If you respond physically but without meeting his need to be engaged and desired, STOP! If you are having sex with him, be engaged, you aren't meeting his needs otherwise.

You must take an active role in sex. Many men want a wife who is sexually motivated. TRP and the Christian men that the author interviewed agree. Men want their women to be *his slut*. The religious men are *slightly* more circumspect. They say they want: * a girl next door in the living room but a wildcat in the bedroom*. This means you should make the first move from time to time and bring all you attention and passion for you man into bed with you.

Make sex a priority. Ask yourself, are the needs you are meeting the needs he wants met? Does he care about the dishes getting done or does he care about sex? Don't focus as much on what you want to get done at the expense of your intimate relationship with your SO. Reevaluate your priorities, you can even do this with his help!

You can be a great wife in every other way, but not doing this one thing that is important to him, and he won't feel loved.

Thank you for the gold kind internet stranger :-)

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UPVOTES

We are engaged!!
rose1229 · 2 September 2020 · Archived copy · Reddit

I had to share ☺ we are away on a trip right now so not even our families know, but I wanted to share with you all!
I'm so happy. I am the luckiest girl in the world.

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UPVOTES

The Art of Being a Modern Lady

redandpearls · 16 November 2019 · Archived copy · Reddit

I was doing a bit of reading on maintaining ladylike behaviors in the modern world when I stumbled across this post: <https://www.samanthalindsey.com/modern-lady/>

I felt that this post really hit so many of the key traits of being a lady. I thought that it was especially fresh that 6 of 7 of the points had nothing to do with one's appearance. I think it's very easy to get stuck in the rut of how to look more feminine, but this post really hit home on how to become more feminine, ladylike, and timeless in a deeper way.

A brief overview for those who can't or don't want to read the post:

- kind spirit
- well mannered
- thinks before speaking
- unapologetically herself
- continues learning
- dresses tastefully
- carries herself with confidence.

It's not an especially lengthy list, but in my opinion, that's for the best. It gives us things to focus on cultivating and mastering!

What are your thoughts on this post?

edit: thanks to whoever gave this gold! How sweet!

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UPVOTES

How not to be fat.

Whisper · 12 March 2021 · Archived copy · Reddit

Everyone knows that being fat is unattractive.

Lately there have been a fair amount of attempts to shame men into being attracted to fat women, but since most men don't find shame to be enticing, this hasn't been effective at all and is unlikely to be in the future. And while some women carry fat better than others, for every woman, there is a level of body fat at which she becomes unattractive.

There is also a great deal of argument as to whether being fat is unhealthy or not, but since people will move heaven and earth to avoid being ugly, when they won't lift a finger to avoid dying twenty years sooner, this really doesn't matter much.

Suffice to say that you don't want to be fat.

And yet, despite the fact that women desire desperately not to be fat, and try very hard not to be, still many, many women are... in fact many more than there were in previous generations. Which makes it overwhelmingly likely that some of you reading this are fat. And that still more, perhaps even most, are fatter than you would like to be.

Now, our culture, society, and indeed medical profession has very simple instructions for not being fat: Eat less, move more. They will tell you that your body is a receptacle for something called a "calorie", and that if you eat more of these "calories" than you burn while moving around, they are going to be stored as fat. And that thus fat loss, or fat gain, is a simple matter of arithmetic.

Now, anyone whose brain has not been surgically replaced with a cauliflower can tell that this is wrong, even if they are not a macho arrogant jerk like me, and therefore are not willing to argue with the food industry, the government, the medical profession, and a whole bunch of know-it-alls quoting from what they learned in the University of It Stands to Reason, or possibly the Post-Graduate School of I Read in a Book Somewhere.

Why? Because huge numbers of people are fat now, and fifty years ago, they weren't. "Calories" didn't come into existence fifty years ago. Neither did gluttony and sloth. Unless you want to try explaining how we, for no apparent reason, birthed several successive generations who were lazier and greedier than every generation before, this simply doesn't add up.

Neither does it add up with your own experience. You know who you are. You've counted "calories". And it kinda-sorta worked. For a while. But it was really hard. And unsustainable. And you quit. Then you blamed yourself, instead of the idea, because surely if you had only stuck to it, it would have worked.

Except a program that 99% of people cannot stick to needs to take the blame for its own failures. We cannot make people fit again by simply demanding a better class of human being, with more "willpower". "Just have more willpower" isn't any easier than "just don't be fat". That's silly.

Additionally, your great-grandmother did not count "calories", because she didn't know what a "calorie" was. And she didn't do "zumba", either. Because even **I** don't know what that is, and please don't tell me.

So we are going to start from the basic idea that **you can be slim and proportionate your whole life without ever knowing what a "calorie" is, much less counting one.**

And we are going to talk about what researchers (NOT physicians, physicians are a bunch of coconuts) know about how the body stores and uses fat.

So what IS fat, anyway? Well, **fat is bunch of organic stuff that your body can burn for fuel, and can store in some of your cells so you don't die when you have nothing to eat.**

And right there is the answer. But you don't see it yet, because getting the answer isn't the hard part... it's asking the

right question. Often the answer to our problems are right there, but we can't see them because we don't understand the problem yet.

So fat is FOR keeping you alive when you don't have anything to eat. Duh. If your body had chlorophyll, or solar panels, or plugged into a wall, and thus had a constant inflow of energy, you wouldn't need the capacity to *store* it at all. Your hair dryer doesn't have a battery in it, but your laptop does. That's because your hair dryer is designed to work in an environment where energy is always available, and your laptop is designed to function without an outside source of energy for at least some period of time.

So now we know that your body is designed to store fat. That's supposed to happen. And your body is also designed to burn fat. That's supposed to happen, too. And that between these two processes, you're not supposed to get so skinny you can't sustain your body temperature, and you die of cold, or so fat you can't run or climb, and you die of sabertooth tigers. You're supposed to gain a little fat, and lose a little, over and over again.

Now, your body, despite what the "calorie" people will tell you, is not a box. It doesn't just have things in it because you put them there. In order to store fat, an active biochemical set of events has to happen to turn things into fat and put them in fat (adipose) cells. In order to burn fat, another set has to happen to order to unpack the fat and send it to muscle cells.

Your body doesn't get fat just because some things are lying around, and it doesn't get thin just because you're low on fuel. It gets fat, or thin, *on purpose*. There are control mechanisms, and things that trigger them.

So if your body is storing too much, and unpacking too little, so that you gradually expand like a balloon, than its because there is a switch (metaphorically speaking) that is stuck in one position.

Well, researchers know what this switch is, and now you will, too, because **that's what we need to know**.

The "switch" is two hormones: insulin, and glucagon.

Insulin stimulates cells to take up glucose from the bloodstream. Some need it to have this happen at all, some don't, but the important thing here is that adipose (fatty) cells turn this glucose (sugar) into triglycerides (fat), and store it. Beta cells in the pancreas release insulin when blood sugar is high.

Glucagon stimulates adipose cells to unpack triglycerides (fat), and release it into the blood. Other cells can burn this directly, and the liver can also convert it into glucose (sugar). Alpha cells in the pancreas release glucagon when blood sugar is low.

The important thing to understand here is that you can't have both these hormones high at once. So when your blood sugar is above a certain level, insulin stays high, and *you can't burn fat, no matter how much you have, because you can't get it out of your cells*.

That's the stuck switch.

If your blood sugar is too high, your insulin stays high, and you can't burn fat, you can only store it.

This is what happens when you calorie-restrict. You're eating small meals, but since you keep eating, your blood sugar stays high enough to prevent the release of glucagon in any significant amount. So if you have less energy coming in, but you can't unpack stored energy, you *have* to burn less, because it's physically impossible to burn energy you haven't got.

You've got loads of fat in your butt, but you're short of fuel, because *you can't get it from your butt into your blood*. You're *hungry*, and your metabolism slows to a glacial speed, because you're short of fuel.

This is why calorie-restricting diets fail. They're inefficient, because your metabolism is tanked, and they're impossible to stick to, because your brain thinks you're starving. Your brain can only see your blood, not your butt.

So what to do?

Do what this system was evolved for. Your body fat isn't evolved to sustain you when you eat a salad and a small bun. It's for when you *have no food*. If, instead of six small meals that don't add up to a lot of calories, you eat *nothing*, then your insulin will go low, all that fat can be unpacked from your butt, and you won't be hungry anymore, because why on earth would your body unpack less than it wants, now that you can unpack something?

In other words, you stop eating tiny meals, and you fast, instead.

When we understand this, we understand why grandma wasn't fat, and you are. It's not because you have less self-control than she did. It's not because she ate *more* than you do. It's because of *what* she ate and *when*.

She ate fat, protein, moderate amounts of starch, and almost no sugar. You eat very little fat, and a whole lot of starch, processed food, and sugar. Guess which one keeps your insulin higher longer?

If you want to be less fat, eat more fat.

She ate at mealtimes, and never in between. She didn't have plastic-wrapped convenience food. She didn't have a microwave oven. If she wanted to eat something, she had to cook it. She and her family ate at mealtimes, and not in between.

You... snack. Throughout the day. So when does insulin have a chance to drop?

If you want to stop looking like a cow, stop grazing like one.

Eating real food at defined mealtimes was enough to keep the people of 1960 thin. But if you're already fat, you have to reverse that switch harder. It's called "intermittent fasting", although it really should be called "intermittent eating", because the idea is to impose long delays between meals. When you run out of sugar, you will unpack the fat.

Sounds like starving yourself, doesn't it? But it isn't. Because "starving" is when you're running out of fuel, not when you're merrily burning it. You're not starving, you're fasting. It sounds scary, but that's only if you believe that you're just going to keep getting hungrier and hungrier when you don't eat. That's not true. You get hungry, and then you enter *ketosis* (the state where your body unpacks and burns fat), and you're not hungry any more.

All of those stories about medieval people spending days in "fasting and prayer" suddenly make a lot more sense. You don't actually need to shove bread into your face every two hours in order to survive. This works. There's a whole subreddit devoted to it, and you can check it out, it's full of success stories, and you can learn what eating and fasting schedules work for people.

This method works because it's sustainable. Instead of fighting your body, you're doing what your body was designed to do... store fuel, and then use it. With a little practice, you can even decide how fat you want to be. Some level of subcutaneous fat is good for you, and you can get to decide how much looks good on you.

There's a lot more science in this rabbit hole; we could talk about how "sugar" (the white stuff on your table) is poison, but "sugar" (the glucose in your blood) is the energy of life; we could talk about how fruit juice and smoothies are terrible, terrible things, we could talk about how eating anything is a nutrition label is most likely a bad idea; about how butt fat is healthy and belly fat is terrible; about where diabetes really comes from and why "life-saving" insulin injections are really expensive now; about why healthcare is so expensive now and how socialism is not the answer and will only make things far, far worse.

But the important thing to understand is:

- Calories don't matter. Insulin matters.
- It isn't how much you eat, it's what and when.

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UPVOTES

Ask what he thinks is attractive...it may surprise you...

Hang_your_halo · 10 April 2024 · Archived copy · Reddit

I don't know if this is allowed, but I wanted to share recently I asked my husband what he thought the hottest/sexiest thing I have worn was and I was SHOCKED by the answer. Apparently men and women think way differently (groundbreaking, I know! 🤔)

I was expecting the typical guy thing, like tight leggings, short skirt, cleavage, etc....nope. He said what does it for him is classy. Like Princess Kate classy. We looked at some outfits together so I could get an idea and some of the one he loved I personally thought looked frumpy. I cannot tell you how shocked I was. (I would also like to note that he said she's average looking, so it's not bc she's beautiful, which I think she is!).

All that to say, I want to look attractive to him and while I'm not going to wear something that I don't feel good in, I do appreciate knowing what he thinks is sexy and I will use that information when picking out my clothes.

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UPVOTES

Let's talk about mean girls.

stevierose789 · 20 May 2019 · Archived copy · Reddit

When I was growing up (a thousand years ago) there was an understanding between girls: Be there or be talked about. It was horrid when you were not invited to a party or could not attend. It was bad enough that you had to miss out on the fun, but you also knew there was a very good chance that you would be gossiped about. I honestly cannot imagine myself living through that time of my life with today's social media. Today's young people have my sympathy.

I believe that there are three types of girls:

The mean girls: the girls who maintain their place at the top of the pecking order by devaluing other girls and sometimes guys.

The bystanders: the girls who do nothing while watching the mean girls in action. They do this because they are afraid of becoming a victim themselves or they do not want to jeopardize their chance of being a part of the group.

The victims: the girls and guys who are the targets of the mean girls.

I believe that most women have a mean girl inside of them. In fact, I have seen the mean girl dynamic at work in some of the threads on this very sub. After witnessing so many female interactions (from preschoolers to middle aged) I am convinced there is an inborn tendency in all females to dish out abuse to those unfortunate individuals who are easy targets if it means maintaining their spot in a group, or working their way up in the female hierarchy. There is also the very pervasive tendency to be a mean girl to those females who incite jealousy.

Sometimes the victims of mean girls end up with emotional scars that can last a life time. Inside the ugly duckling, who worked her ass off to become a swan, is the girl who always questions her self-worth when she is around other women.

I was the weirdo: the girl who never quite understood how to behave properly to fit into a group of females. I was pretty enough, but I was too honest to pretend affection and never mastered the ability to hug someone and then when they walked away, throw them under the bus. However, I had my own moments of jealousy when I truly relished the downfall of a girl who had lost favor with the mean girls even though that girl had not been unkind to me.

I recently achieved recognition in my field and I looked forward to the award ceremony. My husband attended the event with me and it should have been a wonderful evening. Instead it was a night of angst as I racked my brain for reasons why the women I had considered friendly peers gave me the cold shoulder. My immediate reaction was "I did something to offend them". It wasn't until a day or so later that I realized that the mean girls were jealous of my achievement.

So what is the point of this post?

Make a conscious effort to avoid being a mean girl.

It is self-defeating behavior. You will live with the guilt of your mean girl transgressions. Not to mention karma. I am not suggesting that you "hug a slug". Just don't step on one. Do what is necessary to be kind and still maintain a comfortable distance. You can treat a person with dignity and respect without extending an offer of friendship. This applies to both males and females. And remember that under the blue-haired, tattooed exterior of the SJW, or the nerdy persona of the geeky girl, or the awkward veneer of the chubby girl, may exist a RPW who may be the loyal friend you wish to have.

All women need female companionship. It is the reason so many women are a part of this sub.

What are your thoughts about this subject?

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UPVOTES

Submission is a gift

stevierose789 · 12 February 2020 · Archived copy · Reddit

A woman's submission to her man is a gift. Imagine it as a cellar of very fine wine that left unopened grows better with time. When a woman is pretty sure a man is worthy of it; she opens and gives him one bottle of fine wine to see what care he takes with the precious contents. Does he slosh it into a red solo cup, guzzle half the bottle, or carefully pour it into a wine glass and savor each sip?

If he proves trustworthy, she continues to give him a bottle of wine at a time until she is certain he will take care of her wine cellar. Then she gives him the keys to unlock the door.

Translation: A man earns your submission. Be wise. If you give your submission to a man who does not appreciate your gift, you will be less trusting of men and it will be harder to give it to the man who has earned it.

So does that mean you don't let a man tell you what to do? Of course not! There will be many times when it is in your best interest to listen to what men say and do what they advise. Think of repairs to appliances, your car, your plumbing, electrical wiring, tree trimming, and so forth. I know there are women in these jobs, but they are few and far between. You would be foolish not to find a man you trust to help you in these types of circumstances. However, accepting their good advice and acting on it is not submission.

There may also be times you cry on a man's shoulder at work or in a social situation and take comfort from his hug and his kindness. Showing your vulnerability to a man when you are in genuine distress is not submission.

So what is submission? I believe it a complete trust that your man has you and your children's best interest first in mind with all decisions he makes. Because of this trust, you let him lead, and do your best to obey his wishes. I believe it should only be given to one man in a monogamous relationship. Others may disagree.

Submission is not easy and only comes with effort and time in a relationship. Sometimes it takes a while to recognize just how wise and competent your man can be. It is small acts of concession and cheerfulness that grow stronger as each of you finds happiness in his leadership and the direction your relationship is headed.

The important thing to remember: You do not give your submission to your SO because he is a man. You give it because he acts like a man. This idea of putting his needs first is only appropriate when doing so helps him to be the best leader he can be. If he is not a leader, if he can't manage his own life, if he is undisciplined and unreliable, he does not deserve your submission and will never appreciate it.

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UPVOTES

"friend" not so friendly after knowing my views

soggycurls · 29 July 2020 · Archived copy · Reddit

This is more of a mutual girl friend, we went to school together and had hung out in groups, but we didn't talk much (although it was always friendly and fun when we did!)

I don't yell from the rooftops about disliking feminism, and not thinking men are evil toxic monsters, and I don't share those views unless asked. (crazy that "men are decent" is controversial now) I remember engaging in banter about feminism on a mutual friends facebook and she privately messaged me to ask "If I was serious of if that was a joke?" um yeah... I told her im serious. she asked one or two questions which remained civil and then continued to not talk to me for years. Which I didn't really notice since we don't talk much anyways.

But I guess she had it in mind still, yesterday she messaged me to ask if I "still held my views" and I took of time to explain some of my views (all friendly like, nothing too serious) and she responded "gross. You are the only person I would consider a friend who thinks that way and I wanted to see if it changed."

How rude of a person can you be? I guarantee if I said "ugh I was so wrong in the past, men are evil and you were right!" we would have had a long friendly discussion! But this is so weird - was I on some sort of silence punishment until my views changed?

Ive been trying to make new friends lately and also trying to be more open about my lifestyle and views with them - but situations like this are so discouraging to trying to be my open self :(Has this sort of thing happened to you and are you ladies open with your friends?

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UPVOTES

I'm beginning to question my red pill identity

Davidoff24 · 6 December 2020 · Archived copy · Reddit

It's almost the end of the year and it's time for me to be a bit more reflective on my life so far.

I am 26 years old and have always believed in my red pill identity. I rejected feminism beliefs and sincerely thought that I have to cater for a man and somehow submit to him. I have done everything I could in order to make myself more attractive and be with a man I love. I have lost weight, become the fittest I have ever been, look insanely attractive (according to what men have told me), tried to focus more on nurturing and caring for people in need, rather than investing in a successful career. Although I have all the resources in order to create the latter, I have rejected doing so, because I know it would end up stealing my time I could dedicate to a potential husband and children.

However, here I am. Another year, same story. Plenty of messages received on how awesome I am, but that's about it. Despite all my efforts, I am still single as fuck and no potential partner that I like anywhere to be found. Sure, I met a couple of amazing guys I immediately saw myself with, but they turned out to be already in relationships, as probably to be expected, so I abandoned any thoughts.

When analysing the bigger picture, all that makes me happy, all that gives me a purpose in life, all that gives me confidence in myself is actually my job. It's the accomplishments, the obtained goals, the money I have earned, everything I did by myself is what gives me comfort. I didn't want it to be like this, but I didn't have a choice. I have two paths: either sit around and be depressed because I have no man in my life or just be content with everything I achieved and keep going.

Another thing that I noticed, contrary to my beliefs, is that a lot of men seek a woman with a drive to build a career, to be independent, to be on her own. I often hear of successful men who are scared by the thought of a woman depending on them or orbiting around them. Also, intelligent men whom I have talked to seem to want a woman who is occupied with something apart from house chores or children.

There is nothing I wanted more than a loving and nurturing husband, beautiful children whom I could educate and a lovely house, but I find myself questioning if this is actually real or a fairytale lol.

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UPVOTES

Patience with different love languages aka 'the STFU rule in practice'

sneeuwkapelletje · 24 March 2022 · Archived copy · Reddit

Hello everyone!

I would love to share a bit of knowledge I acquired while struggling to find a balance between my love language and my boyfriends'. I like to get words of affirmation, while he prefers spending time together and physical touch. It also doesn't help that he is really careful with his words and usually says very little, but meaningful things. I was telling him several times a month that I need more compliments and comments of gratitude, but it never happened (or were low-effort), so I got a bit frustrated.

Today I made us really tasty breakfast, he was quiet as usual but instead of me saying stuff like 'why didn't you say at least thank you?' or something along the lines, I just STFU. He then suggested that we should sit in the sun outside, drink tea, and he even prepared a chair for me. Then he said he has a very important presentation at work which he was preparing for the whole night and is tired, so I hugged him and caressed his head saying nothing. When we finished drinking tea, he picked me up and carried me to the door, still saying nothing, but I found it endearing.

That's when all the RPW knowledge, Fascinating Womanhood and Surrendered Wife finally clicked in my head. Before I was too focused on the thought that he is only giving me "his part of his love language" and rarely the one I find the most important, but this situation made me realize that I got more out of it than I could imagine. If he only said 'thank you sweetheart for the awesome meal', I would feel good for a couple of seconds and forget about it. If I stopped him and demanded a thank you, he would feel resentful and give me a half-assed thank you that wouldn't even make me feel good because I forced it. Instead, I was patient, was happy to just be there and got a priceless reward that still makes me smile when I think about it.

Thank you for reading this, and I hope my experience can maybe help someone put things into perspective :)

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UPVOTES

The goodness of a woman's heart

vanBeethovenLudwig · 8 October 2018 · Archived copy · Reddit

We speak often about SMV - the importance of maintaining a low body weight, feminine appearance, being interesting, having a pleasant and sweet demeanor.

Something that I found is increasingly valuable is the goodness of a woman's heart and it is something that men very much treasure.

To explore this concept, think about the ideal mother.

The ideal mother teaches you how to be polite, gracious, respectful. She teaches you to say thank you, she teaches you how to treat people with kindness. She teaches you how to be compassionate towards people, she teaches you how to be careful with your words to not cause pain to anyone. She is gentle, understanding, responsible, hardworking, morally good.

The ideal mother loves her own children even when they are difficult. She commits to them if they get into trouble, she commits to them if they fail, she commits to them even if her own children lash back at her, because the ideal mother is loyal to her children. She forgives them, and she tries her best to also forgive other people or adults who have angered her, because the goodness of a woman's heart understands forgiveness.

Men search for and expect this moral goodness in women and especially in their wives. They do NOT appreciate bitchiness. They seek to find a woman with values, because they know she will be the role model for the family, the queen of the family.

Be a queen. Do not be a showgirl who is just fun and games, looks great in a costume and entertains the court. Be a queen, show it in your actions, your speech, your mannerisms.

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Why the f*ck is it so hard to find sexy cotton panties these days?

pokersnob · 30 August 2019 · Archived copy · Reddit

Is it just me or every store you go to has frilly lace or spanex material panties when they kno0ooo0www how that affects our pH. Is it just me or are you guys having better luck?

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UPVOTES

Redpill Success story

dontouchmybutt · 18 July 2022 · Archived copy · Reddit

Thank you redpillwomen!! Me (F27) and my boyfriend (M28) have been together two years. He is my absolute world. I love him more than anyone ever, and as I've worked on being more feminine, I've watched him evolve and become even more masculine. We have such a great relationship that feels so equal, but in our own respective roles and ways. He took me ring shopping this weekend, and I've just been in bliss all day. :) Watching him take charge at the jewelry store and say I need a ring that represents him as a man and how great of a woman I am was the greatest moment ever.

I've realized that if you find a man while you're young and in your 20s who has potential to be a leader, you need to allow him space to find his role. Stay in your feminine lane and allow him to thrive and grow into his role as a man. You will feel the urge to take charge and do things for him or nag and complain, but don't. Just be patient, and if he is a good man he will figure out what to do. It is such an amazing thing to watch!!

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An RPW example in /r/explainlikeimfive

[deleted] · 23 April 2014 · Archived copy · Reddit

i quit my job to take care of my husband who works 12-14 hour days, 6 days a week. Some said I was stupid, others called me backwards, spoiled, lazy, I've heard it all. What those snarky people don't realize is, as a couple, when I worked, he was suffering. He didn't have time to prepare his own lunch or dinner, wash/dry fold his clothes, go shopping for food, exercise, or let alone help clean the house. If I was the one who made more money, this tale would be reversed, and he would be the one to have quit his job. But as it stands, I couldn't watch him slowly become miserable. So, I quit my job to do all the shopping/food preparing. He gets a balanced nutritious break/lunch/dinner every day. His clothes are purchased without any consultation, washed and put away. The house is cleaned every day, I save a ton now on housekeeping fees. And the most important thing in my mind, we now walk the dogs everyday after work, and surf every chance we get. Weekends are nice now, I don't dread going to work on Sunday, nor do I spend my entire weekend cleaning and shopping. We actually do stuff together. He is getting promotion after promotion because he is relaxed (sex is nearly nightly) and well-slept, and well taken care of. His coworkers, who at first thought I was just looking for a free ride, now come over to dinner at least once a week because they are tired of eating out and their wives work. I still maintain my freedom, I read and write constantly, and I have my degree plus teaching experience, and I can always go back to work when I care to, if I care to. I don't know how people are able to survive any other way. This is just one woman's opinion.

<http://redditlog.com/snapshots/487529>

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This is a off topic but I have nobody else to share this with but you guys

snackysnackeeesnacki · 16 January 2019 · Archived copy · Reddit

IM PREGNANT! After a stillbirth in April of last year, I'm pregnant again. It's early and I know a lot can happen but I'm so optimistic and grateful for a second chance.

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UPVOTES

Update: We still have the formica table.

bellsandbutterflies · 10 December 2019 · Archived copy · Reddit

Remember my boyfriend's crazy hoarding?

That hideous table is still here, but this is a happy update.

We had been fighting so much about the house. When I couldn't convince him that he needed to discard things, I tried to "practice gratitude" my way out of it. I had been in a mentality of trying to "just be grateful" and come to terms with the condition of the house. It didn't work because the house was truly unacceptable and living there was causing me deep emotional pain. I tried to tell him how the furniture made me feel but he didn't hear me; I'd been fighting him on the furniture for so long that he got used to tuning me out.

Here's what I did: Instead of saying "We should swap out the tables" and "This place is a mess" and "I'm stressed out because I can't work from home when the house looks like this," I just said "Reading *The Life Changing Magic of Tidying Up* a few years ago was a real turning point in my life. It sounds corny, but the book is a lot more substantive than the pithy synopses you always see online. I think it would be fun if you read it, too, and then we could go through that process again in our shared space." I said it once.

Then, I shut up. I gave up. 100%, completely, entirely gave up on changing anything about the house. I had a feeling that giving up would "work," but I stopped expecting anything, allowed myself to hope that this would make me feel better, and otherwise moved on with my life. I didn't mention it again. Don't get me wrong: I really, really wanted to mention it again, but I didn't. I cleared out a space for myself on the kitchen floor, and that's what I used when I worked from home. That felt a lot better. I didn't love spending 9 hours a day on the kitchen floor, but it got the job done.

After a few weeks, I noticed that he had picked my copy of Marie Kondo's book off the shelf and stashed it in his bag. I didn't know he had actually been reading it until he sat down at the dinner table one night and told me why he thought it was stupid. I told him that was okay, I thanked him, told him that I thought it was really sweet of him to try, but he should stop reading if he doesn't find it useful. He kept reading the book.

Over the long holiday weekend, he quietly pulled all his clothes out of the closet and the dresser and moved about 75% of them into bags to donate. Then he pulled all of his books off the shelves... He Marie Kondo'd the whole damn house. We borrowed a friend's truck and donated several truckloads of stuff. He measured all of the shelves and drawers and brought home baskets to keep everything tidy and tucked away.

He brings home fresh flowers to keep in a vase that covers the biggest stain on the formica table now. It looks a lot better.

Thanks for hearing me out, friends.

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YouTube Channels That Will Assist Your Journey to Femininity

squideye62 · 15 March 2020 · Archived copy · Reddit

Hi everyone!

If you're anything like me, YouTube is a big source of the content I consume. Since finding this subreddit, I've found that it's a very useful resource to improving your femininity, and I wanted to share what I found with all of you. I'll be posting the name of the YouTube channel, a link to the channel, and a short description (and maybe a link to a good video of theirs).

If you have any other YouTube channels you know of, please let me know and I'll add it to the list!

- **Mrs Midwest** - [link](#)

Mrs Midwest is a YouTube channel I found while browsing this subreddit, and is the first femininity channel I watched. I don't watch many of her videos but I know that a lot of people on this subreddit do, so I thought I might list it here. All her videos are to do with femininity, how to act ladylike, and she also posts some GRWM videos.

- **AlexandrasGirlyTalk** - [link](#)

AlexandrasGirlyTalk is my current favourite femininity YouTube channel. Alexandra posts videos on beauty tips, hair tips, and clothing tips. She goes into great depth about how small details can make or break an outfit. As well as this, Alexandra posts about increasing your feminine energy. Here's my [favourite video](#) of hers.

- **School of Affluence** - [link](#)

The School of Affluence YouTube channel is a great resource for improving on your elegance and classiness (with some fashion tips thrown in). The host of the channel, Anna, owns a finishing school, and brings all her expertise to the videos she makes. This one is a bit more full-on, because she does talk about 'attracting rich men'. Personally I've swallowed the red pill to attract strong/assertive men, as well as to improve myself, so take what you want from this channel and leave the rest! Here's a good [video](#) of hers.

Other YouTube channels that have helped me:

- **Matthew Hussey** - [link](#)

Although Matthew Hussey is popularly known as a 'dating coach for women', his videos are super helpful with increasing your confidence and girl game. You don't necessarily need to be actively looking for a man to put his tips into practice. I stumbled upon his YouTube channel before ever finding RedPillWomen, and used some of his advice when talking to guys. I kid you not, within the next two weeks, a total of three guys had asked me out. It was insane and I could hardly believe it. A change in attitude can sometimes provide massive results.

- **Breeny Lee** - [link](#)

Breeny Lee's YouTube channel is one you should go to if you need that self-confidence boost. Her videos are all about self-love, confidence, and feeling good in your own skin. I would really recommend this channel if you need a pep talk!

- **Steve TV Show** - [link](#)

I'm sure everyone knows of Steve Harvey! He's actually the first figure who introduced me to traditional masculine/feminine roles when I saw his videos about whether men should always pay on the first date, the 90 day

rule, etc.. **Here's** one of my favourite videos of his. **Here's** another one about men being the 'hunters' in relationships, and **this** is another similar one. **This** video is a good insight into what men are thinking. Steve's videos about dating are super helpful, especially since he's giving women advice from a man on a man's perspective!

YouTube channels suggested in the comments:

- **The Daily Connoisseur** - **link** suggested by [u/Asteroria](#)

"On this channel you will see ten-item capsule wardrobe, homemaking, classy living, etiquette, and much more."

- **Cynthia L** - **link** suggested by [u/themissingpipe](#)

"I strive to inspire women to be better homemakers, to thrive in their femininity with grace and class, and pursue excellence as a high-value woman. On this channel, we discuss homemaking, femininity, women's issues, etiquette, lifestyle."

- **Chloe_** - **link** suggested by [u/pankakebatter](#)

"This channel is all about keeping it fun, keeping it feminine, and changing women's lives for the better."

- **Chrissie** - **link** suggested by [u/leinlin](#)

"Chrissie provides cutting edge commentary and advice on colorism, dating/hypergamy, promotion and femininity primarily for dark skinned black women and girls."

- **Adrienne Everheart's Love Academy** - **link** suggested by [u/leinlin](#)

"Key topics include: understanding masculine/feminine energy ♥ texting and calling ♥ attracting high quality men ♥ shifting from girlfriend to wife ♥ understanding men ♥ how to get commitment ♥ cheating ♥ pornography ♥ getting your ex back ♥ how to attract men with your feminine energy ♥ how women push men away"

- **Helena Hart** - **link** suggested by [u/leinlin](#)

"learn the secrets to attract the man you want and inspire his love, devotion and commitment"

- **Candice Oneida** - **link** suggested by [u/leinlin](#)

"I teach women how to be in their feminine energy, radiance and essence in their life, work and relationships. I publish a video every Sunday on the topics of feminine power, feminine energy, self care, sexuality, understanding desire, relationships and becoming the most authentic version of you!"

- **Georgia Free** - **link** suggested by [u/escaier](#)

"here to discuss a bunch of difficult things that hopefully makes us all better for doing so"

- **The Feminine Fancy** - **link** suggested by [u/Curiouslyix](#)

"A place for women to learn how to exude their femininity. On this channel, you'll find videos on femininity, elegance, modern homemaking, style and beauty!!"

- **Zoe May** - **link** suggested by [u/20803211001211](#)

"My aim is to help women be the best and magnificent feminine versions of themselves through food, fashion, fitness and makeup. So that their inner beauty can be equally matched by their outer beauty. "

- **Linda Sandrine** - **link** suggested by [u/20803211001211](#)

"This channel is for the ladies who want to embrace their femininity and how to be classy."

- **Lisa Hart** - [link](#) suggested by [u/Moonbabe05](#)

"French fashion blogger and fashion designer focused on feminine and elegant fashion and advises. I love everything feminine!"

- **The Modern Lady** - [link](#) suggested by [u/defiantlypink](#)

"Embrace life as a classy lady with timeless advice on social graces, classic style and sophisticated living."

- **InnerBeautyTV by Nicole Michelle** - [link](#) suggested by [u/defiantlypink](#)

"This channel is intended to influence and instruct women on how to reconnect with their soft feminine core to become the best ladies, wives, and mothers in this modern feminist driven society."

- **SheRaSeven1** - [link](#) suggested by [u/defiantlypink](#)

"A melting pot of knowledge, beauty, relationships, self-love and leveling up to get the life u deserve!"

- **Ebony Nikita** - [link](#) suggested by [u/defiantlypink](#)

"Fashion Designer. Fashion, Feminine, Beauty Blogger."

- **The New Feminine** - [link](#) suggested by [u/defiantlypink](#)
- **Class By Deb** - [link](#) suggested by [u/defiantlypink](#)

"Feminine and Classy Youtube Channel for career women living in big cities featuring advice, tips, and hacks in fashion, beauty, travel, and lifestyle."

- **That Feminine Housewife** - [link](#) suggested by [u/defiantlypink](#)

"I'm Ina and I talk about femininity and being a modern housewife."

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UPVOTES

The Ultimate Guide to Good Gift Giving

FleetingWish · 4 January 2021 · Archived copy · Reddit

You may be wondering, "Christmas just past, isn't this article a little late?", but if you want to be a good gift giver, the time to start preparing for Christmas isn't a couple weeks before Christmas, it's now.

The 1st thing you want to do is evaluate how this Christmas went. Everything is a learning experience. What did he enjoy, what did he not enjoy? Try to see if you can deconstruct why certain gifts appealed to him more than others. Sometimes gifts that you think will go well, don't go as well as you would like, and you want to try to understand why.

The next thing you want to do is create a designated place to jot down ideas. Wherever it is, make sure it's in a place where he won't find it. Ideally something you can carry with you everywhere you go. This will become your secret journal. Though out the year, any time he mentions wanting something write it down, anytime he is frustrated using something *write it down*, any time you see him enjoying something **write it down**. It doesn't matter at this point if they are fully formed ideas or terrible gift ideas. You don't need to worry about that right now, the important thing is you develop a large assortment of potential avenues for good gift ideas.

Now that you have all these ideas, it is important to figure out which ideas are the good ones, and which ones are no good. The key question is "what makes a good gift?" This is a very difficult question to answer because it really depends on the person, and an understanding of what *kinds* of gifts they appreciate. What makes a good gift giver first and foremost is their ability to understand their giftee. Hopefully your list will help you with that, hopefully observing them at Christmas will help you with that, hopefully watching them through the year will help you with that. It is even okay to ask him what kind of gifts he likes, or what qualities in a gift makes him like it, just try to avoid doing that right before a gift giving holiday (it shows lack of forethought).

But, here is a general guide to different gift categories and my recommendations regarding them. Keep in mind you know your giftee better than I do, and your knowledge trumps anything written here.

Buys For Himself Gifts

These are gifts that he needs, but he also buys for himself. This is the category where "boring" gifts like socks and razors live. The reason these gifts are boring is because he already get him himself. He doesn't need you to buy them, and it just causes disappointment looking forward to opening a gift, and getting something he could have just gotten himself, and has on several occasion. Do not buy gifts for people that they already buy.

Collector Gifts

Collector gifts are a great idea. If he has a large collection any random item, that is a great thing to get him. Just make sure he doesn't already have that one!

Consumable Gifts

Things that he might enjoy eating are good gifts, however, alone, gifts like that can be a little bit underwhelming. If this is the only gift they get they will probably overall, be disappointed (unless it's you're new boyfriend/guy you just started dating... in that case it's a perfect gift). Pair it with additional gifts to get better enthusiasm.

Experience Gifts

This is buying admission or tickets to some sort of activity. Experience gifts can be a great gift idea if the event is something that you know he would enjoy. Typically small experiences are the best route, like buying tickets to a play or baseball game. Do not buy tickets for a trip to Paris or anything that you would need to make sure his schedule works for.

For "Us" Gifts

Do not buy anything as a gift that is meant to be for the two of you. Things like house decorations, or bedroom toys are bad gift ideas. The only exception to this might be experience gifts.

Hobby Related Gifts

Hobby gifts are very difficult, because often times they just know more about their hobby than you do. If you try to get him something related to his hobby it might often fall flat because it's not quite the right thing he would have got for himself. Hobbyists know their hobby very well and they often know what things they would want better than you. Even if you know the "exact right thing" it will often be the expensive thing he hasn't bought for himself already because... it's too expensive. Gift cards to hobby stores may sometimes be appropriate for this reason.

Sometimes the best hobby related gifts are more simple ones. Instead of buying a guitar player a new guitar or amp, maybe some new guitar picks with designs selected with his interests in mind wouldn't go amiss, or a new guitar case. Also hobby related paraphernalia can sometimes be a good gift. T-shirts with their hobby on it can be a good go-to. Make sure the stuff you buy would be things that they would actually want in the 1st place. Don't buy a guitar shaped alarm clock, if he would never want an alarm clock.

Homemade Gifts

Homemade gifts aren't really their own category, a homemade gift can fall into any one of the other categories, plus it is homemade. The rules for homemade gifts are the same as the category as the category they fall into. (For example for homemade treats follow the rules for consumable gifts).

A homemade gift can be a great or terrible gift depending on the quality. A good rule of thumb is that if the quality is as good or better than the quality of the store bought one, then it is a good gift. Basically, if the quality is high enough that someone would pay for it. If the quality is high, and it is something that he would have wanted, he will be doubly impressed by your gift. If the quality is low, he will feel disappointed.

"I Want..." Gifts

If you heard him specifically call out anything during the year as wanting that thing, that is absolutely a great gift idea.

Indulgence Gifts

This gift category is things that he already enjoys or uses, but it's a nicer version of it, it also could be something that would make him more comfortable. It doesn't follow the rules of "Buys For Himself" because he doesn't spend that much money when he buys it for himself. Examples could be a fancy version of the wine he likes, luxurious bath towels, or a nice robe. These make great gifts because it's exactly the sort of thing that is a little bit of a "treat".

Personality Gifts

Personality gifts are tricky, but can be fun if you get it right. Personality gifts can span a wide range, basically they are any idea that would just appeal to him personally. Examples would be something that particularly appeals to his sense of humor, or a game you think he would like because you know he is fond of strategy games. Personality gifts require of really good understanding of who you are buying the gift for, and for that reason they are difficult to pull off. But when you get it right, it shows that you do understand him.

Upgrade Gifts

If you notice using something far past its expiration date, then a new version is a great idea. An item like this is an item he uses frequently and just had the time (or whatever) to replace it. Buying him a new one shows that you've noticed the poor condition of something, and you wanted him to have a better/newer one because you care about him. Examples could be rusted tools, or garments he still wears with holes, etc.

Now that you have your list, and knowledge about what types of gifts would be good, turn your list into gift ideas. Not everything needs to get turned into an actual gift. Some of the stuff you wrote down will be total duds. All you need is enough to turn into gifts, until you feel the appropriate amount of gifts has been reached (I like to give more gifts if they are small and inexpensive and less gifts if they are big and pricey).

Then you start preparing for next year. Personally, I like to keep all my unused gift ideas on my list for a while. Sometimes an unused gift idea could be a homemade idea that I didn't have time to execute due to how late in the year I had the idea, or it might be a gift that I was on the fence on whether it would be a good gift or not and I need more data to make a decision on, or it could be a nebulous idea that I haven't figured out how to turn into a gift yet. So, I keep old ideas around for a couple years, and continue to add new ones to my list.

Good luck and happy gift giving.

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UPVOTES

My mother is annoying, and it's like looking in a mirror.

passionatefruition · 30 November 2022 · Archived copy · Reddit

I am a Black woman. My husband and I are living with my parents' until our home is finished in a few months. We are *beyond* grateful and both work hard together to be perfect and respectful guests. The proximity has given me a closer look at things I wasn't able to articulate until I found this community and became a student, and realized how much work I face to fix a lot of cracks in my marriage that I've caused.

I love and adore my mother with everything I have, and she is my best friend. And like all of us, she is imperfect. **More specifically, to be blunt, she is annoying.**

My mother is an expert nagger and criticizer, and the embodiment of being so for so long that she will never change, it's in her essence and has boundaries set around her with her family because of this, and that's why I say "is" and not "can be." She clearly has needs surrounding support and companionship, but not the RPW tools to effectively get those needs fully met. Being the woman of the house, naturally I assumed that you nagged and chased and disrespected and criticized your husband into doing things, because men are lazy and aloof and need to be punished for that. I watched my mom do it my whole life, emasculating my father, and watched him withdraw further and further, and I then turned around and did the same in my own marriage in many different areas. I realize that I "can be" and am on the fast track to "is."

I have no doubt my father loves my mom and would walk through hell for her. He's not perfect either. But I've noticed, especially since moving in, he spends a ton of time apart from her, even more now that we're all older and out of the house, throwing his all into work and their out-of-town real estate ventures. It's a reflection of my future if I make it all the way to "is."

I know it's taboo and ungrateful to get on the internet and dunk on your mom. I don't mean to pretend to be an expert on my parents' 30+ year marriage, only a mere outside observer. It's not at all my intent to put her on a platform solely for ridicule, or even to subvert accountability with a generic "It's all my mom's fault." She's not married to my husband and doesn't pull my tongue. That's on me. Rather, the mirror has helped me exponentially in answering some "why"s and tracing back some origins **so I can effectively address those habits at their deepest roots.** This RPW stuff is working my ass, y'all. For people like me, it's not enough to simply say "Women are being conditioned by SoCiEtY to be like x." I think my culture and upbringing as a Black woman, and the unique hurdles we face with femininity, softness, and peace can (not always) be best studied through the examples our mothers set for us. That's a touchy subject for another day though.

Seeing some patterns of withdrawal with my own spouse and doing better to understand why makes STFU way, way easier. Cringing when my mom disrespects my dad "out of love/fun" has helped me out a ton with my own "sense of humor." I better notice the way my dad deflates and shies away when she does this to him. I have an easier time these days doing self-reflection, and going "*Ah, I was being annoying!*" There's no value in beating ourselves up for what we didn't know of course, but there have always been aspects of my personality that have been hard to address for so long, and I love being able to call it out within myself much more freely.

Example: I can enjoy chatting with my mom, and then feel the pit in my stomach and desire to withdraw the moment she comments on what I'm wearing. She will "What? I'm just saying!" every time instead of confronting the possibility that she's being unnecessary. And since learning RPW, I can better feel how my husband probably felt *as a man* when I did the same thing, even if I meant well and just wanted to "help/improve him." I can never turn my nose up at my mother because I've unfortunately replicated so much of her behavior to a T.

We see a lot of "I wish I had known all this sooner" here on this sub. I'm curious to know if any of you have also come to a clearer understanding of your mom, and if it's helped you get to the root of where some aspects of yourself come from. And to you lucky ones who were taught what I now have to spend time learning as an adult, I'd also love to hear how you feel that's positively influenced you in adulthood too.

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UPVOTES

Giving This Up

AmilliBee · 23 March 2023 · Archived copy · Reddit

I (26f) went to a venue to support my (25m) boyfriend last night. It has gotten warmer recently where I live, so I thought to bring out my spring/summer closet. I chose to wear a short skirt and top.

BIG MISTAKE!

I felt so exposed the whole evening. Not wanting to dance too much for fear of someone seeing underneath my skirt. Even sitting down my skirt wasn't long enough to sit on (I know it's awful), so one wrong move and someone could get a peak. I expressed to my boyfriend how I'm giving up short skirts because I felt so uncomfortable. He liked this revelation I came to and said he likes it when I wear short skirts, but more in private when it's just us. I have to agree.

It's amazing how much difference a year can make. Last year when I bought that skirt I was so excited because I thought it was so cute. Now that I've taken to dressing more modestly, it doesn't feel right at all.

What's more, I saw a woman last night wearing a long dress and felt emotions about that. Not jealousy, just enlightened. She looked gorgeous and feminine yet still sexy! Even though she was covered from shoulder to ankle. I want to embody more of that style in my wardrobe. I've already bought 3 maxi skirts that I feel beautiful in. I think I'm moving in the right direction.

Moral of the story: sexy ≠ exposed

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UPVOTES

Field Report: Greeting My Husband At the Door After Work

ArkNemesis00 · 12 November 2025 · Archived copy · Reddit

I was inspired by [this video I saw](#) that's a compilation of door cam footage of a young woman greeting her partner right when he returns home from work. I thought it seemed really sweet!

I usually wait for my husband to walk into the house after work and sometimes don't greet him at all due to being otherwise occupied.

Yesterday I was ready as soon as the garage door opened and ran to flip on the garage light and greet him. The kids did beat me to him and were also very excited that their dad was home. We had a long hug after the boys said hi.

After dinner, we went for a walk and my husband told me it was the best part of his day by far. Sometimes it's such simple things that can make a big difference. Let me know in the comments if anyone tries this or what simple things you do that really brighten your SO's day!

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[mod] Males. Read.

SoftHarem · 24 July 2014 · Archived copy · Reddit

Stop doing the following or you will be removed from RPW and possibly TRP.

- 1.) Patting the hens on the head. While I can relate to how refreshing it is for a feminine woman to confirm RP core values do not forget we are in the business of destroying pedestals. Not only are you failing to do so, but you're substituting step ladders instead. Enough.
- 2.) RP males: Understand that while both TRP and RPW are built from the same general knowledge base, RPW only has one sexual strategy while TRP has three. They are attempting (and succeeding) at being the most attractive women they can be in order to land an attractive high value man. This man will most likely have no idea what "RP" even means. Stick to TRP, because RPW are actively seeking relationships.
- 3.) Asking advice. Are you serious? You can't just avoid TRP because you don't like the tone or answer even though we both know it is exactly what you need to hear. You don't ask women for advice about women, period.

-SH

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UPVOTES

Do women shame each other for making effort?

aussiedollface2 · 13 August 2020 · Archived copy · Reddit

Potentially controversial topic!

I've noticed a trend recently, either online or IRL, where women seem to shame each other for making effort. Effort might include putting on makeup everyday, keeping a tidy/clean house, cooking every night. Comments like "omg I could never be bothered to put makeup on every day" or "you cook every night? hell no lol". I recently went to a friends house for a bday party and she has two small children. She's quite house proud and her place always looks lovely. Someone commented "omg this house doesn't even look lived in lol" then they told her she was foolish for having white couches and she's like "really? I just take the slip off weekly and wash it". My husband and I are yet to become parents (currently trying!) but I get the impression that this becomes worse once kids are involved.

If I shamed someone for looking sloppy and not putting any effort into their appearance imagine the lash back.

Is this a new thing? Or has this always been around? Thoughts?

xo

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UPVOTES

When It's Not an Ultimatum

Kara__El · 21 May 2019 · Archived copy · Reddit

I'm going to share two stories of two very different women, who *did not* give ultimatums.

I met Jenny when we were 14. Even at this age, as a young feminist and future career woman, she didn't want children. Everyone told her she'd change her mind. At 16, she didn't want children. At 20, she didn't want children. At 22, she fell in love with a man 10 years her senior, Dave, and told him clearly that she didn't want children. At some point, however, Dave decided that he *did* want children and that Jenny would eventually change her mind. Jenny entered academia, where she grew into an even more liberal feminist and unsurprisingly, *did not want children*, a life choice that was very much supported by her environment. Ultimately, she told Dave that under no circumstances was she ever willing to have children. He walked and she let him. She never changed her mind and, last I heard, had met a man with similar goals and was pursuing her PhD.

I met Sally when I was working at a movie theater in college. She was pretty, slender, smart, and was dating another employee, Cody. Cody was good looking, confident, funny, social, ambitious, and often a complete asshole. They both came from good families and had been dating for nearly a year, at 19. I don't recall if they intentionally followed each other to college or met there, but just from the oversharing young people do, I knew that Cody had been Sally's second partner and she had been his first. Love was in the air and they both assumed that, after college, they would eventually get married.

Although Sally wanted a career, even then, she *knew* she wanted to be a doting wife and mother. At 19, Cody seemed game for the former, but less interested in the latter. Finally, he told Sally that he didn't want kids... and she immediately ended it with him. She told him she loved him, but that she was not willing to spend her youth on a man who wouldn't *eventually* want children. She *had* to know that if they married, children would be in their future. She didn't throw a fit or demand promises. She walked... and he didn't let her. A few months passed and Cody thought it over, consulted friends and family, and decided that he would *eventually* want children. He genuinely loved Sally... and she did not immediately take him back. Unsurprisingly, she felt that he'd only given in to an ultimatum she didn't intend to give. I don't know what Cody did or said to make her feel differently, but in time, they did get back together. Last I heard, they're happily married and on baby number two.

A tale of two *women*, the men's decisions are irrelevant. These women, however different, both vetted carefully, at a young age, for a man with common goals. Upon discovering that their choices weren't consistent with where they wanted to go in life, they set aside their feelings and walked. Ultimatums are *always* a terrible idea and neither of these women gave one. They calmly and rationally stated their deal breakers and took a future they didn't want off the table, accepting the consequences. One found herself single and the other found her man had a change of heart. The difference here is that Jenny had *endless* years to find a man who didn't want children, especially in her environment, while Sally had only a handful, making it all the more important for Sally to vet with her endgame in mind.

For all the women here who find themselves considering giving an ultimatum or even waiting him out, I'd advise you to rethink. Consider what you want from life and vet accordingly. If he tells you he sees a different future than you do, walk... not so he'll run after you, but to free yourself up for someone with a similar vision. There are many, many wonderful men out there and the earlier you begin vetting well, the better chance you'll have of landing one.

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UPVOTES

Cautionary tale: Some men don't fall in love/romantically attach. That can cause problems.

Ringthrowaway77 · 9 August 2020 · Archived copy · Reddit

I'm coming into the homestretch of filing for divorce. I posted a while back then got nervous and deleted. Those of us who frequent this sub may tend toward working hard to 'make a relationship work,' or to meet men's needs; while the following may be 100% obvious, such women may benefit from hearing this:

A good man won't disregard your emotions (within reason). A good man will want to protect you. A good man won't try to make you think that you're crazy. The right man will be in love with you.

tl;dr A man who talks about emotional intelligence and has some high value traits may still be incapable of romantically attaching (or at least my soon-to-be ex was incapable of attaching to me). If you've tried for a long time and there's always been an emotional gap and your gut feels off, PLEASE explore that feeling and don't try to 'logic' your way into staying.

My husband, H (29M), asked me (27F) out when I was 18. We dated for 6 years (3 LDR), I moved closer to him, got engaged, married, and we moved cities so I could attend law school. We have been married for a year. I love and was in love with my husband (H). His family is amazing. He is my first/only my first sexual partner. Sexual attraction wasn't an issue.

H made it clear from early on that he was interested in marrying me, but he recently said that he's never been "in love" with me, that being "in love" is a fairytale, and other healthy couples are "just infatuated." H doesn't think being "in love" (deep emotional intimacy/connection) is a typical marital expectation. He's since tried to redefine 'being in love' as 'being committed.' H wants a marriage based on companionship/kids. He says that if I "wanted more" from marriage, it was my responsibility to clarify that during premarital counseling with a priest; based on my parents'/relatives' marriages, I thought being in love was the norm and we just had communication or love language issue (and that's why I wasn't 'feeling it' from him). We both feel blindsided. I feel like an idiot for marrying him.

I know that the *feeling* of being "in love" can fade or be intermittent, but I assumed a man who wanted to marry me for 7 years was in love with me at some point. According to my therapist, some people, especially men, simply don't have a romantic concept of love, even if they want commitment and sex. In my relationship, this lack of connection led to creation of huge emotional wounds/betrays: he knowingly invited someone who sexually assaulted me to our wedding, in order to avoid "awkwardness" (he's since apologized and gets upset/mad if I bring this up); he didn't say "I love you" until 2 years into dating, after I alluded to loving him; he doesn't think that sex has a deeper emotional or spiritual component (we've never "made love," and I imagine this is what a 'friends with benefits' relationship feels like. I've talked to him and tried to make sex more intimate, and he's considerate physically, but something wasn't clicking); in anger over the phone, he's recently said I should be institutionalized and that I was mentally ill (my therapist laughed hard at this). I started getting uneasy about getting pregnant with him during our engagement, and I felt some gut-level uncertainty about marrying him and asked to delay, but he implied that he'd break up with me (which I understood, as he intended to change cities and jobs if we married). Our priest encouraged us to go through with the wedding, and I did because I was in love with H and he had all the on-paper values I was looking for.

H has had valid complaints about me in the past 2 years; he feels like I avoid him (being around him has been more stressful than law school at times!), I haven't gone to some of his social events, and I started drinking sometimes before sex to cope with the lack of intimacy (it was difficult to look at him by the end). But even if I was a perfect gf/wife, I don't think there is anything else I can do to make him love me in a deeper way. I was a good girlfriend for 6 years and got nothing.

We started couples' counseling during COVID, but stopped when for job-related reasons we physically separated three months ago. I've done solo therapy for 2 months, my husband is restarting therapy, and we've been in contact with our priest. My husband still suggests that if I did enough counseling, he might fall in love with me (lmao).

I recently told our priest about my husband's view that being 'in love' is just infatuation, and that marriage is only about commitment/childrearing. The priest's response was that H has a "stoic" concept of marriage, while I have a romantic concept. He said that after 8 years, counseling probably won't change that. He advised that we separate for 6+ months without contact while each doing solo therapy, or that I "trust my gut" and seek a divorce.

The only positives in all of this are that I still like myself, I have role models in my parents'/friends' marriages, I have a support system, and I know a million red flags to look out for in the future. I want to remarry someday.

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UPVOTES

Guy gave me an incurable Std and has blocked me, I'm angry.

lookingforanswersugh · 22 June 2021 · Archived copy · Reddit

I am so angry. The guy I was dealing with passed me Hsv2 (herpes).

We started off great, the vibe was awesome. I couldn't believe I found a guy who was my type physically and personality wise. I believe he is a good person at heart. After we became intimate, he started acting a little strange.. and then I find out why. He passed me Hsv2.

I gave him the news, he pulled away even more and ended up blocking me. (Of course, it has to be a lot easier to ignore something like this than to face it head on.)

This is obviously not easy for either for either of us. But I didn't deserve this.

This has been the most frustrating situation. At times I feel a deep anger about everything. Other times I walk around trying to hide the fact that my eyes are welled up with tears. It's been an emotional roller coaster.

I think what's bothering me is having someone effect your life so significantly not even acknowledge what they've done. They continue living their life as if nothing happened. Meanwhile you are trying to navigate this new illness.. deal with the pain, the complications, emotions, the bills etc.

I'm an attractive young woman, no kids, degreed, decent job. I'm a very picky dater and don't have an extensive history, so the diagnosis was a shock.

I know I will heal from all of this. But right now I'm struggling with the emotions.. unusual for me. Talking with people who have been in similar situations has helped.

Has anyone been through anything similar? What advice do you have? How did you deal with the anger?

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UPVOTES

Levelling Up and a Field Report

Bubbly_Window_6719 · 16 January 2022 · Archived copy · Reddit

I am 30, my partner is 28. I study and work part time while he is working fulltime. We have been together for 8 years with the intention to marry soon.

He had a work function on Friday. I was eager to dress up again and thoroughly enjoyed myself. I was seated with some very nice women and men at a table and the conversation was lively. I was asked where and what I work and I told about the topic of my thesis. It is a topic that can serve as entertainment, no politics, no [REDACTED] just an interesting and broadly understandable topic that makes for good discussion. Soon we were all on a first name basis and laughing heartily. Then SO and some others turned up. They joined us briefly and went their separate ways again. We left relatively late, I had been roped into deconstruction and cleanup and SO was obliging. He was so happy with how the evening went, apparently a new project was being born that evening. He will receive a slight promotion and the permission to work from home on Occassion. Apparently I left a very good impression and my demeanour impressed his superiors whose spouses I sat with.

I have come a long way from the shy, obese girl who was predicted to never formally graduating school to the woman I am now. I always stood with my man who was also slightly awkward and bloomed late. I believed in him and supported him as best as I was able.

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UPVOTES

Placeholder VS Dream Girl

buttermilk · 18 May 2023 · Archived copy · Reddit

Know the difference and where you stand, ladies. Really take some time to consider if you are his dream girl or just a placeholder for him to find his dream girl.

Men are just as romantic as women if not more. They are willing to do anything for the woman they love. If his dream woman comes into his life he is willing to do anything for her. There won't be any hesitation or fear of commitment, he won't keep you waiting. If you are his dream girl he will do anything to get you to be his. You should never have to feel like you have to earn him, he should come to you, and you to him.

And if you and him enter into a relationship, always keep an eye out for signs whether he truly loves you or he sees you as temporary. It is OK to test your man, in fact it should be encouraged. By this I mean to use every conflict in your relationship as an opportunity to see his mannerisms. See how far he would go for you. Observe his temper and how he handles stressful situations with you. Does he take you into consideration when making hard choices? Does he make you feel heard and validated? Does he make you feel provided for and protected? Only provide him with respect and comfort if he provides you with his loyalty.

I am tired of seeing posts in dating subs complaining about how women feel pressured by their man to change. How their man prefers blondes or athletic girls and how they feel they can't match it. If you follow the RPW mindset then you're already undergoing all the right steps to make your man the happiest they can be in a relationship, and if he is making you feel like you're unsatisfactory then you're probably not the one he's looking for. A man should never make you feel that way, know the difference if you're his dream girl or just a stepping stone for him to reach one closer to it.

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UPVOTES

Vetted, Committed, but wants to see other people.

dottiejeann · 28 May 2020 · Archived copy · Reddit

Hello everyone,

I appreciate your advice in advance. I feel foolish to be so brokenhearted but alas here we are. I have been dating a man for a little over three months. Being new to this lifestyle and feeling quite empowered by everything I've learned from this forum, I hung back, observed him and his character, and watched as he lay the tracks towards relationship-ville. He called every day, made plans for dates. Showed acts of service, gave me a bike, helped my roommate move her belongings in, made dinners, brought homemade soup when I wasn't feeling well, introduced me to his friends, took me on a little mini getaway, shared his hopes and dreams and vulnerabilities...

All unprompted.

From all of this I gathered we were heading in a really wonderful direction. I had made it known on our second date that I believe in marriage and children and so he knew that from the start. Last we spent time together we went for a beautiful bike ride by the beach (all of these are his ideas) and then while back at home I could tell he was anxious. He then revealed that he would like to be "Ethically non monogamous" and that he still has feelings for his ex (They broke up last summer and from what he told me she was cold, unkind, and unloving towards him)

In the same breath, he said that he loves me, is interested in going deeper with me but would like to see other people. I am compassionate enough to understand that we all have our own personal journeys towards happiness but I felt completely blindsided. When I mentioned that if he would like to date other people then I will be his friend but will no longer be able to be his partner because I believe in monogamy and, quite frankly, you can't have your cake and eat it too. He seem dumbfounded and insisted that we have such a good relationship and that he doesn't want to lose me and wants to go deeper with me and continue the way things are. Now I feel like the bad guy for being "Unreasonable" Am I out of line to feel this is preposterous?

I refuse to vie for his attention and sent him a message today saying that I am thankful for the time we spent together and I wished him well on his journey for love and happiness. I don't plan on dating him. Old me would try to make it work but I have too much love for himself now and know better but I am truly hurt. He was so warm and comforting, so loving, and such a big part of my life. Because of quarantine we became so close. Was this the right thing to do? How can I prevent this from happening in the future?

Big love to you all.

EDIT: Thank you thank you THANK YOU everyone for your words of encouragement. A little of the old me was worried I was being irrational (funny how the world conditions us to always feel like we are the problem) and it's so validating to have this community of wonderful women telling me that I did the right thing. Thank you all!

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Thank you RPW, your advice has landed me the most amazing man and given me a new (happy) lease on life!

Ruffleafewfeathers · 30 September 2021 · Archived copy · Reddit

For context, I grew up with an ardently angry feminist mother who treated me awfully and is a tremendously unhappy person. She never really took the time to get to know me and really tried to force her ideology as the only correct, acceptable one—which, in turn, had made me incredibly unhappy as it doesn't actually align with my personality. So in turn, I viewed my desire to submit, be taken care of, and be feminine as unacceptable and as a personality flaw...boy was I wrong.

It turns out my best friend of 9 years had feelings for me, and I realized he is everything I could ever want in a man. Thanks to this subreddit, I know that I'm not broken for wanting these things, and my now-boyfriend (he calls me his pre-ancé) has expressed in both words and actions his desire to provide and protect me, and I honestly could not feel more loved.

I defer to him in the relationship and am an excellent first mate, and he regularly expresses how much he adores me and can't wait to make me his wife. He is kind, intelligent, sweet, an excellent leader & protector, and handsome to boot. I feel so beyond lucky and so I wanted to say thank you to everyone on here who has helped me along my journey.

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UPVOTES

Sometimes good men give bad gifts.

TheTwincessMaker · 28 January 2022 · Archived copy · Reddit

Edit: My husband, *of course*, buys me gifts. He just rarely *surprises* me with one.

I haven't been on Reddit much these last few days and still, I've managed to stumble on this post and wanted to offer my perspective:

https://www.reddit.com/r/FemaleDatingStrategy/comments/seg6ai/i_dumped_the_guy_i_was_vetting_over_the_birthday/

The post I've linked above is written by a woman who told her boyfriend *not* to get her a birthday gift, because she was offended he asked what she wanted. When he ordered a bouquet of cookies for her, she broke up with him by ghosting, because he should know she eats healthy and she was so offended.

1. If you play stupid games, you win stupid prizes, so don't tell a man you don't expect a gift when you do.
2. Don't get offended if your boyfriend of six months doesn't know *exactly* what you want, especially when you claim you truly don't *need* anything, as the poster did.
3. If you say no gift and are lucky enough to get one anyway, don't be ungrateful and complain! Say thank you, even if it's off the mark, *especially* if you've only been dating for six months.
4. Even if you eat really healthy, it's totally normal for people to splurge on their birthday. Birthday cake is a thing for a reason. Perhaps a fruit arrangement would have been a better choice for this man, but the poster's reaction was way out of proportion when her guy had never experienced a birthday with her and didn't know if she let loose or not.
5. Never break up with someone by ghosting them. It's a horrible, lazy, thing to do, especially over *cookies*.

On May 6, 2017, I married the absolute perfect man for me... and my stars is he *not perfect*, just like the woman he married. One way he's not perfect is in the gift giving department. For our first Valentine's Day, he gave me a cute jar filled with Reese's, my favorite candy. We both found the holiday a bit silly and had agreed to go small with gifts. My husband, however, didn't buy enough candy and filled up the jar with some I already had in my freezer. *He gave me my own candy...* and I thanked him and laughed. Now, it's become a cherished memory and that jar sits on his dresser, making me smile every time I see it, because sometimes good men suck at giving gifts!

This past Christmas was the first time in seven years that my husband has surprised me with a present (Edit: He, of course, buys me gifts, but I'm rarely surprised). He bought me the necklace that matched the earrings I'd asked for for my birthday and I was *elated*, because he's just not great at coming up with the perfect present. He must be too busy working hard to provide for his family, fixing things around the house, making dinner at least half the time, playing with our daughters, clearing the quarter acre of brush in our backyard, building shelves for every room of our house, picking up grocery orders so I don't have to get our girls out in the cold, chopping firewood, helping me clean, planting a garden... the list goes on and on.

I married a good man, ladies. He's one of the best... and he's meh at gift giving. Even when we were dating, he opened doors, bought me dinner, planned fun dates, comforted me when I cried, made me laugh, introduced me to new things, changed my brake pads, loved on my dog, cooked for me, and that list goes on too. It just doesn't include giving me amazing presents.

Now, maybe this was the last straw for this poster and she'd previously had other issues. I don't know, but the comments suggest the mindset I'm getting from the poster is at least rampant among other women. When you're in a relationship, with another imperfect being, you have to look at the whole picture. Even if gifts are your "love language", a concept I find to be oversimplified and likely untrue for this poster who claimed she needed nothing, your partner might not be great at giving them at the very start. People grow and learn about each other and sometimes... they just come up short in some areas. No one is perfect, but regardless, in the face of any gift given

with good intent, gratitude is the best response.

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quote from my mom!

psmica · 7 January 2019 · Archived copy · Reddit

Hi all! Just wanted to share something so true and RPW-appropriate my mother said a few days ago. My boyfriend (18) invited me to go bowling and have dinner with his grandparents (who were in town from abroad) and parents.

"It is very easy to earn a spot in a man's bed, but earning a spot at his family dinner table is something to be proud of."

So ladies, keep following RPW and keep getting those dinner table spots :) have a blessed new year

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Field Report: BUILD HIM UP IN PUBLIC! I had his buddy complementing me to him!

OhIMeMine · 6 August 2018 · Archived copy · Reddit

My boyfriend and I spent the day out on the lake yesterday, two of my brothers were with us along with one of my cousins and my boyfriend's old roommate. Recently I have been working on being more openly supportive and cheerleader-ish towards my boyfriend. Growing up with brothers, it has always been normal and natural to tease and poke fun. It's never personal and it's always a good natured joke, but I realized that maybe there should be a difference between the way I interact with my brothers and the way I interact with my boyfriend. There were multiple times when I was able to "defend" him (not that he was really under attack), and take his side and he really seemed to enjoy that. I walked up and sat next to him at the table where we were eating lunch at one point and just sort of gave him a look, he said "what?" and I said "nothing, you're just so cool and handsome," and then I gave him a quick kiss on the cheek. His buddy across from us then went on and on about how sweet I was and how his girlfriend would tell him that he sucked and he wished he had a girl as sweet as me. I could practically FEEL my boyfriend's pride swelling. Later on that night he told me how much he loves me (not that he hasn't said this before, we have been together a while, he's just usually really reserved with emotional mushy stuff) and we had some amazing sex.

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Found a YouTube channel that shows you how to throw elaborate dinner parties!

yungsweetro · 29 August 2020 · Archived copy · Reddit

Yes, I've been fantasizing about hosting dinner parties once things go back to normal in America :P

This [YouTube channel](#) has so many wonderful videos on how to make multi-course meals for seamless dinner party hosting. The videos are quite long, but that's because they're super detailed and filled with specific instructions for the strategic order to prepare these elaborate meals so that your dinner party goes as seamlessly and efficiently as possible.

Though the lady behind the channel isn't the spitting image of RPW femininity, she has a lot of wisdom to share when it comes to cooking techniques, etiquette for hosting guests, decorating your home, kitchen, and dinner table, and creating an illusion of your home and party being a magical and mysteriously perfect place thanks to all of the behind the scenes work you do. It seems like she has grown up in high society (or at least with very bougie parents) and has learned and seen all of the tips she's giving us throughout her life. This is incredibly helpful to me, because my family never hosted guests or paid much attention to etiquette and I have no idea where to begin.

Some of my favorite videos of hers are her [summer evening party video](#) with beautiful appetizers and dessert, her [flavors of fall video](#) with an amazing coq au vin recipe that I've tried and was delicious, and her [Christmas Spectacular video](#) where she shows you how to serve a Christmas breakfast AND dinner, one that has 14 different food options for your guests ☺ She has many short versions of her recipes and tips as well, such as [how to set your table](#), [how to do so on a budget](#), and [how to arrange inexpensive flowers](#).

The only downside I've found about her videos is that some of her ingredients are inaccessible or expensive, but it's quite easy to substitute for cheaper or more reasonable options as you see fit. I've been binge-watching her channel for a few days now and I wanted to share how amazing she is with you guys!

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Field Report

katwithclass · 23 September 2020 · Archived copy · Reddit

About 5 years ago I was unhappily married when I stumbled across the red pill on reddit and began learning that I had 1. Chosen unwisely for a husband and 2. Made matters worse by being a terrible wife. I learned and incorporated a lot from RPW but ended up getting a divorce, which was his idea but I think was for the best. But I decided to do things differently in any future relationships because of my understanding of the red pill. After almost a year of nun mode following the divorce, I started dating again and am now happily married to an amazing, high quality man. Here are just a few of the things that this subreddit has helped me to do better.

1 I got crystal clear on what my own life values are. I think this came with time, maturity and life experiences to really know and understand who I was and be ok with myself—it really all came together for me in my mid twenties (after I was already in my first marriage) and I would NOT recommend doing things in that order lol. Along with getting clear on what values I did want, I also chose to leave behind a lot of the cultural/familial values I had been entertaining that I didn't truly want: things like the pressure to have kids, the religion I was raised in, and some of my mom's ideas about sex, health, etc.

2 I looked for someone with very similar values to my own. I didn't realize how important this was until it was too late, the first time around. I specifically chose to date people who had similar hobbies to help narrow my search, since I think what you do in your free time is generally indicative of your underlying values. Plus I value lots of quality time and shared hobbies with my partner. I found someone who not only shares my favorite hobbies, but is also kind, speaks my love language, extremely mature, puts in effort and makes our relationship a priority, sooooo attractive, physically fit and healthy, hardworking, in a successful job, very intelligent and thoughtful, financially well-off and careful, loves to try new things, social, shares my religious views, patient, takes strong traditional masculine leadership and initiative in every aspect of our relationship, forgiving, appreciates and encourages my femininity, fun and funny, is emotionally articulate and able to have hard conversations, comes from a healthy loving family, and is working on goals for the future that I am so excited to be a part of. It was easy to vet when I knew what the lack of many of those things looked like, plus the RPW guidelines helped me keep my eyes wide open.

3 I loosened up a lot. I caused so many unnecessary slights in my first marriage by being uptight about the small things. For example I used to always choose the cheap brand at the store, even though I knew my ex preferred the name brand. It was annoying, disrespectful and definitely not worth it to save a few cents.

4 I stopped being codependent and got control of my thoughts and emotions. I used to let a small thought, or my partner's mood, or an assumption I made trigger me into a downward spiral. Now I choose which thoughts and emotions to entertain and which to discard. I choose not to take things personally, and clarify or ask if I feel like I'm getting a message from him I'm not sure about instead of making an assumption or blaming myself for his feelings.

5 I started things off on the right foot with sex. I used to HATE sex, I know there was tons of emotional and religious issues in my first marriage that was keeping me from being able to enjoy and give freely with sex. I decided from the get go with my now husband to initiate sex every single day, do things like flirt and wear sexy lingerie and perfume that I never really bothered to do, and choose to intentionally enjoy and be crazy for my husband. I have discovered that I actually LOVE sex and I was totally missing out in my first marriage.

I've learned so much from the mistakes I've made and from this page. I'm definitely not perfect and I still have a lot to improve on, and I know we will experience lots more challenges over the years, but I am just so grateful to be in a solid marriage to a wonderful person.

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Liberal Female Friends

sunnyjizz2 · 3 January 2021 · Archived copy · Reddit

I discovered this subreddit and have read so many of the past posts due to my excitement. I saw a common theme on women in this subreddit having difficulties gaining or keeping female friends.

The posts I've seen are proclaiming that most females are too liberal/feminist and generally do not share the same ideologies, making it difficult to be friends with them. Or, that OP struggles to gain friends in the first place and that they are lonely because of it. I've personally struggled with loneliness and as someone who is new in this sub, I believe I have a few tips.

To find friends

1. **Social media:** use it specifically to catch up with old friends/ acquaintances. I personally used "hey, I saw ___ and it reminded me of you! How have you been?". However, social media can be very detrimental to your mental well-being if you compare yourself to everyone's life. Do not look at what everyone else is doing and also remember that people are only posting their best lives in it.
2. **Take up a new hobby that involves a group:** sewing, book club, volunteering, pole dancing, cooking, etc. (I acknowledge that this point and #3 is harder due to COVID)
3. **Chat with people while doing chores outside.** Worst case scenario, they ignore you. Usually, you leave with a funny story. You may leave with a new friend. If you like this individual, leave them with your number (don't ask for theirs) so that they can choose if they'd like to talk to you again.
4. **Old people.** Most of them will give you HOURS of their time. They are full of life lessons and, honestly, you're probably filling a much needed void in their lives.

To keep friends, remember these:

1. **Look at yourself first.** If you believe that other females are too liberal/feminist and you get annoyed by them, they are picking up on that. If you believe that you are better than them in any way, you are giving off subtle cues. Realize that they may not want to be friends with you because they feel your animosity whenever they talk to you.
2. **Find commonalities and put those foremost.** Maybe they care about family, they volunteer on the weekends, they've given good advice, they have the same hobbies. Focus on those instead of what makes you different.
3. **Use RPW methods on them.** If talk suddenly goes to a topic that makes you uncomfortable and respond the way you would to your s/o. Gently, firmly, and respectfully assert yourself. Ex) If a topic goes to "all men are trash", then you can interject with "I don't necessarily agree with putting a blanket statement on a group of people. This subject feels negative to me, can we change the subject?"
4. **Learn humility and curiosity.** You can learn from your worst enemy. With friends, you can learn from them AND have fun with them.
5. **See the gray.** None of us are black and white. I love domesticated activities, am very feminine, love elegance, and am very realistic about the expectations placed on women by society and am using those expectations to further my own fulfillment. I also care about advancing other woman to a more equitable standing. I have both RPW and feminist ideologies.

Curious to know other methods you've found.

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Curious what everyone here's stand is on the porn/OF industry

Seattleforever · 1 April 2023 · Archived copy · Reddit

I personally think its a disgrace to humanity. It has destroyed romance and healthy sexual intimacy between a man and a woman. Of course this is my opinion so feel free to disagree.

I would like to find a reset button and go back to the time before internet pornography was a thing. It would be nice to never have seen those horrible internet memes of degenerate women and men and everyone thinking its comedy.

As a Redpill woman nothing horrifies me more than a society where women are seen as fetishized objects to be degraded.

Call me old school but it would be nice to walk down the streets without being creeped on by porn addict perverts and actually have a decent man romanticize me.

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'For Women Only' - Respect and Love - Chapter 2

girlwithabike · 16 April 2018 · Archived copy · Reddit

First, check out the introduction post [here](#) before you get started.

*Disclaimer: this is a summary of Chapter 2 in the book **For Women Only** not my own thoughts, feelings or research.*

Let's get started.

If you take away one thing from this post, let it be this: **To Men, respect means more than love. In fact, when given the choice, men would rather feel unloved than inadequate and disrespected.**

The Author begins by describing a relationship retreat that she attended as a young adult. To demonstrate men and women's relationship needs, they did a quick "experiment". After putting all the men on one side of the room and all the women on the other the following question was asked: "If you **had** to choose, would you rather feel **alone and unloved** or **inadequate and disrespected**?"

If you've spent some time on RPW you can probably see where this is going.

The majority of women said they would never want to feel alone and unloved (to the surprise of the men). **The men, on the other than, overwhelmingly preferred to be alone and unloved as long as they did not feel inadequate or disrespected.** The women in the group were just as surprised by this information and rightly so. Without being told otherwise, we all innately expect the opposite sex to share our perceptions of the relationship.

Respect for men is so critical that 3 out of 4 would prefer to go their entire lives feeling unloved than disrespected.

The Author's lightbulb moment comes when she realizes that a man equates the respect and love. With this in mind, we can see that for a man feeling disrespected is no different than feeling unloved.

If we want to love our guys in a way that *matters to them* we need to respect them.

In just the way that we want to be loved unconditionally, even when we are miserable, sick, pmsing, cranky, you name it; men need respect to be unconditional. This might mean respecting him and trusting him even if you don't feel like he's meeting your expectations. It is very common for us (as a culture) to believe that love is supposed to be unconditional but respect is something you must earn. For your man, love **is** respect. If you love him unconditionally, then you must respect him just as unconditionally or he won't feel it.

Remember, we give what we receive. **A man who is unconditionally respected by his SO will in turn, show her unconditional love.**

Disrespect and your Man

Women cry when they feel unloved and alone. This is our natural reaction. How many fights have you had with a man where you felt terrible and cried? Now, how many fights have you had with a man where he gets angry and blows up?

Men express the pain of disrespect through anger. In the heat of the moment, none of us are good at articulating our feelings. A man is unlikely to say "you disrespected me and I do not appreciate that". Instead, he feels the pain and humiliation of your disrespect and it expresses itself as anger.

Think about that the next time he gets angry. That anger is the same thing as your tears. It is a likely a response to

something you did or said that made him feel disrespected (and remember, respect is male for love).

How are we messing up?

No matter how many times we say: “I love you” as long as we continuing trying to control things men **will** interpret it as disrespect and mistrust.

If we keep the mentality that ‘respect is earned’ then we are putting the onus on him to be amazing. Remember, we chose our men because we vet well and start out thinking they are amazing. Hold on to the respect that you felt early in your relationship. Do this because **choosing to trust, appreciate, admire and believe in him is choosing respect and respect is a choice we make.**

But if you don’t respect him?

It’s possible that you are caught in *The Crazy Cycle*. This happens when the man doesn’t give enough love, so the woman doesn’t feel love and treats him with distrust and as undeserving of respect, he in turn feels slighted and then doesn’t give love. If you choose respect and *behave as though your respect him* him it breaks the cycle.

But how can I respect him if I don’t feel respect?

We do this by understanding that feelings follow words and actions rather than the other way around. If you disparage him all the time, then you will begin to feel contemptuous of him. This is simply the way our brains are wired. The decision to show respect can easily turn to actual feeling of respect. And you must demonstrate it. It’s not real to a man unless you show it.

In practice

Saying to him: “I respect you” doesn’t have the same impact as him saying to you “I love you”. Instead, he needs to hear things like: “honey I’m so proud of you”, “I trust you”, and “thank you for what you did”.

There are six areas where men need to be shown respect.

Respect his judgement This means respecting his knowledge, opinions, and decisions. You show this by not questioning his knowledge or arguing with his decisions. Defer to him. Many men expressed that their coworkers trust their judgement more than their wives do. Men wish they could tell their wives to show more trust in their decision making abilities

Respect his abilities Men need to figure things out for themselves. They have a drive to conquer the world in big and small ways. This might be as simple as conquering the handyman fixes around the house. If a man sets a task for himself and we try to help, he will most likely interpret it as a sign of our distrust in him. You must have confidence that he can learn and do these things.

The age old example of asking for directions explains this problem. Telling him to ask for directions is interpreted as telling him you don’t trust him to figure it out himself. Maybe you don’t but let him figure it out. **Forcing ourselves to trust him in little things is a big deal to a man. The little demonstrations of respect are signs of our overall trust in him.**

And when it comes to giving advice, we must remember that he is the one up to bat and it is his competency on the line. Giving advice can get *very* close to telling him how to do it and *that* sends the message that we don’t believe in

him or his abilities. When you want to give advice, try instead to tell him simply: “I know you can do it!”

Respect what he accomplishes It is important for a man that he does something, does it well, and **someone notices**. In a survey conducted by the author, she realized that while girls ask themselves “Am I special, am I loveable?” boys ask themselves “Do I measure up? Am I any good at what I do?”

Men needed to feel noticed, able, and appreciated for what they do externally. This means saying things like: “You did well at that meeting” or “you are such a great dad” Both of these sentiments can be better than “I love you”.

An important side note here is the issue of “Thank you ...but”. This is painful for a man to hear. You may not intend it this way but to him it sounds like ‘you failed’ If your man has expressed that “nothing I do is ever good enough for you” Then you’ve been sending the message “you tried and failed”).

Always tell him you are proud of him.

Respect in communication As women we have the power to build our men up or tear them down. Some things we do will push buttons or be very painful even if that isn’t our intent. What we say matters but so does how and where we say things.

You may say: “I want to fix this thing in the house, but you aren’t a fix it guy, we should hire someone” He will hear: “You can’t do it, you are inadequate”.

Sometimes men will hear disappointment in the things we say. They will read negativity into reminders about chores and tasks, or worse they will hear accusations of laziness and mistrust. Inherent in the reminder is a statement of disappointment, it’s the implication that they failed. Other times they will hearing attacks. The author crafted a survey question: “Do you know how to put together a romantic event that your SO would enjoy” This comes across as attack mode because it starts off by suggesting the man is inept. Instead she rephrases the question as “Suppose you had to plan an anniversary event for your partner, do you know how”. This is better because it doesn’t question his adequacy and abilities.

Remember, It doesn’t matter what we’re saying, it matters what he hears. Most men are highly sensitive to disrespect including seeing it where we never intend We need to adjust to their sensitivities just as we’d expect them to adjust to ours. It is important to love your partner in the way they need to be loved.

Respect in public Never criticize, put down or question your man’s judgement in front of others. Often what we women consider light teasing is actually torment to men. Women sometimes feel that they need to take their man’s ego down a notch. This couldn’t be further from the truth. We do not have to take down their egos because their egos are incredibly fragile. What is at stake in these situations is not his overabundance of pride but rather his secret feelings of inadequacy. Public disrespect is painful and men will avoid it at any cost. **Some single men told the author that public disrespect is a sufficient red flag to cause a break up.** No man wants to live with public disrespect, teasing or criticism for the rest of his life. What we think of as good natured teasing isn’t good natured from his perspective.

The author relays a discussion with her father. Here is what he told her: : “a man might take wrong any sort of teasing that shows that he is not in control or doesn’t have the respect of his wife. Men wouldn’t take this from another man at all, so it is not appropriate for his wife to tease him in this way either. The man is the provider and protector and a woman’s teasing tells others that she believes that her husband doesn’t know how to take care of everything.” He also tells her that “It depends on if a guy is already feeling inadequate in a particular area.” What one man mind brush off, another will find painful *if he’s already questioning himself in that arena*. “It is far worse to

be teased in front of other men. Guys are in competition and your wife knows you better than anyone. If your wife, who knows you best, doesn't respect you then why should other men. It's a sign of weakness if you don't know the other man well. It's also humiliating because the other man will feel sorry for you that your wife doesn't respect you". They point out that belittling your husband in front of other men can even derail his career because other men will see him as weak and not worthy of respect.

In addition to how this negative talk makes them men feel when they are present, it causes problems for us even when our men are not in the room. Talking negatively behind your man's back is both public (even though he's not there) and impacts our own feelings. Because, once again, feelings follow speech and action, if you talk poorly about your man, you can start to feel dissatisfied with the relationship.

If you publicly build your man up, he'll think you are amazing. Do this with honest praise and soliciting help in front of others. Tell stories that show him in a good light. From what the men say, this is equivalent to a dozen roses and a surprise night out without kids. He will feel adored.

Respect in our assumptions Take some time and listen to your own assumptions. You may not realize how often your assumptions come from a place of negativity or distrust.: Some examples: a. We assume that he needs to be reminded (Honey, have you done X yet?). When we do this we are assuming he's forgetful or he *needs* to be prodded(nagging anyone?). Instead assume the best of him: *"I asked him to do it and he hasn't done it, but I trust him so there must be a reason he hasn't done it.* Just because his reason is different from yours doesn't make it less legitimate, his priorities may be different and that's ok. b. We assume that he's *choosing* not to help. Instead start with the assumption that he doesn't see that help is needed, rather than that he sees and ignores it. Give your SO the benefit of the doubt, he likely has good intentions. c. We assign unloving motives to him. This is a problem because we know now that our words and action impact his well being and feelings of love towards us. Consider first that perhaps, it is something you did or said that pushed him into the issue. A woman who is always nagging may push her husband to withdraw and become unloving (which is really reaction to disrespect).

We hold power and responsibility and opportunity to build up or tear down our men. We can strengthen or hobble them. Respect at home affects every area of his life. If he feels competent at home he'll be powerful in the world.

You can always **choose** to be respectful. Don't ignore problems, but find things to appreciate and applaud regardless. Focus on what is good and worthy of praise.

Men are forgiving once wives and girlfriends suddenly 'get it'. Apologize if you've been disrespectful. And most importantly, when you apologize: don't say *I'm sorry I made you feel this way*. Instead say: *I'm really sorry I said that, it was disrespectful and I know I can trust you*.

Remember, behind every man is a good woman - if a man's wife supports and believes in him, he can conquer the world.

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Protest to Stop Reddit Censorship

LuckyLittleStar · 30 September 2018 · Archived copy · Reddit

With the recent quarantine of [/r/TheRedPill](#), many have approached us to find out what they could do to help TRP, as well as ensure that RPW doesn't get removed for our affiliation.

For this purpose TRP has put together a protest with the goal of undoing past, and protecting from future censorship of Reddit. They are asking for a join in solidarity for **1 hr at 4:00pm PDT on Nov 1st, 2018** by boycotting Reddit.

<https://www.change.org/p/reddit-admin-stop-censorship-at-reddit-1-hour-boycott-nov-1st-4-00-pm-pdt>

I encourage anyone who wishes to help preserve Reddit as a platform for diversity of ideas to sign the petition and join the boycott as well as share it with others.

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"Men only care about how you look": The dangers of conflating SMV and RMV

KittenLoves_ · 27 November 2018 · Archived copy · Reddit

It isn't unusual to see a lot of posts and comments where users present the idea that men only care about how women look, or that any other qualities a woman may have take a distant second place to their looks. Often, this is well recieved. After all, I'm sure it must feel liberating to know that the only thing one *really* needs is to work on their looks (some more exercise here, a new skincare routine there, a shopping spree at Sephora, and my dream man will be asking me out in no time!)

Unfortunately for all you ladies who believe this, I'm here to burst your happy bubble.

Part One: SMV and you

I'm sure most people reading this already know what SMV is, but for those who may not, SMV is, essentially, a person's sex appeal. It's how attractive they are, and it's generally what initially draws a man to a woman.

Your SMV is based almost entirely on how you look, with the rest of it being made up of how you act. (A stunningly beautiful woman who acts coldly and cruelly is less likely to find partners than an average-looking woman who is warm and open.) Your SMV is what will get you going on dates with men, and for that reason alone, you cannot avoid that fact that your looks *are* important. No matter how funny, how intelligent, or how successful you are, these things will not make a man want to fuck you -- and making a man want to fuck you is the first step in making a man want to marry you. But notice I said it's the *first* step, not the only one.

If you subscribe to the belief that men only care about looks and nothing else, then you must also learn to accept the fact that *everything else* about you is inherently meaningless to any prospective partner. And this is *only* the case in short-term relationships. Specifically, the kinds of relationships that lead to a lot of sex, and very little of anything else. If that happens to be all you're looking for, go ahead and keep believing that men only care about looks. But in that case, this probably isn't the right place for you.

Part Two: RMV and getting past the first date

Before we go any further, we need to address a key point that a lot of people seem to miss: men are not just giant walking penises. Boiling their relationship desires down to something as basic and simplistic as "I only care if she's pretty", is essentially removing any kind of capacity for intelligent choice on the part of a man for his prospective partner.

This is not to say that men don't care about looks -- as I mentioned above, initial attraction is based heavily on physical appearance. But initial attraction is almost entirely *sexual* attraction -- and a relationship based almost entirely on sexual attraction is a relationship that is *almost entirely sexual*. To assume that a man's attraction stops there is to assume that all he wants is the best looking living sex-toy he can find, to be replaced as soon as a newer and better model comes along. Are there some men who only want this? Yes, of course there are. But these are not the kinds of men you should be looking to date, because they aren't looking to *date* you -- they're looking to fuck you.

So if men aren't *only* trying to have sex, and if they *are* capable of making intelligent choices about their prospective partners, then does this mean that looks aren't the only things that matter?

Yes, it does.

When a man is dating seriously (that is, dating to marry, dating to have children, dating to have a strong, lifelong commitment to someone) he is *aware* of the fact that looks fade; yours, as well as his. He is also *aware* of the fact that a beautiful face and a perfect body are not equivalent to good communication, to kindness, to emotional or intellectual intelligence, to patience, to any number of qualities he is looking for in a *partner*. An exceptional waist to hip ratio doesn't make someone a good mother, and a symmetrical face doesn't make someone a good wife.

Your RMV (for the uninitiated, relationship market value -- what you're able to bring to a relationship to make you an attractive partner) *is* dependent on who you are as a person. Of course this means that your feminine traits are important (kindness, warmth, etc), but it also means that your general personality and accomplishments play a big role as well. Does your partner want someone who can successfully homeschool children? This means you need to be quite intelligent. Does your partner want someone who can help contribute to a high quality of life for the two of you? This means your job success is important.

To assume that a man isn't looking at *all* aspects of who you are as a person when determining if he wants to be with you long-term is not only committing a grievous error in judgement, it's also displaying a shocking level of ignorance about a man's ability to make intelligent decisions about his life and his future.

In short

Your looks are important, but your looks will fade, and every man knows this. A man doesn't pick his life partner based on looks alone, so getting caught up in the idea that you don't need to be smart, or well-rounded, or just generally capable of the things that will make you a good *partner*, in good times and bad, is short-sighted and ill-advised.

So no, men *don't* just care about your looks.

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Reddit Case Study on exactly what NOT to do

NotPast3 · 24 November 2021 · Archived copy · Reddit

Here is a TIFU [post](#) that shows why RPW ideas *always* do better than 3rd wave feminism in real life.

Essentially, the OP kicked her boyfriend out (of the apartment he pays for) because the boyfriend had the *audacity* to offer to take out a loan for her so she can be debt free 15 years earlier while paying less money. The boyfriend realised that she is not worth his time and promptly dumped her. Now she can't afford rent either. Peak toxic feminism, I have literally no words.

What would a RPW have done instead? Personally, I would have:

1. Count my lucky stars that I found a man who loves me so much and wants to be with me so much that he is willing to take a loan out to help me
2. Show my appreciation. Get dolled up, plan a cute relaxing night, make good food, make him a present, do anything sweet that makes him feel good. He expressed his love in the form of support, I want him to feel loved too.
3. Get my act straight. This should be a wake up call. If it gets to the point that your SO has to help you out like this, it's clear that you either need to start taking budgeting classes or you need help.

I'm actually also terrible with money (grew up rich so I have the magical skill of spending away any amount of money I have access to), so my SO and I decided that once our finances are combined, he gives me an amount to do as I wish every month and he would pay the bills, invest and build our savings. I was the one to suggest this. Feminists may gasp in horror. How dare I let a **man** control me like this??? Um sis, do you realise that 1. free accountant 2. no arguments about money 3. no shopping spree induced bankruptcy. Also, I have enough faith in my SO's character to not be afraid of him like that.

I honestly feel a little bit bad for the OP in that post (even though she was laughably delusional). I don't think it's entirely her fault that she is so convinced that the way to go is to portray herself as independent to a fault, and get offended when anyone (especially a man, *gasp*) exposed the fact that she clearly needs financial help and she is not at all independent. I think the culture around us 100% played a part in this. The whole "smash the patriarchy" mindset means that people like OP lashes out instead of humbling themselves and seeking help.

It is such a toxic mindset and a great way to die miserable and alone.

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UPVOTES

Reason why i don't agree with many feminist motions.

RedPilledWomen · 11 April 2022 · Archived copy · Reddit

Okay so the people who don't know a 'Pick me' is often used for women who degrade other women for male validation.

Apparently i was a 'pick me' for calling out some of my female colleagues who were body shaming a new male intern in the office. One of the many reasons why i despise Feminists and Feminism. The way they justify harrasment and bullying done by women just blows my mind. When called out, suddenly you're a female who's dragging other females for 'Male Validation'.

What are the Feminist motions you don't agree with?

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UPVOTES

Buy matching luggage, carry it together

girlwithasidecar · 23 May 2022 · Archived copy · Reddit

Alpha, high value, n count, virgin, slut, career, beauty, money...

So often, we throw around these ideas as though they are the be all, end all of a relationship. First, we talked about alpha and beta and women thought they needed the most alpha-y-ist man that they could find - whatever that means. It was in the eye of the beholder you see. Every woman thought her man was the most alpha and every man told you how many plates he *could* spin *if he wanted*. Now we have moved on to high value, a term that is possibly vaguer still.

And then, without defining what high value means, we say "high value men allllll want a woman who does X".

So while "no self respecting high value man would ever be with a woman who has a past" we look around us and see those frat boys and sorority girls getting together every day. Here, I say, is the power of RPW. Understanding men and relationships is much more powerful than your baggage in the long term.

But you have to find a relationship to get to long term so isn't it important to have the traits a man wants?

Well yes, and it is always good to make good decisions with long term goals in mind. You should respect yourselves and what you put into your body. You shouldn't get a drunken tattoo or a huge amount of credit card debt. Not just because those are things that will go in your "cons" list when a man is assessing you. Those things are bad *for you*.

But we are all human. We make mistakes when we are young. We take bad advice. We have bad upbringings. We have good upbringings and still make rash choices. Everyone has some baggage.

This does not make finding a mate impossible. You should not go out and buy a bunch of cats. Instead, you find someone with matching baggage.

I am not suggesting you accept an unacceptable situation. Instead, you accept less than perfection because you are not perfect.

Most of us are *not* going to get the ibanker pulling 7 figures a year. If that's the social circles you run in, then sure. If you are a farm girl in rural Kansas, it doesn't matter how thin your waist or pure your lady bits, the ibanker is a pipe dream. Thus, it does not matter what the ibanker finds attractive in a woman.

There are very few single qualifications that make you completely unloveable. People are multifaceted and quite willing to make trade offs in some areas to get what they desire in others. And you shouldn't be listening to people say "I know the answers to what all men want". Because 'high value' is in the eye of the beholder.

Most men may hate tattoos and think they are a sign of poor decision making. Some men, the ones you want tattooed-lady, will think they are sexy. But that guy probably doesn't go to the country club on weekends. Most men prefer a woman with a .7 waist to hip ratio but a guy who has a receding hairline might be more lenient about the fact that you aren't quite there.

We are all trying to get the best man available to us. This isn't the same for everyone.

So instead of trying to define 'high value' as a specific checklist and letting others tell you what that is and what that man wants you to be. Find the masculine guy who makes you feel feminine. And use your feminine to make him feel masculine. And ride off into the sunset together with your matching luggage in the backseat.

Here is the fine print in case it needs to be said: if you are young and have all the options in the world, make good decisions. Look at what the men you want are attracted to and work to be that. And if you aren't young with all the options in the world, you should still try to improve yourself so that you have as many options as possible. Options are power.

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UPVOTES

Boyfriend told me he loves how feminine I am 🤔

Exstntial-strawberry · 11 July 2022 · Archived copy · Reddit

That's it lol. I've NEVER been described as feminine by anyone. Before my current partner and this sub, I always embraced my masculine traits and saw my feminine traits as weaknesses. I've been changing my perspective and practicing embracing my femininity and this definitely feels like a small win 🤔❤️

UPDATE: Today he also told me that something he loves about me is that I know what a man needs and how to treat a man 🤔🤔 I know I owe most of that to resources from this sub so thank you RPW ❤️

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Thank you

littleblue133 · 7 March 2018 · Archived copy · Reddit

I just wanted to say how amazing this website has been for me in my first year of college. Instead of going out every night and hooking up with countless guys, I've found an amazing boyfriend that is loved by everyone, gotten him to commit to me (he was never the type before), and just last night he told me he's so amazed that I'm always so sweet and appreciative of him, and that I always respect him and he loves that I'm always in a good mood. He's even brought up marriage and having kids a few times!! Literally this reddit alone has given me everything I need to have such an amazing relationship, and turned me into a much better person as well. I'm so glad I found it when I did. Thank you to all of you for being the best resources

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UPVOTES

Swallowing the (T)red pill: The Raw Truth of Weight Management

crush-tear-curl · 30 January 2019 · Archived copy · Reddit

Some of the most common advice I've seen here is to stay in shape and keep your weight in check. Well, I know there can be a lot of misinformation and fluff surrounding the subject, so I've decided to make a short guide explaining why we gain weight and how you can keep your weight in check.

In the US, 70% of adults are overweight or obese. If you have a BMI of over 25, you are overweight, and if you have a BMI of over 30, you are obese. You can check your BMI here:

https://www.nhlbi.nih.gov/health/educational/lose_wt/BMI/bmicalc.htm

If you want to increase your SMV or take care of your looks and you're overweight, one of the most straightforward steps is to not be overweight or obese. When one partner says the other has "let themselves go", 90% of the time, they're talking about their weight.

The good news is that being overweight is 100% your fault, which means it's 100% within your power to fix it.

How do I manage my weight?

Every person has what's called a TDEE, or total daily energy expenditure, which primarily depends on their age, current weight, activity level, and sex. You can calculate yours here: <https://tdeecalculator.net/>.

Your TDEE is how many calories you need to eat per day to maintain your weight. A calorie is a unit of energy. If you consistently eat more than your TDEE, you will gain weight. If you consistently eat less than your TDEE, you will lose weight. It doesn't matter if those calories come from organic vegetables or ice cream sundaes. For every 3500 calories you eat below your TDEE, you will lose approximately one pound. For every 3,500 calories you eat above your TDEE, you will gain approximately one pound.

For instance: take a 5'4" woman who is 30 years old, weighs 180 lbs, and is sedentary (say, has a desk job and does not exercise). Her TDEE is 1,826 calories. So, if she eats 1,300 calories a day, she will lose approximately one pound per week. If she eats an average of about 1800 calories a day, her weight will stay the same.

Generally, women should not eat less than 1,200 calories a day. You probably need more if you're tall or exercise regularly, and you *definitely* need more if you're pregnant or breastfeeding (if you are, then you probably should ask your doctor before making any lifestyle changes).

What about exercise?

Exercise is great for your mental and physical health, and you should by all means try to make it a part of your life. But unless you pay attention to your diet, exercise alone most likely won't make you lose weight. In fact, exercise is an appetite stimulant, so you'll likely eat all of the calories you consume during exercise.

But...I could never give up [insert food here]!

You don't have to. Weight management does not require the consumption of any specific food or product. Similarly, no specific food will make you gain weight. You don't have to go vegan, eat keto, or Whole30 unless you want to. You just have to limit how many calories of food you consume. The reason people trying to lose weight eat certain foods is because they are much more filling than others. Most people can easily eat 700 calories of cake in one sitting (one big slice), but I have yet to see anyone eat 700 calories of broccoli (2 kilograms). Sugary, salty foods generally cue people to overeat, but you can still eat them while losing weight. Similarly, you can gain weight eating nothing but sweet potatoes, spinach, and avocado if you eat enough of it.

But..calorie counting doesn't work for ME because....

NO. You are not a special snowflake. Your metabolism isn't broken. You're just counting your calories incorrectly or overestimating how much you exercise. Empirically, it's been shown that the heavier you are, the more likely it is that you underestimate the amount of calories you consume or overestimate the amount of exercise you do. The machines at the gym that estimate calories burned often overestimate.

The metabolic variation in between individuals is very small, usually less than 100 calories. So it's likely that the TDEE calorie calculator linked above will be quite accurate for you. And if it's not....first of all, make sure you're properly counting your calories and assessing your activity level. If you are, it's possible you truly have a rare metabolic issue and should see a doctor, especially if you have other symptoms like lethargy, mood swings, and hair loss.

If you want to really know how much you're eating, buy a food scale and download MyFitnessPal. You'll see that the "tablespoon" of peanut butter you've been eyeballing is really three (90 calories vs. 270 calories). Remember that drinks, cooking oil, sauces, and taste tests all have calories. Even if you don't track all your calories all the time, you'll have a better idea of what an appropriate portion size is.

If you see someone who's much thinner than you who seems to eat more than you do, remember that you don't know their whole life. They might eat 4 slices of pizza but then not eat for the rest of the day. They might exercise a lot. Don't use them to justify your own behavior.

I don't want to count my calories! Too much work!

Calorie counting is the only surefire way to lose weight. Any other diet that makes you lose weight works because you're also restricting your calories, whether you realize it or not.

If you don't want to count calories, you can make sure to eat foods that are filling and nutritious for the amount of calories they provide, like fruits, vegetables, whole grains. I am vegetarian but that has nothing to do with weight management. You can be fat or thin on any diet, but it's much easier to overeat some foods than others. Many modern foods---cake, chips, pies, soda, fries--are engineered to hack our taste buds and make us consume more than we truly need, which is why healthy eaters and people of normal weight don't usually consume them in excess.

But this doesn't work! I just gain it back!

People gain back weight because they go back to their former habits. Of *course* you'll get back to how you used to be if you go back to the habits that made you fat in the first place.

Most importantly, be honest with yourself.

If you want to prioritize your comfort and overeating over your appearance, fine. But don't pretend that you're cursed with a terrible metabolism. If you're overweight, it's because you are consistently eating too much. Period.

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I just got used by a friend I was in love with. He is now dating a friend of mine who is way more educated then I am, supermodel hot, and more accomplished. I'm going crazy

scaredadvice · 2 November 2019 · Archived copy · Reddit

A close friend of mine basically led me on, slept with me and then said he didn't want a relationship with me. I was in love with him. So yes, alpha widowed in a sense. In swoops my hot perfect friend who has a crush on him and now they're dating. Yeah I know she's not a good friend - girls my age (late twenties) are savages about finding a partner.

They're both super educated in prestigious careers and Now I'm depressed. Im behind in finishing school / confused about my grad school path and this has me wrecked. Heartbroken. There is no way in hell I can catch up to her career wise even and I know I shouldn't compare but I'm worried I'll never be happy / satisfied again because I'll always compare myself to this unattainable ideal now. How on earth do I move past this? I feel like I need to move to another country because they're both well known/ accomplished individuals well known in my networks. He just discarded me like I was nothing and upgraded.

Also I can't afford therapy at the moment. I'm unemployed.

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UPVOTES

What a dumb, textbook mistake.

zsadiist · 24 February 2020 · Archived copy · Reddit

My husband came home from a long day trying to help his mother with her finances. He found out the situation is more dire than she let on— lots of debt.

He told me about their conversation and then explained a plan he had to save her house by selling it to him— or maybe trying to set it up as a rental property to get her a little money.

I, feeling my asshole clench at the idea of another mortgage, shot it down immediately. I asked what would we do if that house suddenly had an emergency, we don't have enough cushion in our emergency fund, what if our roof goes at the same time as her furnace, what if we can't find a renter, he already has so much stress at his actual job, he has no vacation days that aren't already planned out to go deal with an emergency, what if the renters destroy the house...

I was so blinded by my clenching asshole that I couldn't see how sad this was making him. I thought we were just having a hypothetical discussion, but suddenly his whole attitude changed. He said "I just came home from a day of planning for my mother's death. I really just needed you to be on my side tonight." He went from confidently explaining his ideas to totally shutting down.

And then I realized what a jackass I was being. What I just did goes against every single word of Laura Doyle and Helen Andelin I ever read.

He would have weighed all of these ideas eventually. He didn't need ME to stab holes in all his ideas. He wasn't coming home looking to intellectually spar with anybody. I should have put aside my clenched anus and let him talk about his ideas. I was so blinded by my fear of the financial risks involved that I really thought I was being prudent and helpful— I was actually being Completely Awful and didn't see it clearly until it was already too late.

I promise I'm not always this dumb. I'm sharing this tale in the hopes that someone out there reading this, perhaps me, will STOP TALKING even when they feel their asshole clench— and remember the bigger picture!!!

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Body Counts and Quality Men: The 2022 Complete Review

SEO403 · 22 May 2022 · Archived copy · Reddit

Hey ladies, I know this is a sub for ladies but as a man who is surrounded literally up and down by men making 6 and 7 figures that actually have their shit together physically, emotionally, financially, and family wise, I feel like giving you my insight based on conversations with many of these dudes for dating would be valuable.

The first thing to outline is that seeing a man with money as a "HVM" (I hate the term, but let's go with it) will lead to loads of pain. I know a few footballers and crypto dudes that with all due respect are lames dating wise. They had talent/luck in one department and money came as a byproduct of it. That is not who you probably want as they aren't as strong mentally and give in to temptations with ease. The type of guys I am talking about are 25-40, business oriented, high standards, and do not date based on potential. They assess what they have in front of them right there and then. More importantly, my actual friends are traditional to a T and do not cheat.

So, the topic of body counts is often discussed here, and I have seen a few ladies saying that it doesn't matter. It does x1000. Once you are in a certain socioeconomic space, appearances and reputation is what rule you, no man who is worth his dent would ever put himself in the position of dating somebody who has been "out there".

The sooner one comes to terms with the quote:

"women want men with a future; men want women with no past",

the more fulfilling our lives will be relationship wise.

I understand that the likelihood of dating someone with a promiscuous past, going to a restaurant with her, and seeing two men that she slept with coming to say hi to her is low, but that is how we think about it, and it is a MASSIVE FEAR we have.

Yes, some dudes do not care about your body count but I know that you'd like to date the best man possible. So, in order to get the best man, you should come to terms with the fact that the best man has his own standards and thankfully for you, they aren't even that difficult to meet, it is just that unfortunately you ladies receive lots of mixed information all around.

1- Protect your body count at all costs. This one is not even a debate. I am not gonna tell you not to be promiscuous but to accept the fact that YOUR PAST MATTERS AND IT ALWAYS WILL for men with options. ALWAYS.

There was a thread on Twitter about it. Some 18 year old was talking about her body count being 1 and feeling like she's missing out, and another woman told her to go have fun and sex with many men. Men advised her to not listen to her. Another woman chipped in and said that she slept with over 100 men and that her partner does not care. Somebody shared the thread with the partner and he broke up with her, right there and then. She made a post saying that he broke up with her.

We are giving you the answers to the test. Don't take bad advice.

2- Work on yourself. Be well read, physically fit and have hobbies.

These dudes do not want a woman to make him the center of her life. This is not to mistake with not giving him attention but to have things you like. A personality, a passion. Drawing, writing... these are things that are lost nowadays but most dudes agree that it makes you super appealing.

I met my ex when she was writing in a very sunny day under a tree alone in a park wearing a very simple dress, a summer hat and no shoes. She radiated femininity and I was mesmerised. (We broke up because she was a little older than me and wanted to get married soon. I did not feel ready but I kind of regret it. She is all I want in a woman.

3- Limit the advice you take from your single friends. It will lead you to make bad choices that will be expensive

for you from a romantic standpoint. Trust me!

4- Take accountability. We all make mistakes, dudes that have done the work will own their mistakes and won't entertain somebody who is never wrong.

5- Come to terms with the fact that double standards do exist in society both for men and women. Most men that are wealthy will unlikely be judged by most women if they are competent in every department but have been promiscuous. Women do get judged. Many women get for free or cheaper in clubs, we pay. Double standards have been there since day one.

The reason why other men look up to men with many options is because they know that consistently dating super attractive women is faaaaar from easy as they themselves have tried and failed miserably. that is why it is not frowned upon for men (generally speaking). Furthermore, the prettier the ladies I personally dated, the more pretty ladies took initiative and approached me in other occasions, despite having seen me with other women. That is just how it has been.

As a lady, you can be literally dirt broke or even homeless, that if you are decent looking, you can get laid with 5 dudes a day just saying "let's have sex". Since it is so easy for you, most dudes believe that you should make yourself exclusive. With great power comes great responsibility. The choice is yours nevertheless.

I know for a fact that if I hadn't done what I did for a living, made good money, drive what I drive... I would not get 1/10 of the options I do. I had to become. When I am in the VIP of clubs, the men there tend to have money, the ladies there, do not. Literally 90% don't, yet we are in the same place. I had to delete my IG for years, work like a donkey, learn, reinvest on my company, suffer, and finally see the light. they just had to be hot, and I am totally fine with it. That is just how society has always been. I understand that those women do not represent the general but you get the analogy, it still applies in different levels and situations.

Protect what God gave you. Your cards are there in a way with men, protect them and improve them. You'll find yourself with a good man sooner rather than later. Be a forward thinker. Ignore fuckboys and learn about yourself. If you have a history of being attracted to bad men, address it and correct it, you will thank yourself in the future.

PS: I am not saying I agree or disagree with the double standards but they are a fact. I am personally not promiscuous but I dated a bit, and no woman I have dated has ever cared about my body count despite them having a below 4 body count (they said that. I believed them as they were pretty religious like me).

80% of of this post is me repeating literally what most of them said and the other 20% my experiences.

So yeah, good luck!

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UPVOTES

Field report: My Captain protected and provided for his first mate

Ruffleafewfeathers · 9 July 2022 · Archived copy · Reddit

My fiancé is the love of my life, and we are blessed with an unexpected pregnancy after being told I was infertile. We couldn't be more thrilled! I am so indebted to this sub because I have the absolute best relationship with him, and it's really helped me put into practice following his lead (which isn't always easy for me due to a "be independent" kind of upbringing). Now, on to the field report.

Background: I didn't have a 16 week appointment at my OBGYN due to a scheduling error on their part—they called me to tell me they had to cancel my 16 week appointment, then on the day it was originally supposed to happen they left me a message a 2 hours before the original time saying "actually, it's back on" then labeled me a no-show when I didn't go. They then discharged me from their practice. When I called about it, they berated me about it a bit and then said the doctor would be kind enough to "let me back in if I don't miss any other appointments." This upset me, as it wasn't my fault, but I agreed anyway. Also important, I am in recovery from an eating disorder which I disclose every appointment, I grew up in a verbally abusive household, and I very much dislike conflict.

Situation: I went to my 20 week appointment with my fiancé, the intake nurse brought up the "no show" appointment and was very snippy to show she disapproved. My fiancé was unhappy, but I told him, "hey, maybe she's just having a bad day."

Then the doctor shows up and tells me I've gained 10 pounds (which really isn't okay, as my eating disorder is documented in my file). This was very upsetting to me, and my fiancé said coolly, "which is good, right doctor?" And the doctor dismissed it saying, "yeah, it's fine going in the second trimester."

The doctor then proceeds to berate me over the "no show appointment" saying I missed the deadline for checking on my baby's spine and that he doesn't want to be held responsible for my inaction on my baby's behalf if anything goes wrong or my baby is deformed. I feel my fiancé's anger at this, and he steps in front of me protectively and tells the doctor with anger tenuously suppressed that I wasn't a no show, that we have voicemails with dates and times to prove it, and that he is being extremely disrespectful to me.

The doctor refuses to listen and gets angry saying, "even if that we're true, which it isn't since I have it in my notes what happened, we had to call her to reschedule which she didn't respond to (*note, I was sick for a week and wasn't able to call during that time). We had to send a dismissal letter which is really bad."

I try to calm my fiancé and smooth out the conflict by apologizing for not getting back to them quickly enough since I'm used to being treated like this by doctors, but then the doctor chose to continue to berate me for our "no show." And that was the final straw for my fiancé. He told the doctor that no one gets to speak to me so disrespectfully and unprofessionally, and that we would find a new doctor.

So I had a choice to make in that moment, either tell my fiancé we should stay and that it wasn't a big deal and try to smooth things over, or follow his lead, even though conflict makes me uncomfortable. I chose to follow his lead.

He comforted me in the car telling me he knows how stressful that must have been for me and that he will always be here to protect me. He then told me not to worry and that he would search for a new OBGYN who would be kind to me and that he would handle the scheduling so that I don't feel any added stress—then he took me to my favorite Japanese restaurant and treated me like royalty when we got home.

Moral of the story, a HVM man who loves you will always make sure you're taken care of.

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Working in a female-dominated profession as a young woman has really shown me that women are our own worst enemy.

WorthSevere5323 · 8 August 2022 · Archived copy · Reddit

- Dark skinned POC
- Socially/physically attractive (above average)
- In my mid twenties
- Currently working in a medical clinic

Soooo I'm currently doing clinicals and it is HELL. Not for the reasons many would think though. Yes, having to attend classes and do coursework while ALSO working a 40 hour work week is difficult but that is something that I was prepared for.

(And not something I plan on doing long term— once I'm married with children)

What I was NOT prepared for was the amount of female coworkers that passionately put their effort into trying to sabotage the success of other female coworkers.

The only reason why I know this is because of how I look is because of (1) the staring I received and 2) the compliments I received.

When I first joined the clinic I went into it with the goal of being friendly towards everyone; And making sure that I was the nonjudgmental person that people could go to because- at the end of the day we're all just trying to do the best we could. Times are hard.

At first things went smoothly.

I know I'm pretty and both patients and staff would stare at me and give me compliments (which was fine because staring is something I've experienced since childhood), I seemed to have made quite a few acquaintances, coworkers would give me compliments on what I wore- I would tell them and we would have girl chat, I bonded with a few ppl on my current fitness journey, we would give each other work advice etc. things were good!

Fast forward to now.

I have been here for about a year and boy oh boy have things changed.

The same ppl I saw as my "work friends" now look for opportunities to embarrass me in front of staff and our supervisors, make snide comments about how I dress like "who am I trying to impress in the hospital" and give me the cold shoulder.

At first I thought it was because maybe I was not pulling my weight on my floor but I've always received positive reviews from patients and my supervisors— And that is when I realized that this is either due to jealousy or envy idk which one.

I'm usually good at pinpointing this because I've dealt with this all my life however, being in this helping profession and experiencing this type of energy really shocked me and is making my time here very unenjoyable.

I am now anxious before work and literally shake when I think about having to be around certain ppl.

This is absolutely foreign to me because before doing this program, I was confident, and full of life and joy but now I just feel sad and unsure of myself....idk.

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The Burned Haystack Dating Method

Jenneapolis · 7 August 2024 · Archived copy · Reddit

I was listening to a podcast the other day and came upon the concept of “The Burned Haystack Approach” to dating, popularized by a 50 year old woman getting back into dating online post-divorce. I thought it would be a great discussion to have here as we repeatedly get the question “how do I vet” and also how to effectively use dating apps as part of your dating strategy.

The question we have as women looking for a quality partner is: **how do I find a needle in a haystack?** Some women approach this by trying to remain causal, cool, not being so strict in what they are looking for, and opening up their options to people you wouldn't normally. This is what is recommended by some of our beloved RPW authors such as Laura Doyle and Lori Gottlieb – to accept dates with men who ask, even if they aren't your ideal, and see if something grows. To compromise.

The Burned Haystack Approach responds to **How do you find a needle in a haystack** with the answer: **You burn the haystack to the ground. What you are left with is the needle.** The 10 rules for this method (focused on online dating apps) is as follows:

- **Rule 1:** The app is a tool; it's not a place to live.
- **Rule 2:** Focus on messaging over scrolling/swiping. Messaging is where you'll find the info. you really need.
- **Rule 3:** No notifications.
- **Rule #4** is called “Block to Burn.” Block those you have interacted with but aren't a match to prevent them reoccurring in your feed.
- **Rule #5:** No Fighting with Men.
- **Rule #6:** Don't Be a Pen Pal.
- **Rule #7:** Set your geography, but don't share your location. The intent of this is to avoid men who are looking for an easy hook up with someone physically close to them and therefore "easy." A serious man will be ok putting in a little more effort to see you.
- **Rule #8:** No “ludic looping” and no “attractions of deprivation”. Ludic looping refers to the addiction to the gamification on dating apps (the boost you get from a match, endless swiping) and attractions of deprivation is similar to the RPW concept of “abundance mentality”, not getting overly attached to any one match simply because you feel there is no one else out there.
- **Rule #9:** No men who can't plan the date.
- **Rule #10:** Treat the process of online dating as a job search, not a takeout order.

You will see some RPW themes in the above rules such as a focus on self-care through protecting yourself from dating burnout or addiction, the idea of keeping an abundance mentality, and giving your time to men who display they can take the lead.

Have you tried any of these approaches? What has worked? What hasn't?

Links below:

Online dating was hell. Then I tried one thing that turned out to be a total game changer.

10 Rules: Burned Haystack Dating

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Caught my man bragging about me today :)

[deleted] · 2 June 2015 · Archived copy · Reddit

Hi!! I mostly lurk here, but post a little on my main account. I've been browsing this forum the last six months or so, and have been with my SO for over two years. My thinking naturally lined up with much of what's here, but actively reading has definitely helped me to remain more present and cognizant in my relationship.

Anyway, I'm dating the best man ever. Fit, hard working, successful, hilarious, and treats me better than I ever could have imagined.

We both worked our tails off this year, and are splurging on a nice trip out of the country at the end of next month. We have been emailing back and forth a ton lately - travel arrangements, bikinis he likes, forwarding restaurant menus, etc. anyway, I guess his big fingers goofed because he accidentally (??) forwarded me an email chain involving some guys at the office.

They were all planning a guys night out, bitching about their SO's not letting them have any fun (one actually said "ugh women are the worst"). His response was "sorry fellas, think I'm gonna sit this one out since my girl always has dinner on the table at 7 and just texted me a pic of some lingerie, looks like we might be a little tied up." Following were several men basically saying "yeah yeah, we know you like her, shut up" and variations of. So I know this isn't the first time :)

Ladies, if you're with a great man TAKE CARE OF HIM. I always have food on the table, the place is clean, and I look put together when he gets home. I also do little things, like taking his dry cleaning, or scheduling appointments for him. My man is busy as hell, but because I help him through the week, he has more time to relax on the weekends. Without fail he always takes me out on a sweet and thoughtful date night every weekend. I help him take a load off, and he loves showing his appreciation.

Anyway. I love this sub & how it's helped me find immense happiness in my relationship, thought I'd share something silly and happy :)

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UPVOTES

Appreciation of Shower Time with my Captain

ninachaton · 9 January 2019 · Archived copy · Reddit

Long time lurker; first time reddit poster.

Discovered this sub over a year ago and it has changed my relationship for the better on lots of levels.

My Captain is an amazing man and still “courts” me all the time. One of his best ideas has been Shower Time.

Most mornings, he lights a couple of candles and some incense in the bathroom and runs the shower to warm the room up for me. I wash and condition my hair and wash my body. He washes my back, legs, feet, and more intimate areas. Then I turn the shower off, he wraps me in a towel and hand me my coffee that he made for me while I was washing my hair.

Acts of service and quality time are his languages of love. He makes me feel like a queen every day. I’m a very lucky woman.

EDIT: thank you to the mods for the change of flair!

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UPVOTES

Stop bringing up negative past with your partner.

Ebenholz95 · 26 August 2020 · Archived copy · Reddit

So, backstory for me so this makes any sense is I was raped twice as a teen. First was my first boyfriend that I wasn't willing to lose my virginity to so he just took it after over a year of us being a couple. Second was a male friend I had cried to about being raped. No alcohol or anything was involved, first time I was held down, second time I had a medical episode and was heavily sedated and he took advantage of that in my home whilst my parents were in the home.

I suffer with diagnosed PTSD as a result of this. For me this means I have nightmares, I am a little paranoid regarding men and I have many physical triggers my partner has to completely avoid, which I might add he does so brilliantly.

I had an extremely abusive upbringing, being bashed, whipped, told I was ugly and no one would ever want me, strangled, the list goes on. Siblings were also in on the abuse of me, of which I have 5.

The past few years I've had to come to terms with the reality that my mother isn't insane and can't therefore "be excused" for her behaviour, she's intentionally evil. So I cut her out of my life.

I have also worked hard to deal with my PTSD to the point I rarely have nightmares now.

Obviously, going into my relationship with my partner, he needed to be made aware of what he was getting himself into, especially regarding my PTSD. So, I told him all about what happened to me before we entered into a relationship so he could decide whether he was willing to accept that and work with me on it.

However, having been so open with him and him being so understanding and accepting, he became my venting outlet. Whenever I'd have a nightmare or be reminded by some new unpleasant thing a sibling did of my childhood abuse, I would talk for hours to him about my memories, feelings, etc. He would listen and comfort me, much to his credit, and I am truly thankful he has been so wonderful regarding all this.

I completely did not consider how draining it must be to listen to someone you care about talk about such awful things all the time. Until one day it just suddenly hit me and I felt terrible. I've been working over the past year or so to stop talking about that stuff unless some new information comes up. I've noticed it has much improved the mood of our relationship, he sounds drained significantly less often.

I was wondering if anyone else has any insight on this kind of behaviour, tips on how to curb it, any personal experience with this behaviour, etc. I'd be interested to hear opinions on my behaviour specifically also.

Thank you for taking the time to read this.

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UPVOTES

"Thank you for all that you do, it doesn't go unnoticed"

Theflowerswillbloom · 23 March 2019 · Archived copy · Reddit

A couple of weeks ago, I posted about my husband not feeling quite himself. Here is the post:

https://www.reddit.com/r/RedPillWomen/comments/az8h9l/how_can_i_help_my_husband/

Basically, he told me that he was feeling an anger inside, and wasn't enjoying our time all together as a family (baby and toddler).

After reflecting and speaking more about it; I realised that it was his issue to work on by himself, rather than anything I had done. I simply just made sure to be mindful in keeping our home a soft landing place for him, listened whenever he wanted to talk, gave advice only when he asked, and made sure that he had space and time to himself.

To be honest, at times I felt frustrated with him. Still, I (almost) never showed this - and instead chose to show grace, patience, and love.

The other day, he told me "thank you for all that you do, it doesn't go unnoticed", and couldn't stop staring in my eyes and telling me how wonderful I am. He is feeling much better (of course it will take time), and it's lovely that he is being more open with me about how he's feeling. Yesterday, he spoke to me all evening about some work difficulties. It wasn't exactly my dream evening, but I knew that he really needed that, so just sat and listened. Of course I'm far from perfect, but have really been trying my best.

I just wanted to say thank you to everyone who replied on that thread, as it really did help me. I hope that this post isn't too off-topic or anything, I just wanted to give a little update :).

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UPVOTES

It's wild how much cooking changes the dynamic

lawschoolRP · 22 April 2019 · Archived copy · Reddit

This isn't exactly a shocking revelation, but I love seeing it in action. My fiancé works a job that normally feeds him three meals a day, and during mealtimes he and his coworkers are usually wrapped up in discussing 'business.' I prefer to cook for myself and I have a long commute, so I usually go to the gym/run errands after work and don't eat dinner with him—we hang out afterward.

This past weekend, like most holiday weekends, his job wasn't feeding him. So I cooked. Yesterday after church (Easter), I did vanilla cinnamon brioche French toast (his favorite) with syrup and fresh berries plus an egg scramble with peppers, onion, and chicken chorizo. Dinner was rosemary steak tips, garlic-rub pork loin, green beans, Brussels sprouts, and of course wine. Chocolate truffle brownies for dessert. Not fancy, all quick to prepare, but it's amazing how much better cooking seems to make things. It makes him talk more about growing up and his childhood. He loves to come hug me from behind/grab my butt in the kitchen. The sex is better. And this is with a guy who is pretty 'purple pill' as things go (his mom was stay at home and I consider him very masculine, but he also thinks a woman with a career is sexy; he likes women who dress modestly but powerfully. Think Michelle Obama).

I've been kind of nervous about cooking every night when we move next year, when I start law school and he starts a new job that doesn't feed him. But if cooking improves our domestic vibe this much generally... well, then I guess it's time to add a crockpot and more pans to the registry.

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UPVOTES

A tribute to Barbie

sabsz16 · 4 July 2020 · Archived copy · Reddit

Barbie, from the Barbie movies, has and always will be one of my favorite feminine role models. When I was younger, I wanted to grow up to be just like her and in a lot of ways today, I still do. She radiates such a pure and feminine energy. She is a great high standard at which a high value woman should carry herself in terms of kindness, generosity, dealing with anger and frustration, navigating female friendships, etc. At 21, I still rewatch all the old favorites (Barbie as the Princess and the Pauper, Barbie in the 12 Dancing Princesses, Barbie and the Diamond Castle, etc.) and listen to the soundtracks on repeat. It reminds me of a simpler time. It reminds me that I need to slow down and reconnect with myself and my feminine nature and desires. When I was younger, I focused a lot on the happily ever after of Barbie ending up with her man. One thing I've noticed while rewatching these movies was that Barbie never focused too much on her prince or her happily ever after as much as I thought she did. In fact, if you were to observe closely, none of the plot lines ever centered around finding a man/husband. They were just the icing on the cake. The side story. She saw more importance in living her life, improving herself, helping those around her, and supporting and uplifting her female friends. In doing so, the men in her life naturally gravitated towards her. There were so many things Barbie has taught me. I learned that I still get too caught up in searching for a man sometimes that I forget to enjoy and build upon the relationships I do have with the friends and family around me. I sometimes forget to walk and speak in the grace and elegance of a feminine woman. I don't spend as much time having a childlike wonder of the world, living in curiosity, learning, and taking the time and effort to do things to the best of my abilities and with love for what I do. That concludes my tribute to Barbie, but I would love to hear how she has made an impact, if any, on your lives as well! :)

Edit: I am talking about the Barbie persona/character from the movies made to promote the dolls. I'm not talking about the dolls themselves, so I just wanted to be clear!

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Has anybody been banned in other subs for participating in this one?

amadexodus · 5 March 2021 · Archived copy · Reddit

I just got a bot DM informing me that I have been banned from r/offmychest for participating in this sub and its "promotion of incel/redpill/mgtow ideology." Apparently the users here are "uncontrollable and belligerent." I've got a screenshot of the message I was sent as well. For the record, I've been in this subreddit since 2018 and this is obviously a ridiculous decision by the staff controlling the bots.

I know this is off-topic, but considering that TRP was quarantined and subsequently made private, there's a good chance that r/RedPillWomen will face similar treatment. It seems important to speak up and sound the alarm.

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7 Things I've Learned From My Highly Desirable, Thrice Divorced Mother

morbidityofanother · 4 June 2023 · Archived copy · Reddit

Before I start, I should note that each husband was a high value guy. They each made a lot of money, and were generally pretty nice people (aside from the last one). She also dated a lot of very nice, high value men. This is how she landed these guys, and then lost them.

1. Marry a man because you love him, not because he can fund your life. She never married a man that she really loved, it was about what they could give her. Money, status, etc. Don't marry a man you don't love completely and wholly just because he checks all of your boxes. It's shallow, selfish, and cruel to the man who thought you were in it for the right reasons. Of course a man should provide, but he does not exist purely to buy you stuff. They should be your partner in crime, your lover, your confidant, and your best friend.
2. Men *really* value a playful, open spirit... to an extent. My mom was not the type to turn heads when she walked down the street, but she had her pick of the pack because everyone wanted a piece of her personality. She was the type who could talk to anyone, was down to do anything, willing to try everything, loved a good prank, and knew how to make people laugh. This was her main draw and she knew it. Even when her looks started to fade, this quality kept her young. The downside to this was that she couldn't turn it off. She was incessantly bored and impossible to entertain 24/7. There has to be a line drawn, and you have to be able to settle down, or else your life is going to be pure chaos.
3. Men also *really* value the ability to speak concisely, intelligently, and with class. They need you to be able to have a decent conversation not only with them, but with their colleagues, family, friends, maybe even their boss at a company party. If you can't carry an interesting, engaging, intelligent conversation with just about anyone, that's gonna be an issue. He picked you, and so who you are and how you act says something about him and his judgement.
4. Admit your faults and gracefully accept criticism. The inability to do this is a really common trait these days, and it kills relationships. If you go into a marriage (or any relationship at all) thinking that it's you against him, that you're right and he's wrong, that he's dumb and you're smart..... That will kill your relationship in it's tracks. It sets up a sense of superiority. You end up looking down on him, and he will feel that lack of respect to his core.
5. Don't allow life to take away your softness. My mother and I both had hard lives as children, and that translated to being very brittle, emotionally unavailable people in adulthood. It's easy to fall into this hole, and I sat with her in it until I got married and realized that it was only pushing my husband away from me. Softness translates into being malleable. You should be able to adapt to anything and form yourself into who or what you need to be in this or that situation, while maintaining that light core.
6. Take care of yourself, physically. My mother, bless her soul, aged horrifically. She smokes, she drank a lot in her youth, she did a lot of casual drugs, never wore sunscreen, ate like crap, etc. I can see how much of a toll it's taken on her self-esteem. While she wasn't a head-turner, she was beautiful, and she threw that gift down the toilet. While you may not be hot when you're 60, you can still be beautiful if you take care of yourself.
7. Believe people when they tell you he's not a nice person. If one person says it, that's an opinion. If seven people say it, you should probably listen. Highly manipulative people put on a face for people they like, and drag everyone else through the pasture. He will eventually stop liking you, and the chickens will come home to roost.

I'd love to hear about what things you ladies have noticed in your mothers' marriages, what went wrong and what went right.

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UPVOTES

How to stay interesting as a housewife?

tddyddtdd · 26 January 2023 · Archived copy · Reddit

When we met I was building an awesome STEM career and was starting an Ivy-level graduate program. I dropped out without even finishing my first quarter but my husband still drops school/program name when introducing me to people, lol. I was burnt out and feel way more fulfilled currently as a SAHM but I still feel like the pedigree was a large part of why he chose me.

However, my husband's job has him interact with tons of fascinating, successful, ambitious people, including women. West Coast tech scene so lots of pretty young women too.

Meanwhile I read "Hello, Baby Duckling" 30x in an hour and get my daily sense of accomplishment from vacuuming.

I try to keep up with interesting developments in my former world/his current world so I always have at least some things to talk about, but I fear I'm just not interesting at all anymore. Mostly we talk about our baby's new developments and our household and that's about it.

Same goes when we dine with his colleagues; he brags about things I did years ago but there's really nothing new to say about what I'm up to and I can't contribute to conversations. They've all left me behind.

Any ideas?

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UPVOTES

Be pleasant + Allow yourself to be led + VET + Look your best + be affectionate

Exstntial-strawberry · 19 January 2024 · Archived copy · Reddit

I found RPW in early 2022 and it has 100% changed my life. I used to be hyper independent and thought that I did not want a relationship. Once I found this community, I became totally dedicated and read everything I could find.

My favorite was going back to the old posts on theory and reading everything on the wiki page. I also read some of recommended books - Fascinating Womanhood, For All Women, Marry Him.

Now, I'm about to be engaged with the man of my dreams who treats me like a queen, and I have an incredible loving and happy relationship.

I just wanted to come here and share some of the things that I believe changed my life the most and got me here. This is nothing that hasn't been said hundreds of times on this sub, but I just wanted to make a post about my experience!

1. Be pleasant. In my observations, men envy other men whose girlfriends/wives are happy and pleasant and sweet. This doesn't mean that you shouldn't have boundaries and should be a pushover and ignore your feelings. It means that you should never direct your anger or stress about life towards your man. If you are upset, say that you are upset and hurt, but do not get short with him or rude. Sometimes when I have a negative thought that I want to express to him, I change it around in my mind to become a pleasant one. For example, if I have a negative thought such as, "I hate my job," I could instead express to him: "I'm so grateful I get to come home to you after a stressful day at work." This keeps the tone of our relationship positive instead of bringing negativity. If you do have a moment of weakness (it's ok, we're only human) and let out your negative emotions on your man and are short with him, make sure that you catch yourself quickly and apologize and say something nice to him. A huge part of being pleasant is making sure you're happy and comfortable with yourself, so make sure to do things that make you happy, whatever that is (yoga, hobbies, spend time with friends, etc.).
2. Allow him to lead you. This one is big. Empower your man to be the leader that you want. When he does take action to lead you, express how grateful you are and how happy it makes you when he takes charge and takes care of things. Tell him that you love how much he takes care of you and makes your life easier. Never criticize him. It makes him feel like crap and he will stop trying to do things for you/lead you. Don't try to control him and mother him. If you think that he's doing something wrong or if you think that you know better way of doing things, then just let him make his own mistakes. If you give up this control, he will likely show you that he is way more capable than you ever expected! I think that a big part for me about allowing myself to be led, is to STFU. just STFU! Keep it to yourself, and you will give him the room to lead and you can relax and enjoy it. :)
3. VET VET VET!! Read the vetting series on here, and then read it 5 more times. And read it every time you meet a new man and are interested. Just because you have a connection with someone doesn't mean that they are the one for you. You need to make sure they will be a good long term partner and you need to know what to look for. None of these skills will help if you choose a bad partner.
4. Look your best. Men loving having a beautiful woman on their arm. Do what you can to improve your looks, and it will make a difference. Get your eyebrows done (micro blading is great), do your lashes (perm), dress for your body type, do your hair nicely (even if it's just a slick back bun), and put on a bit of makeup when you go out, and obviously watch your weight. I really liked the looksmaxxing info that I could find on Reddit, and gave me ideas on how to look my best.
5. Be affectionate. This is another HUGE one. Keep your sex life exciting and spontaneous and make your partner feel that he couldn't get better sex with anyone else! Be excited about participating in sex, and give him kisses and hugs often and unexpectedly. Be open to new things and accepting of his desires. I know this one is

controversial for people — but I rarely rarely ever reject my partner for sex. And he has expressed how much he appreciates and loves this about me. You should never do something you are uncomfortable with, but you should find a man that you do want to be sexual with! This one is key. If a man is going to commit to you, he is giving up having sex with other people, and you're his only source. Therefore, you need to provide this to him (unless there are medical reasons, etc.)

Long post, but thanks for reading. I love this community so much, and like I said, it changed my life. So I wanted to give back and hopefully help some other ladies out there that are looking for their dream man ❤️

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UPVOTES

The Five Faces of the Perfect Wife

SouthernAthena · 24 January 2017 · Archived copy · Reddit

Recently another user made a post about the duality of being a "lady in the streets but a freak in the sheets," and it got me thinking of the multiple roles we need to play as women when we become wives. Although I am not married, I have been in an LTR for four years, and this is my theory based on my experience. I think the perfect wife can be broken down into five different roles:

Mother

Confidante

Waitress

Whore*

Cheerleader

The Mother is the nurturer. She is responsible for raising the children, taking care of hearth and home, healing the sick, and providing comfort.

The Confidante is the husband's trusted advisor who provides him counsel and support. The First Mate, there to help envision the bigger picture for the family and steer the ship in that direction. A shoulder for the husband to cry on if needed.

The Waitress is the cheerful attendant of the husband's daily needs. She makes the food, keeps the man comfortable, and anticipates his needs. She is cute and upbeat, always ready with a smile. Makes the man feel pampered while still feeling masculine.

The Whore is the mistress of her man's sexual needs. Her job is to be sexually willing, open, and adventurous. She needs to make him feel wanted--a god among kings. She also provides other sensual comforts like massages. Helps her husband let go and unleash his inner animal.

The Cheerleader is the public face of a husband's support from his wife. She too is cheerful, openly supportive of her husband, and helps improve and maintain his public image. She is considered high value by most, and her approval reflects well on her husband.

You may notice that many of these categories overlap to a degree. And they should; they are all facets of the same woman. Both the Waitress and the Whore are responsible for tending to her man, bolstering his confidence, and reinforcing his masculinity. Both the Mother and Confidante are serious, supportive roles.

If you're thinking you're not well balanced in all of these areas or that you find yourself lacking in one role, you are not alone. This balance is a constant effort that becomes easier with time and the more you get to know your partner. I said this is the picture of the "perfect" wife, and no one in reality is perfect.

Issues arise when women forget some of their roles and favor others too heavily. A very common example is a Mother forgetting her inner Whore. She has children, gains weight, shears off her hair, and dresses in frumpy clothes. Her husband misses out on the sexual fulfillment he needs, and she misses out on the confidence and satisfaction of being the object of her man's desire.

Another example would be letting the Waitress outshine the Cheerleader. Perhaps a wife excels at anticipating her husband's every whim before he can even imagine it at home, but then at a company dinner party she falls short supporting her husband and actively speaking well of him to his boss and co-workers.

All of these areas need to be balanced, and which roll is needed when varies from relationship to relationship. We all have all of these women within us!

*We're talking high class hookers/escorts here.

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UPVOTES

Mrs. Midwest

Carebear1193 · 13 May 2019 · Archived copy · Reddit

Hey everyone, just wanted to share this AWESOME youtuber and blogger, Mrs. Midwest.

She's a feminine homemaker with traditional values and blogs about these things. May not be for everyone but her content has sent me on an awesome journey of growing more in femininity and the goals I have in my life.

<https://www.mrsmidwest.com/blog>

Check out her Youtube channel too,

https://www.youtube.com/channel/UCOYm0tm472SIMVan6KSOuKg?view_as=subscriber

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UPVOTES

How I Got My Man to Commit to an LTR

yungsweetro · 30 September 2020 · Archived copy · Reddit

Note: I'm no expert and still have a long way to go. I'm not trying to teach women how to get an engagement or a proposal and wouldn't feel qualified to do so. For all the women who struggled to get past the talking stage like I did, hopefully this field report on achieving the first level of commitment gives some insight!

In my adult life, I never had trouble attracting men. Keeping them, on the other hand, was definitely an issue. I was never a part of the hook-up/casual sex scene, but even guys who were looking for relationships ultimately decided that I just wasn't it. If the only common denominator in all these failed relationships was myself, it had to be something about my behavior that turned them off. After a year of reading RPW as a joke while simultaneously getting ghosted by the guys I was talking to, I figured why not just try these silly tactics? It's not like I'd have worse luck than I already did.

First, I threw away the notion that men want the pedestalized ice princess, the Regina George of whatever room or party you're in. Sure, she's a smokeshow and the envy of many women, but that doesn't automatically make her the ideal mate for men. Instead, I made myself more open, warm, and approachable, sometimes **even approaching cute guys myself** and **finding ways to casually initiate**. What I found was that most men are very receptive to this kind of warmth and it helped me understand a bit more about how men worked. As my warmth increased, I noticed that the caliber of men who were interested in me improved as well.

When I met my current LTR and eventually started dating him thanks to what I learned from RPW, things were going good but I still didn't have the level of commitment I wanted. Instead of retreating and playing hard to get, or feeling entitled that I deserve x amount of commitment just because we've been on y amount of dates, I tried to figure out ways to show what feminine values I could bring to the table. I embraced **how to STFU** and learned to treat him with respect. I allowed myself **to be vulnerable** and didn't hide my tender underbelly that I so angrily protected in previous relationships. I could see him developing stronger feelings for me, so I did one final thing that truly sealed the deal.

I planned a picnic for us. It sounds simplistic and even juvenile to think that this is what got him to commit, but I could tell that after this picnic, he fell in love. I told him that I wanted to thank him for all the times he picked me up and treated me on dates, helped me with difficult errands and homework, and just because I enjoyed spending time with him. Perhaps this was an unusual gesture for people our age (I was 20 then, he was 21), because he was quite shocked that I proposed this. Still, he was happy to lead and told me he would surprise me with a good place to have the picnic at. Once the plans were set, I went in on the prepwork.

I kept track of all the foods he mentioned he liked, and asked my parents and friends what was the best thing I ever cooked for them. I took a risk and tried to make something he told me he craved but I had never made before, and also made sure that the three other things I cooked were as perfect as I could manage. It probably took 2 days of planning and prepping, which seems excessive, but I truly wanted to show him how thankful I was to have him in my life.

We arrived at the location he took us to and it was beautiful and serene. As I took out all of the food I prepared, I could see how surprised he was at the amount of effort I put in. The dish I took a risk on was a flop and we both couldn't finish it lol. Everything else, he loved and he told me how impressed he was at my cooking skills. Even if it wasn't perfect, I could see him beaming at how this picnic made him feel. I think with all the effort and consideration I put in, I signaled to him how much I cared for and respected him, and it made him feel the same for me. Though he treated me well before, I could tell he saw me in a completely different light. He had many other women trying to get at him (I only found out about this much later lol) and had his own issues with commitment in the past, but by doing this picnic, I had somehow set myself apart from his exes and the ladies in his DMs.

It's been smooth sailing ever since and we've only fallen deeper in love and become even more committed to each other. I hope this post doesn't come off as boastful - I'm not saying that I have incredible beauty or mystique and that's how I bagged my man. In fact, I probably pale in physical comparison to the literal models my LTR dated in the past. It's the RPW strategies and toolbag that helped me land him, and I wanted to share my own experience to all the skeptics out there, from a former skeptic myself! It really does work :)

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"Do you want children or not?" My answer...depends.

catsuramen · 31 October 2019 · Archived copy · Reddit

It's great that society has accepted that a woman can choose to want children or stay childfree. As long as you make it clear early on, it's a fair game.

However, for me and I personally struggled with my decision a lot, is....it depends. My stance is similar to marriage. I want children IF we can afford it without sacrificing lifestyle then I will have kids. However, IF I married a poorer man that cannot afford children, then I'd rather be childfree.

My sentiment is very similar to "I'd rather stay single than be in a bad marriage". However, society thinks it's selfish when it is "I'd rather be childfree than financially struggle with a child."

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Is anyone else sick of this grey trend?

okquestionthen · 10 October 2020 · Archived copy · Reddit

Every house I went into while shopping is grey. I'm repainting my new house because it's grey. Every room is grey. I find it so ugly and unwelcoming. This is coming from a inner goth girl too.

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UPVOTES

Quote that I love...

Advanced_Bar_673 · 21 January 2021 · Archived copy · Reddit

"In the hands of the right man, a woman is a hundred different women, limited only by imagination and his willingness to make her feel safe and lead her."

I love this, because as women we can be such shape-shifters and give men the variety they crave IF they provide the stability and safety we, as women, need. The classic yin to yang.

Anyone else come across other good quotes lately that are RPW applicable?

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UPVOTES

What women bring to relationship? The answer.

ManguZa · 12 December 2021 · Archived copy · Reddit

I saw that question here so many times. And it's possible to give many answers to it :
Cooking, Cleaning, Children, Networking, etc.

The true answer, which is the one from all others comes, is affection.

If it's a true relationship, where no one use the other to get his way, then affection is at the center, it's the masterpiece, the very expression of love he seek from you. The form can differ (see Love languages), the material aspect which fullfill it can differ, but the core stay the affection. So be affectionate with your SO on a daily basis.

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RPW strategies that helped me the most, from a slightly different perspective. (i.e. How to have a good relationship, even if you're a bit insane)

light_n_air · 15 October 2024 · Archived copy · Reddit

Hey everyone! I recently wrote a post thanking the community for my absolute dream of a marriage. This is a follow-up containing all the RPW strategies I found the most beneficial and effective. I hope the post is not too basic and can help some people.

TL;DR: skim the titles for a general idea

Frankly, a lot of these strategies are commonly talked about on this sub, so in hopes of contributing something new, I will discuss them from the perspective of someone who overcame *a lot* of mental health issues that should have been deadly to relationships. Specifically, I hope to offer some mindset shifts and specific ways to *apply* these strategies, even if you have a lot of trauma and fears around safety and control.

Just how bad was I before? I'm talking about an anxious-avoidant attachment style, a 100% win rate at the fights I pick, the *need* to destroy something if it's going too well, a seemingly natural talent at guilt-tripping, a 99th percentile score at Machiavellism, and the general ability to make men in my life feel like shit (and also like they are indebted to me forever).

Okay, I am exaggerating a little bit, but I did grow up in a wealthy but very abusive home. My dad was absent for most of my childhood, and my mom was verbally and physically abusive in almost every way you can think of. Everything was my fault (or my dad's if that poor soul is at home) and anything less than perfect is not good enough. Without trauma dumping too much, it was basically the perfect breeding ground for a girl who finds safety in instability, craves control and needs others to be wrong in order to feel okay.

Even then, persistent self-improvement and applying the following strategies helped me achieve the best relationship I could possibly ask for. I am still definitely a work in progress, and everything below is just my personal experience. It may not work for you the same way it worked for me, but I hope it helps a little!

Pre-requisites

If you come from a background like mine, I think you need the following before even getting into a relationship:

- You have recognised that the way you want to treat men and the relationship modelled for you is not okay. It's hurtful to both you and him. It's fine if you don't know what it should look like quite yet, as long as you're open to learning.
- You understand there is value in stability, even if you are uncomfortable with it. Childhood instability is the whole reason why I was like that, why would I want it to continue? (i.e. please don't go for alpha chads who treat you like shit while vetting, break the cycle!)
- Most people are good, decent people. If you treat them well, they will try their best to treat you well.
- Understand that you can learn healthier coping mechanisms
- Ideally, have a good therapist and great friends.

In short, be willing to improve and have faith that things could be good.

Most importantly, understand that treating people badly will result in a bad relationship (what a concept right), even if you have good intentions deep down! In other words, if you love him, sound like it and act like it. Love & be lovable <3

(p.s. I'm not writing about vetting here. This advice is assuming you have found a good, reliable man and you two love & respect each other.)

1 - STFU

This literally saved me so many times. Regardless of how hurtful and vile your thoughts are, you can't hurt anyone if you don't say them!

The two situations I default to STFU are

He is doing something and I have ~opinions~ about it

Unless the opinion is "Wait babe you forgot to unplug it" (i.e. literal danger), it's usually pretty rude and disrespectful to say anything. I ask myself these questions before saying anything:

1. Has he done this before and does he seem capable of doing it? If so, STFU
2. If he (or god forbid my mum) said this to me, would I be mad? If so, STFU
3. Do I want to start doing this instead of him? If not, STFU. "You can ask me to do it or show me how it's done, but not both."
4. Had this been when we first started dating, would I have had the same complaint, or just found it sweet? If it's sweet in the first 3 months, it's sweet now, STFU.
5. Does it matter at all? Is what I'm about to say important? Is saying something worth a potential argument? No? STFU

I will sound like I'm attributing blame.

I still struggle with this at times, because this only happens when there is already external stress. For example, if we are about to miss a flight and I start going "omg I can't believe this is happening, how would we recover, we should have left earlier, blah blah blah" - great, I sound like I just blamed him in 3 different ways and he feels even worse. I think this type of behaviour is what men mean by "it feels like everything is my fault".

My best strategy is if I *really* need to express something, then I should dig for the base emotion and express that instead. In the above example, what I am actually feeling is fear that it's my fault and fear that the vacation is ruined. All I want is some reassurance that it's going to be okay. If I said the above, he would have been sulking or annoyed, and I would not have gotten any of that reassurance. Instead, I should just say "Aah I am worried this is my fault, I hope I didn't ruin the vacation". Chances are, instead of being annoyed, he would go "It's not your fault baby, it will be okay", which is all I wanted.

Also, if something is indeed his fault, also STFU. He probably feels horrible about it already, no need to make it worse.

Obviously, STFU if you are about to pick a fight or say something you know is going to cause a reaction.

The urge will pass and one day it will never come again. Trust me. Some women just want to feel good right this moment, right now, and they don't care about the damage that could cause in the long term. It's seriously not worth it.

2 - Express Gratitude + Compliment Him

My mindset around it is this: if he does something (no matter how mundane), and you want him to keep doing it, thank him and compliment him for it. Sometimes I tell my husband I'm so grateful the lights are on even though I never paid a single utility bill in my entire life. Other things I thank + compliment him for include:

- Any chores he does. This might be why he forbids me from doing the dishes so he can do them sometimes.
- when he pays the bill at restaurants, or anytime he buys me stuff
- making me laugh ("omg how did I marry the funniest man alive I love you so much")
- any time he is extra patient with me
- any time he compliments me

- sex
- gifts, dates, and vacations. Please don't be that person who tells off their partner for giving them a gift, a good way to guarantee no more gifts again. Receive graciously!
- general things like my lifestyle, happiness, and mental health, "if it weren't for you, I'd never been able to do ..."

Sometimes I manufacture silly little opportunities to thank him too, like asking him to open a jar even if I could myself.

I want to bring up a very toxic mindset I grew up seeing: the idea that if you compliment someone, they will think they are doing enough, and thus stop trying(??) It makes no sense and people don't work like this. They will only want to do more, not less.

If it's something I'd thank a stranger for, I will also thank him. Some people treat people the closest to them much worse than how they treat strangers. That, again, makes no sense.

3 - Apologise when you're wrong

A good apology has these parts: 1. I did ____ and it was wrong/rude/disrespectful, 2. I am sorry, thanks for telling me, 3. it won't happen again + how. What I found when I did this was:

- it undoes the failure to STFU. A lot of times not STFU is disrespectful. Apologising reinstalls that respect.
- he feels comfortable apologising to me
- we grow closer because of it
- we can fully resolve the issue, meaning resentment won't build up, and old issues are never brought up in new arguments

Scary stuff, I know. I think the central fear I had around this was that he would somehow use this as an opportunity to gloat and hold it over me, making me lose all control in the process. If that's a genuine fear, I suggest using it as a vetting strategy. If he doesn't the first time, he's probably not going to do it in the future either.

The first time I apologised to my husband, maybe a month or so into us dating, he was in so much shock that the issue was immediately forgiven and resolved. He was so used to girls making everything his fault. Honestly, my heart broke a little for him, and I fully realised just how much damage I could do to him if I wanted to. It made me more certain of my resolve to work on these mental issues.

Something I realised is that my inability to take responsibility and apologise & my tendency to lash out had a lot to do with self-hatred. Anything I perceived as my fault sent me into a self-protective overdrive. My self-esteem was so low that I couldn't possibly accept any more blame. This improved as my mental health gradually got better, but I also realised what I actually wanted was to be told that it's okay and this mistake does not make me unlovable. Apologising and being forgiven actually gives me that.

4 - Surrender control

Even scarier! However, I found that this is so important to help my partner "lead" and be engaged. If you read my previous post, I am incredibly taken care of and provided for, and my husband almost always puts my interests before his. I think surrendering some control has a lot to do with that.

Other benefits include being much less anxiety-ridden and stressed out because you know someone who loves you very much has got your back. It also creates a lot of opportunities for gratitude and bonding.

Do note that I am not talking about being a doormat and having no clue where the family money is going and no emergency savings. For example, I have my own credit, savings, and investments. All of our family finances are on joint accounts I have access to, etc.

This was a slow, step-by-step process for me, looking something like this:

1. Practised not controlling *his* life, i.e. what he does with his time, how he does things, etc (STFU is a part of this) I say "whatever you want", "whatever you think is good", "whatever makes you happy" a lot, when he is clearly looking for validation and not advice.
2. I made room for him to "step up" and be an engaged partner. I don't plan everything despite the urge to do so and I ask him for his opinion in an accepting way.
3. I asked him if he could be so kind as to take over some of the things I am really bad at, I'd be *really* grateful. He is in charge of stuff like finances, navigation, and throwing out the trash, and he seems really happy to do it.
4. I do everything he asks me to, as long as I can handle it. If he's sitting on the couch and he asks for a drink, you bet I'm getting that drink and coming back all excited. I think to some extent this makes him extra considerate of how his decisions and actions affect me.

Mindset shifts that helped me implement this process:

- It's a trauma response and not normal to want to control someone else's every move. It's ineffective and will likely lead to the cycle of abuse continuing.
- Men, at least this man, actually want to provide and make women happy. My happiness and gratitude make him happy too, so our interests are fundamentally aligned here and I have nothing to worry about.
- This guy is objectively intelligent and capable.
- Understood that a lot of things are not that big of a deal compared to the general health and happiness of my relationship.
- I told myself that if I couldn't trust my husband, then I should at least trust my own taste in men.
- If I get really, really in my head, I just tell myself that giving up control is an **effective manipulation tactic**. If I had to be crazy, at least be crazy in an effective way.

5 - Take care of yourself and your mood

My mood affects the mood of the whole house. My relationship definitely improved as my depressive episodes lessened. Eating well, exercising, and going outside really do wonders. If you like science-based self-improvement content, I enjoy putting the Huberman podcast in the background.

A valuable lesson I learned in therapy is how to regulate my emotions in a healthy way. Instead of seeking safety in control and winning fights, I can seek safety in cuddles, music, a good show, and other positive interactions. Once I refrained from those insane highs and lows, I found my tolerance of it went way down and I no longer seek it out.

Also, I am in a much better mood when I am intellectually and aesthetically fulfilled. If I give myself time to pursue my interests, read, do my projects, and indulge in pretty things, I am so much happier.

One of my husband's favourite things about me is how I find so much wonder and joy in the little things in the world, like a particularly pretty birdsong or a cute puppy. My delight seems to directly translate to his delight, so I try to be delighted often.

6 - Never get angry (childlike anger and response)

I want to touch on anger as the most unattractive and useless emotion. For me, anger is rarely the "real" feeling, but rather sadness, fear, or hurt in disguise. Expressing anger instead of those actual emotions never results in what I want. Time and time again it is proven to me that being mad will only make things worse.

In my experience, harsh tones and impatience are always met with equally harsh tones. If all I want is an apology or to be comforted, my husband getting agitated or annoyed by how harsh I'm being is the last thing I need. If it's a serious issue and he has hurt me, I will digest it and STFU until the anger has cleared and I can see how I am truly

feeling, and convey that.

It was daunting at first to abandon anger because it feels like a good "shield" from those uncomfortable emotions. However, I remind myself that it's ultimately ineffective and has literally never helped in the past, so why do it again?

I'm a pretty cutesy person in real life, so if I really had to express frustration, expressing anger in a childlike way always worked well for me. It releases the frustration and it gets me the comfort or validation that I'm seeking in the first place because he thinks I'm being super cute.

I lean into my cutesy nature a lot. My husband really likes it (in that I am very lucky). Some men may not so your mileage may vary. It's a really good way to de-escalate situations and make us feel closer immediately.

[Here](#) and [here](#) are great resources on this idea.

7 - Sex!!

In the 5 years we've been together, I have never turned him down even once (aside from health concerns). We have done everything we're into or curious about, and we continue to spice it up every now and then. This is mostly because my sex drive is pretty high, and I have a more libertine view of it than most.

I have always felt like you don't need to be in the mood for sex to have sex. My husband takes me to the mall when I ask him to and I doubt he is in the mood for the mall ever. Personally, I also found it pretty easy to get into the mood once it starts. I am somewhat lucky that I grew up in a very sex-positive place, so even though my first time was with my husband (then boyfriend), I never struggled with being too conservative about sex.

Here are some of the things I do:

- Always say yes when I am physically able to
- I make it easy for him to initiate (e.g. asking for massages and cuddles before bed)
- I am an incredibly enthusiastic and active participant, both physically and verbally.
- I put up a good show to keep it fun - sometimes I go full slut mode, sometimes I act a bit coy, etc
- I try to improve and learn (practice new tricks, and new positions, & ask for feedback. [r/sex](#) is a good resource)
- I am grateful for his effort and participation and I let him know, it's a lot of work!
- I also express a lot of admiration for him (you can imagine how)
- I am pretty open about my kinks and fantasies and I am very accepting of his, even if I'm not super into them
- I try to keep it sexy in everyday life by always being a little flirty
- I try to keep it sexually dimorphic when possible, for lack of a better term. I've found the stronger the contrast between us, the better the sex. I won't get into any kinky stuff here, but there are ways to make him feel extra masculine and strong, and me extra feminine and ~weak~, so the sex is extra fun.

The way I think about it, it's literally a zero-cost way to show *deep* appreciation for your partner in a way you know he would like. It should also be comfortable if not equally as pleasurable for you (or else go see a doctor). It's also a great way for you to feel closer to him and make your feelings for him stronger.

I remember one day I was being extra attentive, and he just went "Wow, you must really love me". Hehe, yes I do.

8 - Basic Attractiveness and Skills (homemaking, appearance, etc.)

My personal experience (which might not be entirely in alignment with this sub), is you only need to be decent enough at these things such that

1. There are one or two things you're great at
2. Both you and your partner find the rest acceptable

3. It's makes you happy and gives you confidence

There is no need to twist yourself into a knot trying to looksmaxx or something like that. I take care of my appearance but I am not a model by any stretch. I love cooking and I'm great at it, but our place is not spotless. If I'm hotter and the house is cleaner, would he love me more? Probably, but it's certainly not a hard requirement for a good relationship. Most of my issues were clearly personality-based, so I spent most of my time on that instead. There is definitely room for improvement for me here.

Here are the things I personally focus on to make myself more attractive:

- Cooking & baking - it's a hobby and I love his reactions to my food every time.
- A great skincare routine + a pretty no-makeup makeup look that emphasises my features
- pretty hair + smell nice
- a good wardrobe with durable, high-quality pieces that complement my personality
- relentless self-improvement. Once I'm fully done with mental health issues, I think I will move on to fitness.
- my own career + interests. Men do want to provide but I don't think they want dead weight.

That wraps up most of what I do. It's preventative maintenance - most of these things came easy during the honeymoon period, and I am determined to keep doing them regardless of how long we have been married. It has worked so far, and I hope it will work for the rest of my life. One of my biggest flexes is nothing changed when we got married - I kept doing all these things, and he kept being amazingly loving and nice to me. (My second biggest flex is probably his enthusiasm to wife me up ASAP haha.)

Thanks for reading if you got this far. Sorry for how long this post got. I hope it provided something of value. Feel free to ask for any clarifications and let me know your thoughts!

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UPVOTES

He told me to pick out rings!

countrylemon · 18 March 2019 · Archived copy · Reddit

Hello ladies!

Happy to be here with an update.

For reference: I'm 26F, he's 26M. Together 6 years.

I've posted in the past about:

- His picky eating habits vs. my foodie cooking
- His reluctance to move in with me

I'm happy to report the following:

- He's moved in and is paying more than I requested (I asked for half, he's supplementing 65% - makes him feel more like a man by providing more! win win!)
- We meal plan together (with Wednesday being "Wildcard Wednesday" where I get to make WHATEVER I WANT) and haven't had a single issue regarding any homemade meals. His palate has expanded INSANELY and he's starting to get excited about Wednesday more than grilled chicken/rice/broccoli Mondays. He no longer says/does anything that feels discouraging/insulting of my cooking and I'm not forcing him to eat things he doesn't like. So another win-win.
- I also mentioned in an update thread (I think it was valentines day) that his own dad (his mom & dad are redpilled af and incredible role models) asked him "WHY THE HELL HAVEN'T YOU MARRIED HER YET?" and he decided to corner me on St.Pat's (they're Irish) to tell me all about the cute little baby socks he saw at the store and when I wanted to have kids. (aka - parents more than approve!)
- This morning, after an amazing weekend - he told me I can start showing him the rings I like (I've been meekly asking for months) and that we should finally go get our nails done together (He works with his hands and I've been asking him to try a manicure with me (to improve his cuticles so they stop bleeding) and we have a giftcard (so he doesn't think it's a waste of money). I've only asked that he considers 3 things when asking me to marry him - my nails are done, my skin is clear and it's being filmed.

(Small but important - his "side passion" has become his full-time income, I put in a lot of hard work to help him with this with no payout for myself (be very wary, this is not for everyone) but it has paid off significantly, he's estatic about his company).

So, ring - check. Nails - check. Parents - check.

He's also been relentlessly telling me how "life-changing" and "absolutely amazing" and "the best year yet" this spring is going to be for us.

So, my dots have connected and IM GETTING ENGAGED!!!!

I'll obv update once the ring is actually on my finger, but I just wanted to offer a small field report as to what RP values can do for many people. I was bluepill, a raging feminist when he met me. I learned I actually, truly, wanted nothing more than to be a wife and mother. I found out he loves that too, and wants to support me. I found new ways to communicate, to take care of myself, to *let go*. Being redpilled was the best thing that happened to me (s/o Jordan Peterson, a prof from my university) for initializing these changes and an even BIGGER s/o to myself for turning myself into the best version of myself.

I'd also like to mention I'm depression free, something I struggled with for over 7 years. (Also I'm sure a huge

factor into this possible engagement).

I feel like myself, not even an average version of myself, but the best version. Now? He liked it so he's gonna put a ring on it.

I learned my hand, I played my cards and I won the jackpot.

Keep up the work ladies, it's worth it!

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UPVOTES

Taking the Effort to Dress More Feminine WORKS!

TagandSeek · 23 September 2019 · Archived copy · Reddit

A few weeks ago after discovering this sub, I sat down and went through my wardrobe. I typically have been pretty put together - several years ago I threw out all except five of my tshirts for sleeping/working out - but I took the time to determine what actually was my style and which outfits fit that while still being feminine, modest, and fun. I also figured out a pretty simple makeup/hair routine that only take ~10 minutes in the morning.

Ever since I started doing this, many more people have made comments about how I seem put together and always look cute - from both men and women - and slightly more importantly, I've felt like I'm more put together, too. Having a face on and looking cute makes me feel better about myself. My emotions have been all over the place, but it encourages me to clean up my space and follow through on things I've avoided when feeling down before, like house cleaning and actually cooking (vs ordering out) and going for runs etc. etc.

TL;DR: I've received more compliments on my appearance recently and people have told me I seem "put together" and that "you always know what's going on" even though the only thing that has changed is how I dress.

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UPVOTES

Cautionary tale of hypergamy

sourbeerisbest · 20 February 2020 · Archived copy · Reddit

Coworker opened her relationship with her husband so they could both ‘experience more.’ Lo and behold, her side partner passed on gonorrhea to her and now they all have it.

Not trying to say that being monogamous ALWAYS protects us these kinds of emotionally and physically upsetting situations, but... it helps. This anecdote definitely shut down some hamstery feelings I’ve been having lately and made me appreciate being monogamous/married to my husband for a combined 8 years.

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UPVOTES

What are you looking to find when you read here? What is PRW? Maybe it's time to reassess what this sub is about.

stevierose789 · 4 March 2021 · Archived copy · Reddit

Recently there was a post that complained about the quality of this sub. It was removed because it offered nothing to improve the situation. In the hopes of bringing some more interesting content to RPW I am going to address some of the posts I personally find to be problematic and continue to crop up on a continual basis.

1. This is not a place to moan about your lost virginity or your n count. This is not forgiveness r us. If you are suffering from guilt, see a priest or a minister. If you are only going to focus on past mistakes and not make any effort to improve things then you are not helping yourself or the women who read here.
2. This space is owned and run by men. If you don't like it, don't visit. Yes, there are some asshole men who comment here, but the mods are doing their best to keep them at bay. Instead, appreciate the male perspective. It is one of the few places you will get honest advice from experienced men.
3. If you are a not in a relationship, this is not a place to write about your hopes and dreams for a future relationship unless you are making plans to achieve it. It is one thing to ask for advice on how to achieve specific goals. It is another to wax poetically about how things will be, when you are sitting at home waiting for opportunity to just drop in on you.
4. This is not a place just for trad con or Christian women. There are women from all walks of life who read here. That includes stay at home wives and working wives, liberals and conservatives, childfree women and mothers, and so forth. The common denominator should be the desire to find a good man and keep him.
5. The wall is not a death sentence. The number of young women who are obsessing about getting old has gotten ridiculous.
6. If you are blaming all your problems on feminism, you are not being self-reflective.
7. This is a place for women to share advice, but some women have no business sharing advice because they have no wisdom or experience from which to draw. A nineteen-year-old who tells a woman in a decade or longer marriage to leave her husband is out of line on so many counts.
8. Just as it takes time for women to learn how to be a good partner, it takes time for men to learn how to lead. The expectations that a man in his twenties should have everything figured out is unrealistic.
9. Submission is a gift that a woman gives a man who is committed and has proven his ability to lead. It is not to be given lightly to just anyone. Furthermore, submission is not an excuse to avoid responsibility. You cannot expect a man to take care of you and not make an effort to pull some of your own weight. He is your partner, not your father. Grow the fuck up.
10. If you are not going to contribute to keep this sub a valuable resource, you are part of the problem in its demise. This is an opportunity for you to voice your preferences on how to make things better. Please do so.

There will be those who will ask what gives me the right to make these assertions. For one, I have been reading and commenting here for years, although I deleted an old account a couple of years back. Second, I have been married to one man for 40 years, raised three children, have been a SAHM and a working mom with a full-time career. I am married to a man who needs a great deal of control in our marriage and reading here helps me to understand his perspective better.

What I would like to see is more posts from women who have been in long term relationships and how they approach some of the problems they encounter as wives of dominant men. I look at RPW as a place for women to

discuss the benefits and drawbacks of being married to an “alpha male” not as a hand-book to land one. You cannot control attraction. As it has been pointed out numerous times, an alpha male is not the perfect mate. However, some of us ended up with one anyway.

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UPVOTES

I first came here as a plate. Now I'm back as a wife.

stripe_throwaway · 23 August 2022 · Archived copy · Reddit

I came by a few years ago realizing I was a plate to an rp man. I was in love with him and wanted more.

I also felt I was damaged goods. I was fresh out of a divorce and full of random trauma to work through. I was just trying to figure out dating, nevermind finding a husband!

I received so much advice. I learned so many things. I read so many books, I've grown much more.

Some of you knew his nature so well it was eerie. Someone would say he's probably thinking this or that and almost **the very next day** he'd bring up what was troubling me.

Eventually he decided he wanted me to be his girlfriend.

So many times I was convinced I'd screw it up, but hell, we made it through 2020 together and were stronger through it.

Last year he decided I'll be his wife and the mother of his kids.

I put my rings on this morning to go to my OBGYN appointment for family planning and thought about this place. I don't think I'd be sitting here, married with someone who makes my toes curl with just a text message if I hadn't stumbled through like a rambling idiot that one day. My original account is long gone. I was spending too much time here instead of working on myself, and a delete was the cleanest solution.

I wanted to drop a thank you to anyone still here from those days. You changed my life. ♥

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UPVOTES

I dont like dating promiscuous men

LargeTry88 · 7 January 2024 · Archived copy · Reddit

It seems like I would get scrutinized by red pill men for voicing that. But studies have shown that very promiscuous men are more likely to cheat (this is true for women too) and less likely to be happy in a marriage. Its also kind of gross, tho I dont judge anyone who sleeps around as being a "lower human being". Its just my preference. The "fresh and fit" types are a huge turn off to me.

Actually this is quiet common and some red pillers tend to ignore that most non promiscuous women dont like men that are promiscuous.

"For short-term relationships, men were more willing than women to get involved (although the difference was not large). For long-term relationships, in contrast, there was virtually no sex difference. Thus, contrary to the idea that male promiscuity is tolerated but female promiscuity is not, both sexes expressed equal reluctance to get involved with someone with an overly extensive sexual history."

But do women from this sub also have these preferences?

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UPVOTES

For better or for worse

[_Pumpkin_Muffin](#) · 22 April 2024 · Archived copy · Reddit

Some time ago I got a phonecall from my husband while he was at work. Bad phonecall. I started packing for both of us, wondering if we'd need black clothes.

And suddenly I thought - so... this is being his wife. This is what we signed up for. For better or for worse. I packed for him and met him under the rain and squeezed his hand through a funeral, and kissed him and held him and told him it was alright to hurt.

He kept telling me "but I need to be strong for X and X person."

"You're not with them now. You're with me."

And it was such an immense privilege to be the one he was safe with. To be the place where he could hurt and crack and be vulnerable. He can come here any time he needs - I'm not going anywhere.

I am grateful for every effort I made to be his soft place to land. It really pays off.

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UPVOTES

I'm a detransitioned woman who used Testosterone from 15 and a half to 21 years old. I need some solid advice on what to do about my appearance. I just want to look and feel normal again

Grand_Pianist_2404 · 6 March 2026 · Archived copy · Reddit

So to make sure I'm being clear enough, I was once identifying as an ftm, then I realized the decision I made to transition did not come from a healthy place, so I ended up going back to living as the woman I actually am.

Every day I feel more and more concerned about how I am appearing to others around me. I used to be more carefree about what I looked like until I reached 25. I realized I am a straight woman and I also desire to have the possibility of a family and children in my future. But lately the reality of what I want my future life to look like has been crushing me hard. I don't think I'll ever reach such a point, given the fact that I am perceived as male quite often because of how deep my voice sounds and because of how muscular and angular I look to everyone. And I am scared that I will never be able to afford the cosmetic procedures I need to get done in order to appear moreso as my sex. It is really hurting me at a soul level to carry this burden that was put on me every day. I just want some sense of normalcy, I want to leave my past behind. I was only 15 years old, I had no idea what the hell I was doing or what I actually wanted. Now I have to drag this shell I exist in around while I look this way, all because nobody in my family told me no. This is hell to deal with.

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UPVOTES

Came here to judge. Stayed because you ladies are brilliant

spoonboom · 28 June 2016 · Archived copy · Reddit

I came across this sub a few months ago when I was grossed out by some of the attitudes on [r/TheRedPill](#). I'm not going to lie; I came here to judge what I thought would be silly, man-obsessed, insecure women. Boy was I wrong.

I must have spent a whole afternoon devouring the top posts, tutting as I went along because I was purposely seeking out 'extreme' views to validate my preconceptions. I kept coming back because I was fascinated! A few weeks in, I started to really think about what you were posting and how a lot of it made sense. I realised that so many women on here are brilliant and interesting and that are diverging from what we're told we should be doing as 21st century women and that it was making your lives all the better for it.

While I believe I will never subscribe to the RPW philosophy 100%, I wanted to let you know that this sub has made massive changes in my life over the past 3 months. Before, I thought that even though I was about 30lbs overweight, a man should be interested in who I was. Now I've realised, why should he? I've lost 12lbs lately and started dressing more feminine which makes such a difference in the way people seem to view me. I've started acting more feminine and listening to men more, rather than getting super drunk all the time and trying to act like I'm "just one of the guys" which is what I thought guys wanted. I've started trying to make myself the sort of person a good quality man would want to be with, not just for the sake of an LTR, but for myself. I can't even describe it here (especially since I'm on my mobile) but the whole way I view the world is different.

When I find the right person for my next LTR, I have so many plans for how I'll do it differently than before. I'll do more sweet things for him, I'll keep working at trying to be attractive to him, I'll be sexually available to him, I'll let him feel like he's a man! It's all thanks to you wonderful women. I feel so guilty for judging you all so harshly before.

Like I said, there are many elements of TRP that are not for me, but what I've learnt from this sub is invaluable. I think a lot of women could benefit from RPW like I have and I want to thank you all for sharing your insights.

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UPVOTES

Just a bit depressed about modern marriage

pisellipod · 2 May 2018 · Archived copy · Reddit

A bit of a rant and maybe discussion.

I am in my late-20's and have dated a lot. Many men see me as a great companion and even have said "a girl to marry" and "wife material." I keep myself fit and attractive, watch my diet extremely carefully, have lots of interest in politics, philosophy, worldly knowledge, and men say I'm very pleasant and nice to talk with and spend time with. I can also cook and generally am organized. I work in education so I'm good with children.

Perhaps it is the men I'm meeting, perhaps I'm looking in the wrong place, perhaps it's an issue with modern men. Since I am in my late-20's, then men I am dating are 33-40 years of age. All of them have a RP awareness (even if they don't specifically identify) and by this I mean that they have an strong awareness of divorce rape, of ex-wives taking away their children, of girlfriends cheating, etc. Pretty much all of the men I've dated are EXTREMELY cautious, paranoid, or wary about marriage. Some of them even just dote on their friend's children or their sibling's children, just to have a child in their life but doesn't belong to them. They all love the single life - basically concentrate on their career, travel wherever they want, not have the burden of a wife (financially and emotionally), can pretty much have short term girlfriends wherever they want without the commitment. These men are from US and Europe (generally central, southern and Eastern).

I feel depressed because even though pretty much all the men I've dated compliment me on my companionship and beauty and family values, none are willing to commit UNLESS it's absolutely required (eg. moving for a job for legal benefits). They don't see marriage for love or a family unit, they see marriage solely as a contract. They see women as only a girlfriend, **as long as you're pleasant, attractive and interesting** it doesn't even matter if you cook because these men don't want to come home and have a home cooked meal **every** night. These men want to go out and have dinner/drinks with their buddies/female friends - they're totally fine just having a social circle or a friend group, or just business colleagues, and have your "girlfriend companionship" when they want it.

You can't even demand marriage as a woman because 1) No man ever likes being pressured and 2) As a woman you would hope that you show him what you could offer to his life but it could still drag on for years and years with no sign of legal commitment (even if you don't cohabit!) Men nowadays are perfectly fine even having their own apartment, living single, because as long as they have friends (male and female), who needs a wife?

It is just sad to me, that as a modern female, we are seen as a burden. Even if we offer something good in their lives (dual income, household chores, good sex life, companionship, good conversation, networking, maternal values).....there's really no need for marriage. We can offer our value but men nowadays will still see us as just a side dish to their single MGTOW life.

Edit: I'm just adding a rant and clarification: it doesn't matter if women are respectful and don't nag. Men will always feel obliged to please their wives **therefore we are still a burden**, men don't want to always accompany their wives to events she wants to go to (eg. she got tickets to a concert, he's tired, she wants him to go but then it's seen as "dragging him along") so I feel like there is literally no point. As a woman you have to wait for him to **WANT TO** take you out. We cannot have our needs met, we cannot ask for anything **because then we are a burden**. How many times has a man told you ****"I do something for you because I want to, not because I have to?"**

CONCLUSION: Men just want the girlfriend experience. We are burdens to them. Even if we bear him children and run a smooth household, and don't nag, men on a basic level still want to see an attractive and fun woman *whenever he wants to and it's not every day*. Men are rubber bands theory? It still happens in marriage.

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UPVOTES

My boyfriend asked for my fathers blessing. He said no.

UniformFox_trotOscar · 19 August 2020 · Archived copy · Reddit

My boyfriend (33) and I (30) have been together for 3.5 years and we have a 1 year old with another on the way. Both children were planned and wanted. My boyfriend provides for us while I mostly stay home (I just started working 18 hours a week)

My dad, a narcissist, loves me very much and raised me to be a self-reliant, independent woman. He has NEVER liked my boyfriend and blatantly disrespects him in a sly, roundabout way almost constantly.

My partner reluctantly confessed to me that when he asked my dad for his blessing a few months ago, he was rejected. I am absolutely furious and the both of us have had it with my dad.

I don't know what to do. I'm not dying for a wedding or anything. I'm perfectly content with my family the way we are now, but my dad keeps shoving a wedge between us and it's breaking my heart.

FWIW my boyfriend spoke to my mother separately. She absolutely gave her blessing. I have not spoken to either of my parents about this since I found out.

Any advice? Words of wisdom? Similar stories? I have no one to turn to who might understand except this community.

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UPVOTES

Is there a pretty girl privilege?

buffythebitchesslaye · 16 June 2019 · Archived copy · Reddit

I am 21 and kind of plain looking. I wouldn't consider myself ugly but I'm definitely not someone anyone would take a second look at. All of the girls that I'm friends with are absolutely gorgeous and I notice such a night and day difference to how I'm treated compared to them. My friend will be pumping gas and random men will offer to pay for them. Whenever we go out people are so much nicer to them and I feel like garbage standing next to them. If I'm alone I find that men approach me but whenever I'm around them I'm invisible. On top of being extremely beautiful, they also have a great fashion sense and wear some extravagant outfits that really stand out. My friends helped pick my outfit and I borrowed a jumpsuit from my friend last time we went out to the bars (something she gets compliments on whenever she wears) and a group of drunk guys decided to make fun of what I was wearing calling it a onesie and laughing. I was just really hurt because I know if my model friend wore it she'd get nothing but positive comments. I just feel like I don't want to be around them in public because I am always treated like an outcast. The thing is all of these girls are my close friends and I want to spend time with them I just really hate always feeling like an outsider when we go out. What can I even do in this situation? I know im probably too sensitive about it but it just really sucks to witness all the perks of being gorgeous when I know I'll never be treated the same

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UPVOTES

Realizing how truly annoying I am

clementinetoast · 12 January 2020 · Archived copy · Reddit

Been trying to improve myself and become a better girlfriend, RPW style, to improve my life in general and be the best I can. Its my main "2020 resolution"

Now that ive been actually trying to remain polite and non-naggy, I am realizing what an awful habit of nagging and 'suggesting', and overall being controlling I have. I can't believe my boyfriend has put up with it for so long, but im determined he won't have to for much longer!

Just some examples from only the first WEEK of 2020 that ive noticed myself doing...

-When I drive us somewhere and have the keys, I hit the lock button twice so it makes the beep sound. When my boyfriend locks the car, he does it once so it doesn't make the beep sound. In the past, practically EVERY TIME we are walking away from the car I ask "did you lock the car?" "is the car locked?", and he always says "yes." (becuase he is a grown man who can lock a car!) Its not that I don't trust him to lock the car, I just get the impulse to 'make sure' he did it. Not only do I do this with the car, I do it with letting the dogs out, giving the dogs food/water, turning the lights off when we leave the house, etc. How absolutely annoying must that be !! And if he did forget one of these small things once, who cares! Is our car really going to be hot wired in daylight in a safeway parking lot?

-I had made some money selling at a craft faire and had him put the money in his account from an ATM that was nearby, and had him paypal it to me. I was going to use it for various home projects when I had the time (and was rambling about it to him) Well when I got the paypal notification, it wasn't the same amount I had given him, it was short a lot of money! Instead of nagging him like I wanted to do ("where is the rest of the money??") I held my tounge. Thank god I did because he promptly used the money to get everything I had mentioned for me, the next time he was out.

-Nagging him to do daily outdoor chores. This I have the hardest time with!! we live out in the boonies of alaska, in quite a difficult (but hopefully temporary) situation off grid, and we have to do things like collect and boil our water, and carry heavy things in the snow. Which I would like to be his domain while I do cleaning and things in the house, and he is happy to do all those things himself. BUT, I am so impatient I will "remind" him 3 times, get a bad attitude, gear up and take it upon myself to do all the outdoor chores so they are "done in a timely manner" (whenever arbitrary time I decide they should be done by) then be cold and mad that he didnt do them already, when the poor man is just reading the morning news and has no idea why im grumpy. Ive found if I hold my tounge, and occupy myself with anything else, he will go do them with out me "reminding" him to do so once.

These are just from the first week so im sure there are more annoying things im doing that are making my relationship worse, I can already see improvements in the general house mood when I am not doing these things! I will update more as time goes on :)

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UPVOTES

I asked him what he wanted

bowlcutboy1994 · 3 April 2020 · Archived copy · Reddit

I was talking with my boyfriend today, and I asked him what he wanted from me as a girlfriend and later as a wife. He said:

Hope, support, and love

Hope- even in his hard times when everyone is looking down on him, I'm there to give him hope

Support- I help our family in any way I can

Love- without love, the other two don't count

Just through I'd share, it's nice to hear from the person you love what they need from you

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UPVOTES

YOUR fertility is not the only factor.

TheTwincessMaker · 31 January 2022 · Archived copy · Reddit

To head off all of the "just adopt" comments, I've included a link at the bottom explaining exactly why adoption is so difficult. I won't engage in this off-topic discussion here.

We discuss fertility here a lot and it's *usually* unproductive and often anecdotal. I thought I'd share an issue I've wanted to highlight for some time.

I met my husband when we were 27 and 30 and we married at 29 and 32. Children were a nonnegotiable but we wanted to enjoy a year or two as a married couple, before trying. We hadn't lived together while we were dating and knew that the whole "husband and wife" thing would take some adjusting. We wanted to own a home before we started a family. My husband had left oil, at my request, hoping to move up with the city. We had a lot of things we wanted to do together, things that would be more fun and easier without kids. We didn't want to wait *long*, but since I was only 29, we did plan to wait for a year and a half to two years.

I ran this plan by my gynecologist, asking if I should revise. She assured me that she thought I'd be fine, since I had no indicators of fertility troubles. I asked about the miscarriage I had in my teenage marriage and she told me that that just meant I could get pregnant. I shouldn't worry... and so I didn't. For the next year and a half, my husband and I took an Alaskan cruise for our honeymoon, canoed on the Buffalo River, bought a house, took trips to Colorado Springs and Fort Worth, went to parties with friends, and improved our home. We had a *blast*, but knew that time was precious, so just before Christmas of 2018, I had my IUD removed and we decided to see what happened.

By April, we were aiming for those few days a month. By June, I was using ovulation strips. By September, I was starting to worry, but my doctor insisted it was probably fine and I should just stop trying. **Y'all, I cannot stress enough how glad I am that I ignored this terrible advice.** My husband and I were both over 30 and we didn't want to waste any more time. We wanted a family, so we wanted answers. If those answers reaffirmed, medically, that nothing was wrong, great. We scheduled a semen analysis and had to wait until January.

On February 13, 2020, my husband came home with the news that he had barely over 1 million sperm and the average is 40 million. Our only option was IVF. He didn't even have enough for an IUI (artificial insemination), unless we wanted to use donor sperm, something neither of us wanted and which didn't offer great chances with a 10-15% success rate (IVF was more like 60% in our case). We were devastated... and then a pandemic hit.

I'll end the story there. If you'd like to read the rest, I do write a blog and opened a page specifically for my infertility journey. It's not uplifting, since I wasn't sure how things would end, but it *does* have a happy ending and I hope someone out there finds comfort in that. I've posted a link.

My husband and I were lucky, I suppose. Our first IVF cycle was an utter failure, but we tried again immediately and marked the one year anniversary of our first cycle with one month old twins. We also have six frozen embryos and hope for more children. **The cost? \$30,000, to date.** More transfers will cost more money, as will keeping our embryos frozen.

My husband's fertility issues had nothing to do with age or lifestyle. His hormone production was great and he *should* have had ideal sperm... but he didn't, due to a genetic anomaly that couldn't be fixed or explained. Of the 1 in 8 (or 15%) of couples who will suffer from infertility, in 1/3 of all cases, the male is to blame, 1/3 the female, and 1/3 both. Yet, medical professionals still tend to hold the woman responsible by default. Our doctor told us verbatim that there was no point doing a semen analysis, because "90% of the time it's the woman," which as I've cited, isn't even *true*. While testing a man's fertility is relatively simple, it's largely ignored and women are often expected to undergo expensive and invasive tests first. We weren't the exception. We just refused. When we found out that my husband's sperm count was *so* low, however, there were no options... and for some reason, this isn't being widely studied, despite the statistics. My husband would have loved to try some form of treatment, but none

existed.

Another consideration for men's fertility (which fortunately did not affect us), is the impact of paternal age on fetal development. While women have grown up hearing about their biological clock for centuries, people are only just beginning to discuss the repercussions of men fathering children later. According to the Mayo Clinic, in couples where the man is over 40, there is a higher risk for pregnancy loss, rare birth defects, autism, schizophrenia, and leukemia. I'm not saying these risks are *greater* than for older women, but they do exist and should be considered.

What I'm getting at here and maybe my **tl/dr** is that a woman's fertility is not the only factor in planning for a family. I was relatively young and had been assured that my age was a non-issue by multiple health care professionals... *and they were right*. I was *plenty* fertile. I didn't have any cysts or polyps and my AMH results (the test that tells you how many eggs you have left), were great for my age. **I had no fertility problems, at all, while my husband would likely never be able to get me pregnant.** It was *devastating* to learn we'd have to go through IVF and, letting the pandemic pass or even lessen wasn't really an option for us, which *was* due to our age.

I wouldn't change the decisions I've made. My days are filled with diapers, tantrums, giggles, and tiny matching clothes. My girls were absolutely worth it and my marriage is stronger for the struggle, even if I'm not. I'm not so sure that my marriage would have fared as well, had we taken on fertility treatments sooner and we'd have missed a lot, just the two of us. It all worked out and my husband and I are *deliriously* happy... but if we'd done things a little differently, that might not have been the case. If we'd drawn out our dating phase or our engagement or had waited even a couple more years before trying for children, because I was still young, it might have been too late, **even though my doctor gave me the green light to do so.**

I don't say any of this to scare women, but to warn those who aren't worried about their *own* fertility, for whatever reasons, that *theirs* isn't the only factor. Maybe you have a May/December thing going on and you feel like you have all the time in the world at 26, when he's 39. Maybe you're like me and your maternal grandmother had your mom at 38 and to your knowledge, fertility troubles don't run in your family. Maybe you're just super healthy and on the right course with your fiancé and you just aren't worried, because you're only 28. I did my homework in regards to my fertility and literally no one suggested that my *husband* might have trouble conceiving or that there wasn't some pill he could take to fix the problem, so I'm telling you.

Male factor infertility is a problem in 2/3 of cases and there isn't always a solution. Take this information with a grain of salt if you want, but all the focus we put on women's fertility leaves a blind spot for both women *and* men. It's awful that something so directly involved in men's health isn't a higher priority. It's awful that women are blamed for something that is the fault of both sexes. *For me and my husband*, it would have been awful to live a life without children. **I'd also advise *anyone* starting fertility treatments to *insist* on a semen analysis before spending a *dime* on the much pricier tests for women.** Male infertility is rarely visible. My husband is quite stocky, has a full beard, a decent sex drive, and is just all man. We could have wasted a lot of time and thousands of dollars just treating me.

My infertility blog: <https://belleofinfertility.wordpress.com/>

Some men's fertility resources:

<https://tau.amegroups.com/article/view/19367/20196>

<https://www.nichd.nih.gov/health/topics/menshealth/conditioninfo/infertility>

<https://www.mayoclinic.org/healthy-lifestyle/getting-pregnant/expert-answers/paternal-age/faq-20057873>

Why we don't all just adopt: <https://belleofthelibrary.com/2021/03/22/why-we-dont-all-just-adopt/>

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UPVOTES

Thoughts on “Passport bros”?

chxcolatewings · 14 February 2023 · Archived copy · Reddit

There seems to be a growing community of men of all races being frustrated with westernized women, and leaving the U.S. to find a good and feminine wife.

It scares me a little bit, that all the good traditional men might be leaving, and that American women (and specifically Black women), are being painted negatively with a very wide brush in those communities, but I believe many of their frustrations are valid, as second wave feminism, body positivity, and sex positivity make the female dating pool horrendous here.

I'm curious to hear others opinions.

(p.s. It's my first time posting ever, I'm sorry if this is off topic, flagged, or formatted wrong, I usually just lurk)

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UPVOTES

Adulting is realizing all you need is a home, stable income and a peaceful partner.

Apprehensive-Pen9371 · 17 January 2025 · Archived copy · Reddit

Is it true or it's more attributed to people who need healing in their adult life to make up for a rough childhood?

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UPVOTES

Your Relationship is Not Equal

FleetingWish · 5 June 2015 · Archived copy · Reddit

Every time we get a woman asking about our relationships, concerned that they might not be “equal enough”, we always give the same canned response, which amounts to “We have different responsibilities, but we are *equally* important.” This, however, is disingenuous.

It is almost as though we have bought into their line that equality is important, and that if things aren’t “equal”, then they must be bad and we must be oppressed. But, using the word “equal” makes no sense when talking about a red pill relationship. It’s not as though I can say “He makes more money than I do, but I wash the dishes, so everything is equal!” That’s not how it works, we can’t measure those things on the same scale. I have no idea how many washed dishes it takes to be equal to his extra hours at the office.

When claiming to be equal, we are focusing on the wrong things, whether our contributions to the relationship matches his. But, that’s not what’s important, what is important is that we are doing our best to make him happy. In a relationship, it is your responsibility to make sure to do everything in your power to make the other person happy, and if you picked a good captain, he will do the same for you.

In a way the type of equality we do have is that our obligation to make him happy is equally as important as his obligation to make us happy. We are the most important people in our partners’ lives and we have responsibility to make sure that we influence them in a positive way. Of course, since men and women are different, the things that involves are going to be different.

At the end of the day, I don’t wash the dishes because he makes more money than I do. I am not keeping score of whose duties are more important, who works the hardest, and who has done what for whom lately. I wash the dishes because it is one of the things I can do to fill his happiness bar, then he comes by and smacks me on the butt, because that’s one of the things that fills my happiness bar. It’s based on the principle that if you do things to make him happy, he’ll want to do things to make you happy, which in turn makes you want to do things to make him happy, and so on. It is a positive reinforcement cycle that encourages both parties to fill the other’s happiness bars.

That is what is important about you duties, not whether they are equally hard, equally time consuming, or even equally important, it’s whether you are going above and beyond to make him happy, even if at first it means doing more than him. No, that’s not equal, but so what? Someone has to be giving, and someone has to go first, if you want to have a positive relationship with your partner.

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UPVOTES

When it was my SO's turn to complain about his gf during Boys Night, he didn't have much to go off of!

wingstopbluecheese · 1 October 2018 · Archived copy · Reddit

Hi RPW,

I've been with my captain for some time now. Since the beginning, I've made sure to control the hamster, STFU, and be considerate of his feelings. Well, He told me last night then when everyone was complaining about the bossy/disagreeable things their girlfriends/wives do to them often, he told his buddies he felt bad from them but he couldn't relate and is really happy in his relationship! He told me they just said "well, they can't all be like wingstopbluecheese!". I was THRILLED and so proud to know when my guy is around his closest confidantes he has only positive things to say about me/our relationship. Thank you for all the tips :)

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UPVOTES

If female hypergamy is a thing, why did I choose him?

palealien00 · 3 December 2019 · Archived copy · Reddit

So a couple of years back I met two guys. One had a well paid job, nice car, his own apartment. Took me out for dinner dates, great in bed, romantic and made me feel special.

The other was long term NEET, old car, still lived with his parents despite being in his early 30s. He took me out for dinner twice in the 2 years I knew him. Sub standard in bed technically but for some reason I was extremely turned on by him and so sex always felt amazing due to the psychological aspect. Never made me feel secure, always disrespectful. Romance was him pressing my face into his parents living room rug with my ass in the air.

I cut off the first guy a few months in and decided to focus my efforts on the second one. The second guy rejected me, and now the first one is marrying another girl this week.

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UPVOTES

Remember to put in the effort for the man who matters most in your life!

beaniemyheart · 2 April 2020 · Archived copy · Reddit

This was such a revelation to me.

Remember to put in the effort for the one man who matters most in your life!

<https://imgur.com/gallery/OKhBWYD>

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UPVOTES

Boyfriend appreciation post [?]

NotPast3 · 16 April 2021 · Archived copy · Reddit

This story has nothing to do with RPW but I'm literally dying inside of cuteness and I just need to let it out.

So my boyfriend usually goes to bed much earlier than me (8 pm ish) since he needs to get up for work at around 4. I usually cuddle with him until he's pretty much sound asleep and then get up and do more work. This is partially so that the lights going on doesn't prevent him from falling asleep.

To prevent the said lights from waking him up though, I build like a ~shadow fortress~ next to him (basically structuring a blanket and a pillow in such a way that a shadow is cast over him).

Today as I was making my shadow fortress, my boyfriend turns over, **STILL ASLEEP**, and gave the blanket roll a kiss because his sleeping brain thought it was me, and then started cuddling it still sound asleep.

I'm dying, it's too cute, I can't, I love this man so much, he's so precious.

—— small field report though ——

I got nothing more to say than everything about intimacy I learned here and from Surrendered Wife **WORKS. WORKS SO WELL ITS SCARY.**

Luckily for me, a lot of these ideas come super naturally to me. I'm never one to nag, I'm pretty damn good at STFU, I'm childlike and girly, and I appreciate my man to the moon and back.

There are some cases where I think her ideas are archaic and surely not applicable anymore, but when I use them just to test it, it always works like a charm.

Another thing is, I'm really lucky in that I found out about these ideas when we first started dating. What happens when you use a "miracle cure" on a relationship that doesn't need fixing? This relationship is **AMAZING** and he's so ready to tie the knot.

There are a lot of stuff I don't agree with on here, mostly to do with values and femininity and feminism and what not. Because of the TRP ties, sometimes this sub swings from misconceptions caused by toxic feminism to plain old sexism. e.g. toxic feminism: there is no such thing as overweight & all sizes are beautiful, sexism: size 8+ is fat and fat girls have less value. Both of those are untrue.

However, the intimacy stuff, 10/10 would recommend.

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UPVOTES

I've gotten Girl Game all wrong. (Reflecting on my Observations)

chxcolatewings · 21 September 2024 · Archived copy · Reddit

I used to pride myself in purity, piety, and being the "good girl". I believed that men—or at least Christian men—wanted a Madonna: a woman who was virginal, demure, and "wife material". But I observed time and time again that this wasn't true. Being that kind of woman didn't make me more desirable; instead, it made me invisible and undateable. I learned that being demure and modest often came across as being asexual or frigid.

Men would complement my modest dresses, but then turn around and date women wearing skin-tight, cheeky leggings. I even observed a religious man I respected swiping right only on scantily clad women on Tinder. Still, I convinced myself it must've been because those men just weren't "Christian enough."

I was still stubborn and unyielding in my approach until I finally received a wake-up call. I spoke with several women older than me—some in their early thirties—and realized that they acted and dressed like I did, and they still hadn't met their "Man of God". They were still waiting for marriage and for their "Boaz," but there seemed to be no end in sight to their wait. I then reflected on the girls from my childhood church—the ones I once looked down on for dressing more secular and having a constant flow of boyfriends from a young age. When I looked them up on Instagram, I noticed that those were the girls who ended up with a ring. Some were even younger than me[f20], yet they were already married and stay-at-home moms.

I had misunderstood what men want. I was mistaken when I approached Girl Game as giving men a taste of the pious Wife Experience. I was even further mistaken when I thought femininity was wearing a dress and being shy. Girl Game is giving men the hot Girlfriend Experience and Femininity isn't simply wearing dresses—femininity is flirty, attractive, and subtly sexual. Even devout men want a woman who is fun, flirty, and exudes unspoken allure.

Ultimately, I've learned that being averse to flirting and covering myself from head to toe doesn't leave any opportunity to pique a man's interest beyond friendship. Men need a reminder that you're a woman with sexual value in order to inspire romantic interest and move you out of the asexual-undateable-girl-from-church zone.

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UPVOTES

The victim mindset is quietly killing modern dating.

Traditional-Sherbet2 · 3 January 2026 · Archived copy · Reddit

Everyone has wounds. That is part of being human.

But adults are responsible for what they do with them. We have all been hurt in some way. By parents, relationships, rejection, loneliness, disappointment. Some far worse than others. That is real, and it matters.

But pain cannot become a permanent identity. Victimhood is not depth. It is stagnation.

At some point, a healthy adult instinct kicks in. You get tired of suffering. You want to build something instead of explaining everything away. That is where responsibility begins.

Blaming the world, society, your partner, or strangers for how you feel keeps you stuck. It avoids growth. It avoids accountability. And it slowly poisons relationships.

If you hurt someone and immediately turn it into “I always do everything wrong” or “nothing ever works for me”, that is not self awareness. That is avoidance. You did something wrong. Own it. Reflect. Repair. Move forward.

Constant victimhood turns relationships into parent child dynamics. One person carries the emotional weight, while the other avoids responsibility. That is exhausting. And it does not last.

Pain does not make you special. Taking responsibility for your life makes you free.

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UPVOTES

I want to be a housewife.

wannabe_housewife · 20 September 2013 · Archived copy · Reddit

Hey [r/RPW](#),

My greatest desire in life is to be a housewife.

I want to create a loving, clean, relaxing home for a husband. I'd love to greet him at the door with a smile and a drink. Kneel at his feet and take his shoes off and listen to him tell me about his day. Cook, sew, clean, work out, repeat.

When I share this desire, no one seems to be able to respect that.

"You'd have to give up your career! Isn't that why you went to college?"

"It's not feminist to want to serve your man. You'd be like property!"

"You wouldn't have a life! Wouldn't you want to have your own job?"

I don't understand why running a household is not a "real" job? Is taking care of a family, a husband, children and a house not full time work? Why would the assumption be that I don't have a life?

Most importantly, why is housewife now a dirty word?

So now I keep it to myself, but if I had to choose a way to live, that would be it.

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UPVOTES

Avoid loving opportunistically

leviathanis · 6 September 2018 · Archived copy · Reddit

There's a fallacy spread in our culture that says that there's a prince charming for you somewhere, and while that may be true for some, the fallacy extends itself by saying that you won't be happy until you find him.

Love, in my view, is more of something you build than something you find. My man and I are not "perfect" for each other in many ways, but we have experiences from being together a long time that I'll never be able to replicate with someone else.

Love becomes mediocre at times. The honeymoon period ends, and you're left with the day-to-day drone of real life, with passion merely existing in the background. This is normal and healthy. There will be periods where you think you don't feel anything for him, because humans naturally become conditioned to sensory input over time, as well as emotional input, when it becomes a constant.

Long-term love becomes something you don't appreciate until it's gone. Monogamy can get boring, everyday, mediocre, but appreciate that you have that luxury. Appreciate that love is so abundant in your life that it becomes like breathing. Don't take your boredom for granted, the reason couples stay together so long is that they don't up and leave whenever things get mildly inconvenient.

Don't relentlessly search for something better, because chances are you'll never have what you do now. There is value in something you've built with someone over such a long period of time you begin to take it for granted. Instead, focus on ways you can get that spark back. Continue building that love by having new experiences together. Travel, go rock climbing, experiment in the kitchen, try a new sex position. Love is not worth losing over boredom or the possibility of "more" being out there.

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UPVOTES

I own the first nice thing I have ever owned today and I just want to share.

Hoobin · 21 December 2018 · Archived copy · Reddit

Gender & Sexuality:

I have the first expensive thing I Have ever owned.

I own a brand new car today. I have never had anything nice in my life. Everything I have ever had was "on sale" or "discount," second-hand, bargained, or "take it-or leave it."

Today I own my first new thing. I am 33 years old.

I wish I could say that I bought it on my own, but the truth is that a man paid half of it and gave me full ownership without me asking.

He is my husband, but we have always kept everything seperate. I am sure he makes more then I do, and I also have absolutely no idea how much he makes. I am frugal and I do not buy anything unless it is superflously affordable.

Today, I said I can afford X to buy a used car, and since that is what I can afford and we were going to share ownership, then he could out half of X and then we would own it equally.

Instead he walked up to the dealer, doubled X, and got me a brand new car entirely in my name.

I almost started crying when I drove it. I have never owned a car that I did not feel like I was going to die while driving.

I wish I could proudly say I owned it, or I bought it.

But I kind of am proud that someone loved me enough to think I deserved it.

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UPVOTES

Addressing an elephant in the room.

shadesofperriwinkle · 11 July 2020 · Archived copy · Reddit

I'm posting in light of the large thread from today about no-sex-without-commitment.

While it remains a main tenet that it makes the most sense not to have sex with a man without a commitment for numerous reasons both emotional and biological, I've come across a posts like [this one](#) and comments by men that seek almost to guilt women into getting into bed with them sans commitment. While I am not posting this to draw attention to men's TRP, I think it's important to recognize that our subreddit and theirs both have different goals. Long-term monogamy is ours.

For this reason, it's puzzling to see posts and comments that perhaps inadvertently undermine women who want to uphold a physical boundary for perfectly valid reasons or serve to plant seeds of doubt in the minds of women seeking long-term monogamy and marriage. I think it's important that people recognize these types of posts and comments for what they are.

I think it serves no purpose to go on Men's RedPill and try and win them over when it comes to certain ideas. The same is and should be true for people who lurk on RPW and then post things that run contrary to RPW teachings, sow doubt and undermine perfectly a person's valid reasons for waiting. I just think that more women here should be aware of what sometimes happens.

I think it's important for moderators to be more aware of these kinds of posts and comments with regard to this subreddit.

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UPVOTES

My husband got me flowers for the first time!!

Strange-Novel-1710 · 4 September 2021 · Archived copy · Reddit

It has taken months of me going all super girly excited every time I pass a flower in a store or anywhere... today we were shopping and got separated and when I came back he had this beautiful plant with purple flowers all over it in the cart and said he wanted to get it for me. :) it is now in our kitchen looking gorgeous. He is not usually very perceptive to things like this and this not his love language but he wanted to make me feel special. Thanks RPW :)

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UPVOTES

In the world of actual high value people, is the red pill truly valid?

RaccoonDazzling7208 · 18 September 2025 · Archived copy · Reddit

Sorry if this isn't the right community for this topic.

I work in a white collar job and deal with high profile clients and connections on a regular basis. As a result, my social circle is filled with the same types of people. And from what I see, the red pill ideology on relationships and gender dynamics is not necessarily prevalent in these spaces.

When you enter the world of real business, not drop shipping and crypto, it's totally different from the red pill male-female hypotheses. There aren't a bunch of men talking shop without women being involved at all. There are extremely accomplished men and extremely accomplished women (definitely more so of the former though) who are in business, law, entrepreneurship, finance, governance, etc.

People graduating from top schools and earning real money don't walk into a room to cut a deal and assume conservative gender roles. It's not how people of that caliber think or act.

I genuinely feel that among men at least, the red pill is more of a thing with the drop shipping, crypto, NFT, social media people. People who likely didn't go to school, get a degree, or prove themselves in any meaningful intellectual or commercial ventures.

Men with actual connections, skills, and competencies don't think like that. The businessman from a wealthy family who graduated from a top school is not going to go for a submissive and deferential woman with no career prospects or prominent background as his first choice. He is going to prioritize a woman with prospects, passions, and background.

To put it in lighthearted terms, if anyone's watched Suits, the Harvey Specter's of the world are not going for submissive housewives.

I'm willing to be proven wrong on this, but from what I've seen, red pill does not really hold true among the academic, professional, and financial elites of the world.

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UPVOTES

Try to lose the weight no matter what he says

BlueberrySea · 13 February 2018 · Archived copy · Reddit

TRP say that women often say something and mean something else. However, men seem to do this too. Or, at least, my husband does.

We have been together 10 years. I have always been a little bit on the curvier side. Never too overweight. But definitely curvier. He has always said that he loves curvy women, he loves my curves etc. He likes grabbing my thighs and things like that. Whenever he sees someone who is super skinny he always says "I don't know what men see in that kind of body type".

Needless to say, I work out to stay toned but never bothered to lose the extra weight.

Recently, however, I've been really appreciating the RPW community and have been trying to improve myself in every single way. I'm improving how I eat and am working out more often. This has naturally resulted in my losing quite a bit of weight in the past year (10kg).

And since then he has been obsessed with my body. I don't think I've ever seen him this turned on about my body before. He keeps saying all the other men are going to be jealous of him because his wife is so hot and he keeps talking about how toned everything is and his libido has gone through the roof. I am so happy about this!!

It could just be the fact that its a change. And men like change and diversity. It could also be that I'm more confident and he is picking up on that. Not entirely sure.

But, I don't know... It seems to me like losing weight and working on your body is always a good idea. I just thought I would put this out there if any of you also have a man who says the things mine used to say.

It's worth the work!

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UPVOTES

I HATED "I hear you".

Theendisnearornot · 5 August 2019 · Archived copy · Reddit

I have been rereading The Empowered Wife. You know how an issue keeps popping up and it's like "hey look at me! Take care of me now!?" Maybe it's just me. So my husband comes home from his mom's house and is so frustrated and he's sharing his feelings and of course instead of just listening I have to jump in and take over and make it about me. So we argue and he says "you know, all I hear is "shut up, don't bring up anything. Ignore your emotions". I was taken aback and somewhere deep down I felt remorse, but my anger was still at the surface so I didn't say anything - just kept my mouth shut.

Fast forward, I'm taking a bath and rereading The Empowered Wife and what do you know? She's saying the exact same thing my husband said. I've read it before, but man did it piss me off to read it again. She says I don't have to agree or disagree I just need to say, "I hear you". Ugh. I wanted to yell at someone "it's not fair!". Anyway. I put on a smile and said, "I'm sorry for interrupting you earlier and making it all about me. It was disrespectful." He didn't say much. But then he came to bed and shared all of these things with me he doesn't normally share and I kept my mouth shut and said "I hear you". Or I did ask questions if I needed clarification (like "who is that again? Or where is your brother working now?" Type things.

Keeping my mouth shut may be one of the hardest things ever for me... but I did it and it paid off (we had a nice talk and went to bed not angry with each other). I also texted him today and said I enjoyed spending time together with him. It's annoying, but it works LOL.

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UPVOTES

Ms. Midwest

dottiejeann · 2 July 2020 · Archived copy · Reddit

I've heard you sing her praises to the heavens and finally checked her out. What a gem of a woman! I love how inclusive she is (highlights diversity and doesn't preach a one size fits all approach)

She has inspired me to take better care of my appearance while in the home. I spend so much time at home and am constantly wearing rags. Of course I change into nicer loungewear when people visit but I why don't I treat myself with the same respect I treat them?

I'm so excited for this new chapter in my life. I'm 32 and still have a lot of girlish tendencies but am excited to (and corona has helped) use this time to intentionally become a more elegant woman.

I've thrown out the worn out clothing items and found really nice lounge pieces that fit my budget and make me feel lovely. Things I wouldn't be embarrassed to be wearing if a neighbor stopped by. I'm sure this will do wonders for my sense of self and my feminine spirit.

Love to you all!

111

UPVOTES

I am a 22(F) homemaker who cups really use some encouragement, opinions, and advice.

Past_Objective_7814 · 5 May 2021 · Archived copy · Reddit

I'll start with a brief introduction to myself, as this is my first post on this page. I am a 22-year-old female, married to my high school sweetheart 24-year-old male. We've been together for 8 years. We have an incredibly happy marriage. He works long hours in a very well-paying labor job, and I stay at home. We made the decision for me to stay home together when I was 19 and working a job that I hated. I was being mistreated there, and I always came home exhausted and upset. I also have moderate anxiety issues. Since deciding to stay home, our marriage and life in general has never been better. We're both happy. We do not have children yet, but we want biological children and we are also planning on fostering. (please do not give advice on regards to us starting a family, as this is not the issue at hand)

As of late, some things have me feeling incredibly hurt. Many people in my life have begun sharing their opinions about me and my decision to be a homemaker. Comments along these lines are what have me in my head the most: -"What do you even do all day, you don't even have children." -"It's not fair for your husband to have to bring in all of the monetary value." -"You're so lazy."

I want to be clear about what my life with my husband looks like. He doesn't have to lift a finger in this home. He works so hard, and I am so appreciative. I do everything in the home, the house is always spotless, and I actually really enjoy it. Because of people's comments I've felt so guilty lately. I do have a decent amount of free time to spend with my mother, and to pursue my hobbies. My husband knows this, and encourages every bit of it. He's the kindest man I've ever known. I just cannot seem to stop being so mean to myself, and I needed the support and advice of other women.

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UPVOTES

Reflections on dating after 9 years of marriage

girlwithasidecar · 16 August 2022 · Archived copy · Reddit

It's my anniversary this week. In the spirit of that, here are some thoughts on my experiences dating and vetting my husband. At this point, we are very solid and happy. My regrets are few and mostly center around not having kids sooner. I've also gotten to see how my choice of man and my vetting (a term I use loosely) have played out in a marriage. So here you go, some random thoughts that do not rise to the level of their own individual post.

Also in the spirit of "I'm in a good mood today" - ask me anything. We don't usually do AMAs around here because who can really claim to be an expert. But I've been around this community for a while. I've been married for a while and with my husband for quite a bit longer. I'm open to answering random questions today.

You cannot negotiate attraction

I have always been very attracted to my husband. When I could not fully articulate why I was with him early on, it was because I was fiercely and incredibly attracted to him. This was both his physical appearance and who he was as a person. One reason that I knew I wanted to stay with him forever was because I did not find myself interested in other men. I didn't notice other men or have fantasies about other men when I started dating him. I never flirted with the idea of cheating.

I can put more words to it now. I didn't have them when I was 24. I think the world of my husband but he's an imperfect man. Because we started with a firm foundation of respect and attraction, it is easy to recall those feelings when life is difficult.

If you can't live with it now, you can't live with it after marriage

My mantra when we were dating was "if you don't like him as he is right now, then you don't like him."

We have changed in a lot of ways and conformed to each others needs and rhythms. It is untrue that people don't change. People don't always change how you want them to though. My man has mellowed out. He's learned how to be sick and rest when he's sick. He's agreed to wear a helmet when he rides for me.

He still does not think to get me a drink when we are sitting down to dinner. A minor example to be sure, but something that used to bug me and I have learned to let go of. He's also a work-a-holic. That was true when we were dating and it hasn't changed now. He has to be busy all the time. If I somehow thought that it would change once he settled into his career, then I'd be a very disappointed and unhappy wife right now.

Incremental Reciprocation is the best way to judge intention

This is my opinion ok, but I think this is the best tool that comes out of the RPW handbook for the dating years. I was SURE from early on that this was the man for me. I baked cheesecake and brought it to him on the midnight shift at work. I moved him into MY apartment around the 6 month mark. I cooked for him. I did ALLLLL the RPW no-nos.

But it went both ways. He took me to meet his father - who he hadn't seen in a decade. He brought me coffee in bed every morning. He paid for my health insurance for years before we were married. We did not go tit-for-tat but we did both show each other how we were "in it" for a long time before we were married.

And we were dating for about six years before we were married. There were a variety of reasons for this but ultimately, for vetting, it mattered that he always acted as though we were in this together. Decisions included both of us and were made for the long haul.

Sex is neither everything nor nothing

We had sex on our first date. Oh we were friends before so I knew him. Still, we had sex on our first date. He did not run screaming for the hills, treat me as a hook up, act like I was not wife material. I'm sure that he took a while

vetting me for the last part. Any sane man would not think "we banged, let me make her my wife".

We've had spells of intense, all the time sex and we've had dry spells. We aren't as strong during the dry spells and tend to snap at each other more. We've had threesomes which were fun enough at the time and didn't break us.

Sex early impacted my judgement of him. There is no question about that. And if he was a bad man, that could have been a problem. He's not and I am fully and completely bonded to him in whatever fashion you want to think about it. The idea of another man doesn't cross my mind. Would it be better if we had waited until marriage? If we were each others only partners? I can't know that but I also don't see any lasting scars from the fact that we didn't.

We had fun together

FOMO is built into our social media culture. I have no regrets that I met this man in my 20s. That I stayed with him and settled in for the long haul. We had fun together. I have never felt as though I was missing out on life with him. Having a partner to experience life with is far better than a night at the club with a girlfriend. And I had those nights too. And he had his long solo motorcycle rides. We still are individuals. However, the best times are the things we've done together. After that, it's being able to come home to the person you love and tell them about your night out or your solo trip. Never when we dated, did I feel like I wanted to leave him home so that I could do my own thing. Never did I think that single friends had it better. If you aren't having fun with your partner then he's not the right guy.

This hasn't changed either. We sit down together every night once the kids are in bed. I still love just having him around. We have fun together, we have stress together, we get through it all together.

Ok RPW, those are my rough thoughts from dating my husband. Take from it what you will. A happy marriage is a wonderful thing and I hope you are all headed in that direction.

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UPVOTES

TradCon is RPW but RPW is not TradCon

pearlsandstilettos · 26 March 2021 · Archived copy · Reddit

This is a repost of an older post called "Checklist or Toolbox". I'd like us to revisit the idea that there is no *real* RPW. Any woman in or seeking a male led relationship is welcome to use the strategies on this sub.

Sex before marriage is not anti-rpw, cohabitation is not anti-rpw, even non monogamy is not anti-rpw. The core of rpw is how we interact with the man in our lives.

Women tend to be consensus builders (more on the female social matrix in another class – take my word on this for now). Because of this, any group of women will tend towards homogeneity. The Red Pill has never been about a particular way of life, however, RPW slips into this mindset quite often. It's not rare to see someone discussing the "RPW Lifestyle" or "things an RPW would or would not do".

This is *problematic* ([u/guywithgirlwithabike](#) does not like the word problematic but it tickles me pink – expect to see it pop up again).

The problem is that an "RPW Lifestyle" gives on the vague sense that there is checklist somewhere. If one were to find where on the darn sub we stashed the check list, she could follow it step by step, the heavens would part and she would be blessed with the most perfect blend of alpha-beta man that has ever walked the earth. Now, I've seen a pared down version of the TradCon checklist (thanks Mom!). That checklist says: graduate from school, find a job, get married, have sex, buy a house, have a kid. The details of *how* are a bit fuzzy and I've never been one for checklist, still, it seems like a solid plan right?

Well if I personally followed this plan, I'd have married my high school sweetheart. This is something that HSSH and I long ago agreed would have ended in divorce within five years of the marriage. I've never been good with checklists, they make me itchy.

Instead we call RP a *toolbox*. The challenge about toolboxes is that they contain tools. You have to know how to **use tools properly** or they don't work. Further, you need to know which tool is the right tool for any given situation.

If you are partnered up, it's very easy to find the right tool. **Ask your man**. Should you have long hair or short hair? What does your man like? Should your closet contain dresses or jeans? What is your man attracted to? Stay at home or go to work? What works best for your relationship?

Cue the feminist outrage: "Your own preferences matter!!" they will shout. This is why the *[no feminism]* (<https://www.reddit.com/r/RedPillWomen/about/rules/>) rule exists, it's exhausting to put caveats on everything but caveat I will. *Of course* you should be comfortable with the decisions but if you have a strong preference *why are you asking the internet what you should do?*

Oh, and if you ask your man's opinion and he says to use a hammer, don't insist that the screw driver is better. It will make him crazy and it's, dare I say it, disrespectful. Ask me how I know.

Now for you single ladies the question are a bit different. You should be asking: "what do *men* prefer" then "what do *the men I am attracted to* prefer" and "how limited will I be if I do this thing?".

An example: *I want to get a tattoo* - Now a lot of men might be turned off by tattoos so you might want to think twice. However, if your "type" is Mr. Rockabilly then you are probably not going to have an issue with that full sleeve you want to get. It isn't a problem to limit your options if your girl game is strong. Repeat after me: I don't need to attract *all men*, just *the right man*.

There are some **"tools" or strategies** that will be consistent across all RPW. This is stated in the sidebar:

We come from all different walks of life, so on RPW you will find harmonious and productive discussions

between very religious traditional conservative women and hardcore BDSM submissives and everyone in between. **What we all share is not a lifestyle, a set of values, or a worldview, but a way of relating to men.**

The biggies are: understanding our own nature, understanding male preferences (and the more nuanced – understanding *your* man's preferences), submission, respect, sex. All these deserve their own rambling lecture so we'll save them for another day while the baby naps.

Before we go, let's talk about areas of disagreement. This is where the "RP is not TradCon" distinction really comes to light. There are a few topics that are guaranteed to rile up the base. Among these (non-exhaustive): monogamy or polyamory/open relationships, married v lifetime relationship, virginity and partner count. If RP was a checklist then these would all be an either/or choice. Because it's not, it is entirely possible to be a polyamorous woman, in a lifetime relationship who has a n-count in the double digits and still practice RPW techniques and strategies.

So I challenge you to start thinking about RPW in terms of interactions with men and about how *effective* something is as a strategy. We can still talk about where to get a cute 50s style dress if you like (I have an adorable one for our Christmas Tea Party), but that dress doesn't make you an RPW, it just makes you a girl in a dress.

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UPVOTES

Submission comes easy and it makes me so happy ?

LoveWitchXo · 7 May 2022 · Archived copy · Reddit

Everyday my man proves to me why I should trust him he is the sweetest in the world.

For instance we were swimming in the pool, I cant swim so I was of course scared to go into the deep in. He told me he would hold me up the whole time, I was hesitant but I held onto him. I had fun swimming with him and it was also very intimate ♥

I hate red velvet cake and at a restaurant he wanted to order a cheesecake. I know he loves cheesecake so he ordered red velvet even if I didn't want that flavor we ended up sharing and it was delicious!

I love trusting him his judgment is always correct and it's kept me and him both happy. I love submitting to him and trusting his decisions

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UPVOTES

What happened when I gushed about my husband in front of my girlfriends

HappySnowGirl · 21 August 2014 · Archived copy · Reddit

I was spending the afternoon with some girlfriends recently, when one friend and I were discussing a mud run that our husbands did together. She said that her husband was impressed with how fast my husband was.

I took this as an opportunity to brag about my husband a bit. I admitted, that after so many years, and three kids, and an all around busy life, I had forgotten how athletic he is. It makes me blush to see him now that he has rededicated himself to his athletic hobbies and be reminded what a beast he is! I love it! I can't believe I have ever been so distracted that I didn't take notice of how incredible he is.

We all smiled and laughed and move on with our conversation.

A few weeks later, my very best friend, who was also present, and is also pretty red pill herself (although I doubt she knows that term) brought the conversation back up. She and I know each other independently of the group we were with, and I had only just introduced her to many of these women.

She said that when I bragged about my husband it completely caught her off guard because she's so used to being around groups of women who are complaining about or just being generally condescending about the men in their lives. It's almost unacceptable to brag about how awesome your husband is, because husband bashing serves as a type of sick female bonding. That afternoon made her rethink how she talks about her own husband and how she's going to respond when the women around her start the eye rolling and griping about their own husbands.

I just wanted to share this experience with everyone. It reinforced my own good behavior, which felt pretty good, but I was also glad to be a positive influence in how someone I love thinks about their own relationship. I also wanted to remind everyone that when you approach your relationship from a place of gratitude and appreciation it shows up not just with your SO, but with everyone you interact with!

Edited to add: Also, who you choose to spend your time with is a big influence on your own attitudes! Choose your friends wisely.

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UPVOTES

What happened to women? Lessons from my mother.

kittxxn · 13 August 2018 · Archived copy · Reddit

My heart is warmed often by tales of RPW learning femininity from generations before us, from mothers, grandmothers, and the millions of women still living to tell the tale of those many years before the modern woman was corrupted with feminism, arrogance, and pursuit of independence from men. While I have learned so much from so many women, including both of my grandmothers, I unfortunately don't have a mother whose shoes I wish to fill.

My parents are both engineers, having worked for the same national laboratory for the entire breadth of their careers. My father once mentioned to me that he sees so many bright young women with big eyes and bigger dreams entering their careers, only to become bitter, competitive, and resentful twenty years down the line (if not sooner). Unfortunately, my mother was one of those women.

I have distinct memories of her warmth and grace from when I was a young girl, her soft touch, and bright smile. That woman now exists only in my memories and in pictures from years ago. As time went on, something inside of her changed. She became cold. Unresponsive to my sister and I. Rude and demanding to my father. Her smile faded, and a persistent scowl took its place. It got to the point where my father fell out of love with her, and left her for another woman. While I hated my father at the time for leaving, I can't help but understand and feel compassion for him, and a part of me is thankful for it because otherwise, I would have had a complete misunderstanding about what marriage, love, and wives should be.

My mother, like many women out there, is now in her late fifties, in her third marriage, this time to a dreadful man with a nasty temper and little consideration for anyone but himself. She even told me a few months before the wedding that at her age, you sort of have to take whatever you can get if you don't want to be alone.

I often admit to my own man that my biggest fear in life is becoming her.

While I'm pursuing my own career, in nursing (a profession my mother considers "pink collar") I hope to continually prioritize my future husband, children, and role at home. Will that be enough?

It worries me to see what has happened to her, especially since she used to be so full of light. I recently found a picture of my parents together before my sister and I were born. She's looking up at him, with so much admiration and love. I sent it to my dad, and he told me later that he had cried for the first time in a very long time, remembering who she used to be.

Thank you, RPW, for providing such a positive feminine community. I hope to continue actively pursuing these strengths within myself, and every day I wear my grandmother's necklace around my neck to remind myself of the many other amazing women I've come from. I'm not my mother, and I hope to learn from her mistakes instead of following her path.

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UPVOTES

How does one unlearn years of feminist conditioning??

lilasbaby2 · 26 October 2019 · Archived copy · Reddit

So I recently noticed that the angry and defiant attitude could be due to consuming large amounts of feminist content during very impressionable years. It's like they transfer their anger on you and tell you you should be angry when you are not even angry about those things. It's hard to tell if some of my attitudes is of my own or from other people who taught and sort of forced those attitudes on me growing up. I think that I get easily influenced by angry critics, the naysayers, who always seems right and if I'm happy and not upset about those things, I'm wrong.

So how does one unlearn those things and separate our own feelings from that instilled upon us by other people with their agendas?

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UPVOTES

"People don't know how to live this way anymore. Many of my young adult peers have no idea how to cook, what grocery stores are cheapest, how to find a produce co-op, how to make healthy meals on a budget, or what things are never worth it to buy new."

sabsz16 · 29 October 2020 · Archived copy · Reddit

https://www.reddit.com/r/RedPillWomen/comments/jjpjyl/anyone_else_grinning_and_bearing_through_a_career/agm4pt?utm_source=share&utm_medium=web2x&context=3

"People don't know how to live this way anymore. Many of my young adult peers have no idea how to cook, what grocery stores are cheapest, how to find a produce co-op, how to make healthy meals on a budget, or what things are never worth it to buy new. They aren't taught these things in the public school system, and which such a huge focus on academics, many of my peers lack basic life skills."

- a comment from u/Jubilee222 that rang too true for me (I appreciate the honesty and observation though! <3)

I am a very new cook with just a few months of experience because my mom never bothered to teach me these skills. Starting at 21 feels a bit embarrassing.

If you have any guides/resources/tips on navigating the above life skills, please share and impart your wisdom!
Thank you!! <3

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UPVOTES

Thinking of moving out of a blue state for a more traditional life, 21F

trad123t · 28 March 2021 · Archived copy · Reddit

Hi guys,

A little about me: I'm a 21 year old girl, finishing up her last semester of college. I live in a VERY liberal part of the country, and it's making me more and more depressed by the day.

Unless you're well-to-do here, both parents have to work. I don't want that. That sounds like a rat race and a 24/7 stress-fest. I'd rather not have kids than have someone else raise my kids.

I want nothing more than to be a homemaker and stay-at-home mom. That will be extremely difficult to do here. Everything is crazy expensive, and most people I know still live with their parents at 33 because they can't afford to move out.

Waiting for marriage for sex is also very important to me. It will be very difficult to find someone here who wants that, and most Catholics here aren't very conservative to begin with.

I was looking at some places in the Midwest and the South. People seem to be more conservative there.

Is what I want unrealistic, or should I really make an effort to find what it is I want?

Thoughts?

Thanks everyone!

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UPVOTES

"Why the f--- am I single bro?" Thoughts on Crystal Lizaola's viral Tik Tok video

amadexodus · 24 September 2021 · Archived copy · Reddit

In this video that went viral recently, a beautiful woman (easily 9/10 on physical attractiveness and very feminine-looking) rants about the fact that she's single and doesn't understand why.

I thought I'd share this since to a RPW, the reasons why she's single are obvious from the video. I think that she could absolutely find a great man to date if she went into nun mode for a while and worked on her internal femininity and grace. She looks like a knockout Barbie doll, but she **behaves** and **sounds** like a pissed off man (e.g. yelling "bro"). No wise man would look at her and think, "She needs my protection and resources," or "She could be a safe, cute place for me to land at the end of the day." At best, he would pump and dump.

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UPVOTES

The cost of being a SAHM/SAHW is a husband who is the primary breadwinner.

TheTwincessMaker · 17 December 2021 · Archived copy · Reddit

Lately, I've noticed a lot of posts from women who work full time and do all of the household chores, usually as a prior agreement with their partners. These posts always read the same: the woman is *elated* by this arrangement, except for when she's exhausted, frustrated, short-tempered, and has no time for herself, let alone her husband, and it causes tension in her marriage... and that's most of the time. Rarely does the narrative include a compelling *reason* for such circumstances, such as the partner having a really taxing career that doesn't pay enough to hire help, like law enforcement officer or EMT. It seems to always be the result of some ideal that tries to pull from both the traditional view of a housewife and the modern view of a career woman. Well, I'd like to summarize what *most* of the responses to these posts say: the cost of having a stay-at-home-mom or a stay-at-home-wife is the man being the primary breadwinner.

Now, I know there's someone out there who makes this work (perhaps with a secret identical twin who lives in the walls), so I'll give my disclaimer that these statements are not all-inclusive. As a general rule, however, it is not a sustainable, long-term plan for someone to work 40 hours a week, perhaps more, while also maintaining a household alone, *especially* once they have children. If your goal is a marriage where the woman does all of the housework, including cooking and childcare, the only real way to cultivate a healthy and happy home life is for the man to be the main breadwinner so she can stay home and do that. That's not to say it's all or none. Part-time, seasonal, or occasional work like substitute teaching or babysitting is absolutely doable. Full time work, particularly something physically or mentally exhausting, likely is not.

The average dual income parents get up every morning and feed and dress their children, before feeding and dressing themselves for the day. They then drop their kids off at daycare/school, before going to work, where they participate in budget and client meetings, implement projects/presentations/programs/::insert specific corporate term/responsibility here:: with an appropriate level of enthusiasm. They often take breaks with coworkers, which means they have to engage in small talk or discuss work, instead of truly decompressing. If they're lucky, they get off at a set time, pick up their children, and head home. At this point, the children need to receive love and affection, dinner needs to be cooked, the laundry needs to be folded, the Christmas presents need to be wrapped, the Amazon packages need to be returned, the house needs to be tidied, the kids need to be bathed and put to bed... the list goes on and varies seasonally. There's literally endless amounts of work to be done and *about* four hours in which to do it, depending on commute, every night. On top of this, *both* adults need time to decompress, perhaps take a moment for themselves, and connect with each other to keep their marriage strong.

Four hours is not enough time for one person to do all of these things, always.

Life requires balance. If you want a true dual income, you'll have more money and less time, which means you have to have dual household responsibilities, however that might look. Maybe he does more traditionally masculine chores, such as chopping wood for the fire, taking out the trash, caring for the lawn, putting up Christmas lights, and cleaning the gutters, while she cooks, cleans the kitchen and bathrooms, and keeps the kids entertained. Maybe the opposite is true or maybe they trade off. Perhaps they hire help. There's no right or wrong way to split the chores, but in the short time that you both have away from work, you *have* to split or outsource them or they won't get done... or some of them will and there will be resentment and tears and frustration and missed time with the kids or each other. If both partners would prefer a stay-at-home-parent to take the bulk of these responsibilities, they're going to have to make sacrifices, including career momentum and financial standing. You'll have more time, but you might have an older car and off-brand clothing and fewer vacations. You cannot have the best of both worlds.

No one can have it all, all the time, and that's worth remembering when you sit down with your new fiancé and discuss the breakdown of household chores, which you should *absolutely* do, no matter which direction you lean. If

you plan to work full time, don't agree to also be a full time SAHW/SAHM, because in most cases, it can't be done and you'll find yourself venting on Reddit.

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UPVOTES

Hi, I'm not redpilled at all but I've found it enlightening in this group

Mean_Mechanic9889 · 23 April 2023 · Archived copy · Reddit

I don't have a high opinion of the redpilled men I've come across, but reading discussions here it's been almost de-toxifying on the topic for me.

The women here seem to respect people who don't want to live they way they do. And that's the basis of healthy people.

I find it quite sweet there's someone out there for everyone. I'm sure you're all amazing catches to (hopefully equally good) traditional men.

I don't find those types of men attractive because of mentality but I doubt you guys would find the men attractive I do (ones who want equal ownership in life type thing).

I just want to share my positive impression here. We may be different but thats what makes humanity. I wish you all the best lives, though I'd still try to destroy you in a baking competition ☹️

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UPVOTES

RP is the best damn thing that ever happened to me, and let me tell you why.

augustbeam · 20 May 2014 · Archived copy · Reddit

Meet augustbeam three years ago: A college freshman who grew up in a broken family with an abusive father. She seeks to be one of the guys, and is drinking and smoking weed to ridiculous amounts. She sleeps around, rejects female friendships, and calls herself a feminist because of it. She's angry and scared, fat and depressed. Her grades are pathetic and her eyeliner is constantly runny. She's a mess who refuses to change. She dates guys who are losers and disrespect her, because she thinks that's what she deserves. I wouldn't recognize that girl today.

My feminist ideals almost destroyed me. They made me blame men and desire to distance myself from "other girls." They told me it was okay to be masculine and aggressive, and that my mental disorders weren't my fault and I shouldn't have to take responsibility for them. I could do whatever I want and behave however I wanted, and if anyone didn't like it they could suck my dick. (Seriously. This is a phrase I used. Major cringe.)

And then I discovered RP. I've done a 180 and I have never been happier. I started to respect myself. I began to lose weight, wear cute, feminine clothing, and got my makeup situation on point. I stopped hating men and thinking they were monsters, and recognized masculinity as something I could appreciate without claiming it for myself. I stopped seeing other women as lesser beings or competition, and instead admired their femininity and welcomed sisterhood. I realized that I was squandering my life and began to take my studies seriously and to pursue new hobbies and interests to enrich myself. I repaired my relationships with my mother and sister.

I was raised to hide my emotions and to always be emotionally strong. I struggled with the idea of true intimacy and trust. But then, I found a wonderful man. A man who respects me and the journey I have taken, and who refuses to let me sell myself short. When he saw I was hesitant to seek treatment for my mental disorder, he accompanied me to the psychiatrist and paid for my visit and medications without a second thought. He called me out when I hid my emotions, and refused to let me shit-test him or get away with passive-aggressive behavior. He demanded that I be my best self with him.

A RP relationship is just that - demanding the best from your partner, and giving them your best in return. Love is not passive. Love doesn't let you get unhealthy or unhappy, love doesn't let you morph into a harpy or a bully, love doesn't sit and watch you fail. Love is respect. Love is not tolerating your partner holding themselves to anything less than what they are. Love is a partnership, and partnerships only work if both parties are giving 100%.

He is my captain. I don't know if it's biology or what, but our dynamic works. I spent my whole life alone, hiding my emotions and hating myself. I was exhausted until he came. He is my rock - my emotions and trust are safe with him. To know that he is there, to know that I don't have to always be the strong one... I can never describe the overwhelming gratitude. And I am his first mate. He has someone who is devoted to him completely, who trusts him and is always on his side. Sometimes, I am the strong one. When he lost his home in a fire, I comforted him and let him lean on me. And sometimes, he is the cheerleader. He encourages me to pursue my degree and tells me how proud he is everyday.

I know some outsiders might think so, but I don't see RP relationships as being unequal. We are all seeking stability and fulfillment, and we've found a way to have that. We've found a community that values honesty, communication, appreciation, loyalty, compassion, and balance. RPW encourage one another to be happy, to be less selfish, to be women of character and charm. We don't guilt one another or tolerate those ridiculous, catty attitudes. We're honest here, and it's so refreshing.

I know I'm not the only one who has has an experience like this, and I hope this resonates with someone. I hope a young, lost girl sees this and decides to look into what TRP is about some more. So if you're a lurker out there looking to change your life, come say hello. We're happy to have you.

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UPVOTES

Perfect Example of a Shit Test

MsSadieDunham · 24 December 2016 · Archived copy · Reddit

The question of "what's a shit test?" Is typically always followed by "can you give an example?" Well yes, yes I can because I (without even realizing it!) just pulled one on my husband. Here it is:

In our home my husband's one regular job is to take out the trash. He was getting it all ready to go and when he put a new bag in, as soon something was tossed into it, one side started sliding into the can. I didn't fix it and somehow I got it in my head to "see if he'll fix it".

The can kept getting more and more full and internally I was shaking my head thinking, "I can't *believe* he hasn't fixed it yet! Or *noticed* it needs to be fixed!"

DH comes along and finally, the bag has completely disappeared under all the trash and says, "why isn't there are bag in here?" I said, "there is, I was just waiting to see how long it took you to notice there was a problem," to which he laughed and said "that's insane. Why am I the only one allowed touch it? If you needed permission you could have just asked." (He's the king of amused mastery without knowing what it is.)

That's the point! Why *didn't* I just fix it? I don't have an answer. I got it in my head that he should do it and never stopped to ask myself why. That's a shit test. Here's why: there was no right answer. If he ignored the bag or didn't notice the problem, he fails because he didn't fix the problem. If he *did* fix the bag, I wouldn't have been happy because it's something he "should be doing anyway". There's no right answer for him.

Actually the third option, which is to point out how stupid the whole idea was, that's the right answer. I felt so dumb. I didn't even realize I was pulling a shit test. And what for?

So there it is ladies and gents, a real life example of a shit test. Merry Christmas RPW, I love this community and I'm so grateful for it.

~Sadie

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UPVOTES

“Men are intimidated by intelligence in women”

Rivkariver · 17 April 2018 · Archived copy · Reddit

(*Intimidated, sorry I'm on mobile.)

Ever hear that phrase? It's very common in the mainstream view these days.

We've debunked it here before, but thought it could do with more discussion.

I don't believe this statement to be true, that men are intimidated by smart women.

I do believe that men in general are not turned on by contrarian, argumentative, prideful women. Which is all too common these days among women who proclaim themselves smart.

I know I always had good grades, but I had to unlearn this “points for speaking up, even if you have nothing good to say” lesson. I was always critiqued in school for only talking in class when I had something to say.

The idea of intelligence these days is often linked with cutthroat competition, corporate climbing, debating and shutting down the opposition, mic drop, etc.

Being that competitive isn't conducive to love or friendships.

Intelligence as valued by mainstream culture also is divorced from life wisdom, street smarts so to speak.

I'm certain men are very much interested in women who are practical and can handle life well, making wise choices that make things easier for the family.

So far cry from sitting in an ivory tower insulting people's intellect. Imagine having a PhD but no idea how to be frugal, negotiate, or judge character.

As you can see, the modern idea of intelligence is divorced from femininity.

Think of a stereotype like a sexy nurse, librarian, or secretary. Men are clearly aroused by these roles that all require being very smart. But what they share in common is feminine demeanor. Nurses nurture, librarians assist, secretaries are helping a superior, traditionally male in the stereotype.

So I think men are not in fact turned off by smarts. They are turned off by aggressive competitive arguing, or intellectual pride showing off but detached from being a woman. Would you want to be friends with anyone like that? You might read their blog, but hang out with them? In fact several studies say that men admire that intellectual quality from a distance, but not up close and personal.

Men also don't require intelligence as a top priority the way women require in men.

So, being smart is no excuse for trouble with men.

The good news also is that if you have areas where you aren't as smart, (I know I do,) it's not a dealbreaker for most guys. And if you're smart, you don't have to hide it, just don't make that your main personality trait; be agreeable, and don't assume your intellect is going to impress him the way respect and femininity would.

Edits for typos.

Edit: I fully support competition in fun things like arcades or board game dates.

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UPVOTES

Friendship broken because of 'feminism'

Sambhavi_5 · 14 September 2020 · Archived copy · Reddit

My best friend of two years just blocked me off and ended our friendship because I could not agree to her feminist principles.

She and I share very different outlooks towards life. She is a hardcore feminist while I am, of course, a red pill woman. We were having some arguments in the past few months about our clashing views so I was just trying to avoid discussions about these topics altogether.

She could not maintain that though, apparently :(

Despite me REALLY trying to shut down the topic and talk about something else, she kept bringing up the same thing again and again until I simply HAD TO reply something because I was not willing to agree to everything she says just to avoid arguments, especially when she was the one trying to instigate the argument.

I tried to be civil throughout while she kept screaming at me through texts. The long and the short of it is that I have been blocked for about a day or two now simply because of a useless argument.

Really trying to just move on but I still feel so upset. I'm not quite sure why I am posting this here except you ladies would probably be the only ones who get me, right?

P. S. I am sorry if this post is not relevant to the subreddit. I won't mind it even if it is deleted.

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UPVOTES

Does feminism really mean 'the right to choose'?

SunshineSundress · 22 April 2022 · Archived copy · Reddit

Recently, I've seen a lot of comments around here about how you can be both an RPW and a feminist, citing "choice feminism" as a healthy middle ground where women can support feminism AND follow their more traditional aspirations in marriage, family, and homemaking. While anyone here is of course free to believe what they want and follow whatever movement they like, it's unproductive for us to constantly defend feminism *here* of all places, particularly when using choice feminism as a justification.

The thing about "choice feminism" is that it has never been a part of the feminist movement, from its "noble" first-wave origins to today's third- and fourth-wave radical feminism. There *IS* an explicit hostility and condescension towards women wanting marriage, children, and families in feminism, and to deny that as just "extremism" is to pretend that those sentiments aren't built into the foundations of the entire movement.

Simone de Beauvoir, who in 1949 wrote "The Second Sex" aka the book so foundational to the feminist movement that some call it "the feminist bible", has said:

"No woman should be authorized to stay at home to raise her children. Society should be totally different. **Women should not have that choice, precisely because if there is such a choice, too many women will make that one.**"

Betty Friedan, who in 1963 wrote "The Feminine Mystique" aka the monumental book that kicked off second-wave feminism, has said:

"I am convinced there is something about the housewife state itself that is dangerous"

and

"the women who 'adjust' as housewives, who grow up wanting to be 'just a housewife,' are in as much danger as the millions who walked to their own death in the concentration camps. . . ."

and

"A woman today who has no goal, no purpose, no ambition patterning her days into the future, making her stretch and grow beyond that small score of years in which her body can fill its biological function, **is committing a kind of suicide..**"

Before ending her own life, Sylvia Plath wrote "The Bell Jar", a roman à clef novel that went on to become "required reading" for feminists and gender studies, which said:

"So I began to think maybe it was true that when you were married and had children it was like being brainwashed, and afterward you went about as numb as a slave in a totalitarian state.**"

There's not much "choice" in these quotes and positions if it doesn't align with "female liberation" from the "shackles" of marriage and childrearing. There's also a clear disdain towards the women who choose to prioritize marriage, children, and homemaking, as well as the institution of marriage and the nuclear family itself - we are often seen as unenlightened Uncle Toms (or I guess Auntie Tommies?) who are willing perpetrators of our own "oppression", simply for deciding to live the way we want to, and for having the audacity to feel good about it.

When these are the sentiments that are engrained within the core of the movement, it is incredibly hard, and I'd argue impossible, to move away from them. Even today, just a simple google search of the words "choice feminism" alone has these articles as the first- and second-page results:

- [Choice Feminism: New and Hip, but Not Necessarily Good](#)
- [It's Time to Move Past Choice Feminism](#)
- [Do Women really have a "Choice" in Choice Feminism](#)
- [Choice Feminism: a Self-Imposed Barrier to Progress?](#)
- [No - feminism is not about choice](#)
- [The Problem with Choice Feminism](#)
- [Choice Feminism and the Fear of Politics](#)
- [The Failure of "Choice Feminism"](#)
- [Choice Feminism: Time to 'Choose' Another Argument](#)

Unless we choose to do the things that the feminist movement actively endorses, it's clear that choice feminism has ultimately failed to create a safe space for marriage- and family-oriented women within feminism. It is not taken seriously within the larger movement, and we continue to be treated with hostility and contempt for living lives the way *we* want to. To say you are a feminist because you are a choice feminist is to give credit to a larger movement that does not support women's freedom to choose.

Beyond think pieces and essays and novels about choice feminism, it's also clear that there are everyday micro-aggressions and condescensions from feminists towards women who choose to prioritize marriage and their families.

Feminist political strategist and commentator Hillary Rosen said that Ann Romney "has not worked a day in her life" in an attempt to invalidate her ability to speak for women's issues as a potential First Lady. When asked about her law career and the priority she and her husband placed on her law firm, Hillary Clinton said, "I suppose I could have stayed home, baked cookies, and had teas," as if stay-at-home-motherhood is as frivolous as that. Jill Filapovic, a regular contributor to mainstream media like NYT, CNN, The Washington Post, Time, and The Guardian, has said:

"More mothers at home makes for worse, more sexist men who see women as mommies and helpmeets. Men with stay-at-home wives are more sexist than men with working wives"

and

"Marriage confers tangible benefits to men, and far fewer to women."

and

"Having children is one of the worst things you can do for the planet. Have one less and conserve resources."

These are **not** weird, fringe, radical, or extremist views. These are far from the only instances of this kind of resentment of mothers and marriage. This **is** feminism. This is why, among other reasons¹ RPW is **explicitly** an anti-feminist community. The only thing that is true of all RPWs is that we all want male-led relationships, and that we are not afraid to prioritize (or at least realize the importance of) said relationships in our lives. As a result, we have MANY women here who are happy to be wives, to raise children, and to stay home to prioritize their families. RPW is and will always be an anti-feminist community because we want to foster a safe space for these women to REALLY be able to choose what path they want, without the mockery, the condescension, the disdain, and the wrath.

^{1:} This post couldn't even **begin** to tackle how anti-male sentiments are incredibly pervasive and commonplace in the feminist movement. That would turn this already long post into a book-length essay. Feminist anti-male rhetoric is obviously unproductive here as well, because we want male-led relationships and recognize that men *complement* us in many desirable ways. In order for that to happen, we have to work *with men* as **teammates** and not *against them* as adversaries.

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UPVOTES

Observing women who married to middle/upper middle class men.

SunflowerSerenade11 · 12 January 2024 · Archived copy · Reddit

*Middle and upper class men, sorry.

I had to spend last weekend at a sport center that caters to wealthy children (Hockey, fencing, etc). I watched mothers get out of their(mostly) SUVs with their children, here are some common things I observed about the wealthier women:

- Almost none of them looked disheveled, surprisingly. Even while having their hair up.
- Most of them carried those huge purses, like handbags but huge, instead of backpacks or grocery store bags. It made them look classier.
- They were all somewhat skinny. Probably not perfectly skinny, but definitely not obese or overweight.
- I would say about half managed to look stylish as well.

Also perhaps they made their wealth independently as well, but the above held true for like 85% of the women I saw with children there. I was surprised.

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UPVOTES

I used to be an SJW

biohazardhoe · 14 June 2018 · Archived copy · Reddit

I went to a small high school a couple years ago (I'm 20 now). I've always been more of the quiet type, and I would do things the other girls did so that I can seem cool, such as watching all the TV shows everyone else talked about, etc. One of the things that a couple girls swore by was Tumblr. So in the summer between sophomore and junior year, I finally decided to download it myself.

At first it was really nice, especially for me at the time. I watched a lot of various TV shows and was in a lot of "fandoms", so it was nice for me to find a community that shared my interests. But over time, the feminist ideals started seeping into my brain. I started thinking that genderfluid, etc. was not only valid but extremely common. I started thinking I was bisexual. I specifically remember thinking that I wish I weren't white, because I'm not enough of a "victim."

There are so many problems that this caused in my life. I was sleeping later. I began thinking it was cool and okay to stay in my room all day long instead of talking to my family. I also generated a huge rift between my parents and me, because they were rather traditional and I didn't want to hear about it. Every time they wanted me to question these SJW ideals, I saw it as a personal attack and refused to listen to their case. And I was always stressed about not fitting in with the tumblr types because I was just a white woman. Everyone else was genderfluid, pansexual and whatever else, and I was worried that I didn't have enough "labels" that would make me more of a victim.

4 years later, I've been brought back to earth. My parents massively helped me get through that time, and showed me that the Tumblr ideologies are not always true. They introduced me to The Red Pill about a year ago, and eventually a couple weeks ago I decided to check out this sub. I feel content in being a white woman now. My relationship with my parents is a lot better, and I tell them almost everything. I'm allowing myself to be feminine and getting better at taking care of myself. In general, I'm a lot happier.

I wanted to share this story to remind us that [r/RedPillWomen](#) doesn't just help us get an Alpha man. It allows us to be our feminine selves without hesitation. It allows us to really work on ourselves without making excuses. It strengthens our relationships with the people around us, because we're willing to put down our computers and leave our bedrooms. I'm glad I've found this sub, and I'm sure my life will continue to improve from here.

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UPVOTES

FR Update: Newbie here, I guess I'm a plate. How how do we turn this around?

stripethrowaway · 19 September 2018 · Archived copy · Reddit

I was in a casual relationship with someone who was intending on spinning plates, and I was afraid to get into a relationship so soon after having a marriage go sour, but our words weren't matching our actions and I'd grown confused after I found myself asking him "what are we?" with bad results. He said he didn't want to label anything because things were good, to which I agreed, and complied with keeping things "as is" for the time being.

A few weeks later I felt the urge to ask him again but I felt like we had something nice and I didn't want to chance ruining things so I instead turned to RP, who pointed me over to RPW, who then told me I needed to figure out what I wanted. After finally admitting to myself that maybe I did want a relationship and commitment, I made [this](#) post.

After receiving all sorts of great feedback, I realized the following:

1. I was naturally doing many things in a RPW manner
2. Although we didn't have "official" commitment, there was a clear mutual understanding that what we had was monogamous and neither of us actually had any of the prior intentions that we'd spoken of originally
3. My case seemed very promising for traveling from plate to LTR, and maybe I already had, but I just didn't have verbal confirmation

This was great but it meant a lot of work and I needed to keep up the investment I'd already made and keep my hamster at bay the entire time, which wasn't an easy task.

From that post on I followed several RPW members' advice(thanks! You know who you are!!!) and I have the following list:

1. I gave to him generously. Not gifts, per se, but I gave my time, company, affection, intimacy, effort, complements, respect, and appreciation to him, without expecting anything back, ever. I won't lie, I initially hoped my efforts would be rewarded but eventually that desire faded off because truly, seeing him happy made me happier than anything in the world.
2. I learned to express my feelings in a communication style that works for him, and doesn't make him feel pressured into anything he's not sure about yet. Saying "I want to be yours and nobody else's" or "I want to be your only one" is a scary declaration. It's so much easier to ask "What are we?" because it's indirect communication and it puts the pressure into his hands and off of you, but really, it accomplishes nothing except for opening a window for him to be evasive. I learned to be vulnerable to him and express my feelings through actions and by expressing in words that yes, I really like him, and yes, this is also new and scary for me. By making my feelings and intentions clear without throwing the ball into his court, I found the answers to the questions I had through his own actions and declarations, which he gave me out of his own accord rather than being coaxed into it with questions.
3. I learned to sit on things he said to me that were shocking or threw me off instead of reacting or letting myself think there was something more than what he was actually saying to me. At times he'd say or do things that caught me like a deer in headlights and all I wanted was to dig into whatever he just said and get down to the bottom of it. Instead of asking about it, I just STFU. This was hard. I always find myself looking for a deeper meaning in everything and learning to take things at face value and just accept them for what they are involves a lot of trust.
4. The hardest thing was for me to trust. I needed to trust him, emotionally, mentally, physically, and in an all-encompassing way that I'd never done with anyone before. I had to trust the process. I had to trust that a little uncertainty would reward me with a mountain of certainty. Most importantly, I had to trust myself. I had to trust that I was worthy, I had to trust that I could do this, and I had to trust my instincts. I had moments where I felt

like I was going to break. I know now that an occasional comfort test is OK for helping me get through these moments, and if he's truly a captain, he's going to respond accordingly.

Some results and findings:

1. I was showered with acknowledgment and praise. He never lets anything I do go unnoticed. It's magical
2. I ended up breaking just about every single rule I set up with my ex-husband, with him, and I enjoyed every moment of it
3. I found that being a soft spot for him to land after a long day at work is more soothing to me than him trying to do the same for me
4. My trust, respect, and admiration was reciprocated to me with acknowledgment, sanctuary, and desire to be with me.

Recently, he asked me to be his girlfriend, officially, and officially monogamous as well.

I know it's not the RPW way, but I've successfully gone from plate to LTR with this man and everything is so surreal and more than I ever thought could ever happen. I know this is just the beginning and there's a journey ahead but I honestly cannot wait to see what the future is like!

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UPVOTES

It's official!

LittleMissAfrodite · 9 December 2018 · Archived copy · Reddit

After 8 years of togetherness, adoption and foster care, it is finally official. I'm pregnant with his child!

My Captain had a vasectomy before meeting me but had frozen his sperm. He was against having biological children for a number of reasons but the doctor convinced him to freeze his sperm. I'm thinking about baking that doctor a cake.

I thought I could be happy with this. He made this clear as well as a number of other things about himself before he let me move into his house. Despite agreeing to the idea that I'd never have my own child I've never stopped thinking about it. If it never happened I think I could still be happy, but it was always on my mind.

I didn't nag him, or pressure him. I simply continued to be myself. A mother to our adopted son and various foster kids, an attentive woman to his needs, the "love of his life."

After a few weeks of agreements, conversation, planning, meetings with our lawyers and accountants, doctor's visits, he decided that he was ready. He found a satisfaction way to manage the fears he had about having a child of his own. I was willing to do anything, and so we did.

Apparently I'm quite fertile~ The IVF was successful. I'm pregnant!!

Thank you, thank you, thank you for everything. The people here have been a wonderful community. I'll probably be posting far less often as I focus on this baby. As we focus on this together. It's been quite an exciting journey. Our relationships isn't exactly conventional but despite that I received so much support.

If you have any experiences you want to share about your pregnancy(s), or books you'd recommend please do.

Bless you all!

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My boyfriend talked about a future with another girl

drunkdragonfly890 · 15 August 2020 · Archived copy · Reddit

My boyfriend talked about a future with someone else

I went through my boyfriends texts and he discussed the potential of being with another girl in the future

My boyfriend used to be really into this one girl before me. He pursued her for over a year before she stopped talking to him and then I came into the picture about a month later.

Not long after that, they started talking everyday, and they talk everyday until now and it's been over a year. I'm aware that she is interested in him, but she isn't ready to date anyone yet according to her.

When I went through his phone, I found messages of him saying he asked her out even through all of her troubles, and that "maybe in the future" they could be together.

What does this mean for my relationship? I don't know what to do.

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Women are expected to do so much these days

ChuckUFarlie95 · 27 February 2019 · Archived copy · Reddit

Me and 2 older women I work with had this conversation today..

I have never been lucky enough to stay home with my kids. But I wish I would have tried harder to stay home. I think my life and my children would be totally different.

As modern day women, we are expected to work the same hours as a man, yet raise a family, rear children, feed our families healthy meals, get kids to appointments, school, activities, keep the house up, help with bills.. and so much more.

It's sad that a modern day man's salary can't support a woman staying home (at least) until kids are school aged. It would theoretically be so much easier to be a good partner, good parent, & better person not having to stress about being a good employee, being on time, daycare, sick kids (because this happens more with daycare), etc.

Stay at home mom's are called lazy, and people act like they have it so easy. What is so wrong with a woman doing what she was biologically put on this earth to do... mother & be a woman? Why is this no longer enough? & why did this change?

My coworkers (who have both been in the workforce a very longtime) agreed. Women overcome. We are resilient, but the amount of burden we endure while working, with kids, is tenfold of what men endure (at least in my experiences). I naturally know that I am responsible for the kids, getting them to and from school & daycare, getting them ready, etc. This makes it really hard for a woman to be her best because we are expected to do so much. Be so extra, work, school & be a good mom, and balance it all with grace.

If you're on the fence about staying home with kids, I encourage you to do it. I truly regret not trying harder to stay with my babies.

If I am ever graced with another baby I will honestly do whatever it takes to stay home. Raising young children, and working, and schooling and LIFE will only make you a stressed out mess and your family will eventually bear your burdens.

Edit: miffed up some of my tenses. Should be fixed :)

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It's over

pbc4310 · 3 February 2020 · Archived copy · Reddit

Hi all,

I posted a couple of days ago about my bf saying he stated he will never marry.

I feel like some of the comments helped me to understand different aspects of the relationship, and ultimately, after an argument last night, I walked this morning.

I was already running through ideas in my head at this point, but this was not the only issue we'd been dealing with.

I am exhausted. We have been fighting constantly for the last few weeks, over the same things and I think something just switched on me and snapped. I wanted so hard to be the perfect, loyal GF and wife for him, I wanted to stay by his side no matter what, but I just couldn't do it anymore.

He is very verbally aggressive when we fight and time and time again I have asked him to please not speak to me that way, that I'm not deserving of that kind of treatment etc. But I realised I cannot change him. Not for the way he talks to me, not for not wanting to marry, not for anything. I cannot change him. Walking was my way of accepting this, as I could not take it any longer.

We got into a petty fight yesterday over something relatively small. It was late at night and I made a back hand comment, he pulled me out of bed and told me to essentially F off and that he didn't care where I went, I was not deserving of sleeping in his bed. I asked to sleep on the sofa and said I can go away in the AM if he wanted. Fast forward to this morning and he asked me what I'm still doing here and when I'm going. Normally I'd be pleading to work on things and stay at this point but I just told him I was going to pack my stuff and leave later. He then went to the gym.

I am very lucky to have amazing friends and family taking me in and supporting me. They have been non judgmental and supportive of my decision. I have tried to explain both sides of the story and am still getting the same feedback, no one deserves to be spoken to the way he speaks to me.

When we fight, he will call me a 'bitch', say I'm breaking his balls non stop, say all kinds of things like I'm just searching for problems (when I ask if we can just talk), tell me to F off, that he doesn't care whether or not I'm here, that he's lived without me before and he'll be fine doing it again. He once told me his meals were cooked, his house was cleaned and his d*ck was sucked before me, which really started me thinking is this all I am to him?

Ultimately, I couldn't take the constant fighting and him saying he didn't care whether or not we were together. I felt insecure in the relationship because I had nothing to my self (his house, he provided) and he would constantly tell me he's going to kick me out or get me to leave if I kept annoying him.

I think deep down he loves me, but he does not respect me, and no begging or pleading with him will ever fix it.

I am finding a new job, place to live and starting from 0. I hope he finds happiness, and I hope I do too. I am so sad we could not be that missing part for each other and he has some truly amazing qualities and we had shared good times, but I am not willing to be made to feel like a disposable piece of sh*t every time there is a slight disagreement.

Thanks for reading if you got this far. Post break up advice welcome!

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So I know TRP desires women with low N-counts, having supposedly high N-counts themselves, but do any of you also prefer men with low N-counts?

sabsz16 · 28 February 2020 · Archived copy · Reddit

I feel like no one talks about this because in this culture, being "alpha" is equated with high sexual energy and high body count, but I don't want to be with a guy that's been all over the town. If he doesn't value his own purity, why would he value and cherish mine? I wish more men voluntarily choose to remain celibate and were content with that. What do you guys think? Do you agree? Why or why not?

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My ultimate guide to RPW online dating

MirriMazDuur · 14 May 2021 · Archived copy · Reddit

The downsides of OLD have been talked about inside and out, but is it hopeless? Given that I am freshly engaged to a man I swiped right on four years ago, I'd say no! The men we are looking for, the serious and committed ones with classical masculine values are out everywhere, looking for a good woman to invest their time into. They might try OLD out of curiosity, or perhaps some of them are too busy to go out and meet people IRL and hope somebody good will get caught in their online net. You never know, so here it goes:

1. How you should present yourself

a) Your pictures. Have one very good looking picture of yourself looking your best; you might think men love a laid-back woman of low maintenance, but valuable men also like ladies who can steal the spotlight at an event. **DO NOT USE FACE TUNE** - they can tell. Have one candid picture of yourself with minimal/no-make-up ... let there be no surprises as to how you look into your day to day life. Have one picture of yourself head-to-toe or at least down to your knees. Men do not like overweight women (deal with it!) and you achieve nothing by tricking a man with high angles and close shots. Your purpose is to build a lasting relationship, not to score a one hour date.

b) Your description. This one should be about your passions or hobbies; jokes or memes that men can latch onto to start a good conversation. By God, do not write that you love pizza and cats! **DO NOT** write that you are RP/ a trad wife/etc; **DO NOT** write that you are looking for a man that is traditional/RP/X, Y and X. Instead of going "bazinga! I am the man for her!!", men read it as an expectation; besides, lots of men have no time or little interest in Reddit or RP theory.

2. How a valuable man presents himself

If you pay close attention you will see that us women are too pretentious about the things that don't matter and not pretentious enough about the things that do. We latch onto false flags and we make lists about how our future imaginary husbands should be. But how do valuable men, the ones who are good for us, look like online?

a) Their pictures will be meh. *Men are not like us*, they do not know their good angles and they don't ask their friends to take pics of them on their night out. Also, what makes a man attractive consists of his posture, his attitude and his voice, things which do not manifest in a photograph. If he looks "meh" in pictures, then there is a good chance he could be amazing IRL, so give him a chance! If he has shirtless pictures or an instagram with 150 pictures of himself, then he is a self-absorbed individual with too much time on his hands who needs to be avoided like the plague.

b) Their descriptions. **Men who are traditional often do not see themselves as traditional, but "normal"**. As long as his bio is not empty and consists of a description, a joke or some movie reference, you can safely assume he is fairly traditional (unless you see some other red flag like too many clubbing pics). Avoid men who list their height or income. Avoid men who tag themselves as RP or say they want a RP/trad wife/etc. It's women who make the imaginary boyfriend lists, not men. Those who do have something wrong with them and are waiting for women to fall at their feet.

3. Once you match

a) The man **NEEDS** to message first **AND** have some sort of pick-up line or ice breaker. If he cannot be bothered to think about something funny/interesting to get your attention for the first five minutes, then *he will not be bothered further along in the dating process*. It does **NOT** matter if the pick-up line is cheesy, it does **NOT** matter if his grammar is incorrect. Any man who raked his brains to try and make a good impression is worth at least chatting with for a little while.

b) Everything needs to move to real life quickly. Men who know what they want and who know what they like want to get to see you quickly; only teenagers and f-boys like messaging 10 girls for weeks at a time. Not only do you

expect him to be the first to take the conversation to other types of messaging and to ask you out, **but you need to not keep them waiting for weeks**. Men who have their stuff together will drop it if they feel like they need to orbit you before getting the "privilege of taking you out for a coffee or a walk in the park."

4. General advice

a) Beware of false flags! **You are looking for a man who is attractive (to you), responsible, serious, caring and protective**. Anything else is temporary and subject to change, especially if you are young. Do NOT vet out men because they don't have a college degree, because they are of a different religion, because of their politics, their taste in music. You will end up alone and regret letting good men go.

e) **Do NOT ask men if they fit your list**. Do not ask a man in your first interactions if he wants kids/wife/a house, how much he earns or anything like that. Men want their dates to be fun, spontaneous and passionate and every subject should come natural to the conversation. Men know and feel when we take out our mental check list and start ticking their "right" or "wrong" answers. Just as we feel sexually objectified, they too feel taken for granted or treated like beasts of burden.

This guide was reviewed by my fiancée (who's had enough horrible Tinder dates before I "saved" him hahah) and I hope these are all helpful to you. I have found happiness and only wish more people find happiness together!

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Pearl's 2 cents on YouTube creators

pearlsandstilettos · 9 October 2022 · Archived copy · Reddit

It has recently been brought to my attention that there is an "RP" YouTuber who also goes by Pearl. In case you were wondering, she is not me.

I've seen her mentioned through a couple different sources and so I briefly checked her out. She has the same very basic RP content that you would expect of a newly red pill man. She's just a prettier package.

Much of RP thought has been watered down and neutered. Instead of telling men (and women) how to have solid relationships or better themselves, these creators are adding to the divisions that they lay at the feet of feminism. It is outrage content and not worth anything beyond entertainment (if you are into that sort of thing).

The best of the red pill shows us what we have to work on in ourselves and helps us to understand our partners. Shows like this and like Fresh & Fit don't do that. If you want content, go back to the old blogs when smart people were developing new content. What exists now is facile and NOT created to make YOUR life better.

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Please help - I don't love when my husband is silly leading up to sex

fineapple__ · 4 September 2023 · Archived copy · Reddit

We're both in our early 30s, have been married for over 3 years.

A year or so ago I noticed he had this habit of acting kind of silly when we'd be starting foreplay. For example, if he comes home and I have some lingerie already on he'll act kind of like, silly about being aroused - I don't know exactly how to explain it.

The best description I have is if he comes home from work and I'm wearing sexy lingerie, he'll wiggle his eyebrows and say something kind of goofy - but I literally just want him to tell me I'm hot or beautiful. Preferably no eyebrow wiggle.

It kills most of the vibe for me because it feels like he's acting like a high schooler instead of my adult male husband.

How do I talk to him about this? Should I just say "hey I prefer when you act more serious"? I obviously don't want to insult or hurt him or make him feel insecure.

Outside of me dressing up in skimpy outfits and lingerie, we're pretty vanilla so I don't need him to act like dominate or aggressive. I just don't like the silly high schooler vibe.

Adding that he never acts goofy during sex itself, once we're having sex he's more serious and assertive which I love. Just leading up to foreplay he acts goofy sometimes and it just doesn't make me feel sexy.

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Why do husbands have to beg their wife to have sex with them?

AppropriateEbb5556 · 26 April 2024 · Archived copy · Reddit

I would love to hear you takes on this topic!

Why do you think that it so normalized for women to have no sexual interest in their husband? Why are sooo many marriages sexless?

I am an unmarried 23 year old, so I have no clue...

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Rant

Reasonable_Tie_132 · 13 May 2024 · Archived copy · Reddit

It really annoys me when women on other subreddits seek marriage/relationship advice like “I’m unhappy” “my husband doesn’t care about me” “should I just leave” etc and I offer advice on how they could potentially improve things and other women jump on my comment and say “it’s not her responsibility to save her relationship.” “Her husband has been this way for 2 years she should just leave him” “she doesn’t need to have a conversation with him, she needs to get a divorce.”

...imagine being unhappy over something like your husband not doing what you had hoped on Mother’s Day and then just getting a divorce. Why is that the response of so many women? I can’t imagine most married women would be so willing to just throw away a marriage and life they’ve built like that.

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Real Talk: What I've Learned About "High-Value" Men After Dating One (Or So I Thought)

RegularDependent2291 · 9 June 2025 · Archived copy · Reddit

Hey ladies, I don't post much here, but I've been lurking for a while and wanted to share something I've been reflecting on after a few... enlightening dating experiences.

I used to be super focused on finding a "high-value man." You know the type: confident, assertive, stoic, knows his worth, doesn't chase, etc. I genuinely believed I needed to "feminine up," surrender, and build a man up so he could protect and provide.

So when I met a guy who checked all those "alpha" boxes, I thought, finally, I found him.

He talked like an alpha: •Quoted Marcus Aurelius at brunch. •Said things like "emotions are for the weak" when I told him I had anxiety. •Constantly reminded me of "his frame" and how women should "earn him."

Red flags? At first, I called them boundaries.

But then things started to fall apart. •He hadn't seen a dentist in 7 years. •His room smelled like energy drinks and Axe body spray. •His idea of grooming was using a 3-in-1 body/hair/face wash he found under his bed. •He read *The Rational Male* more than he read my texts.

This "alpha" man talked endlessly about "status" but couldn't even make eye contact with a waitress. He preached masculinity but flinched when my dad asked him what he did for a living (spoiler: he didn't). And don't even get me started on his idea of a "date" (something involving a couch, a crusty controller, and him mansplaining evolutionary biology for two hours).

Here's the thing I wish someone told me sooner: "High-value" isn't how many red pill quotes a man can recite. It's how he smells, how he treats people, and how often he washes his sheets.

Looks matter. Hygiene matters. Having a job matters. Not acting like women are NPCs in a dating sim? Massive bonus.

You can preach "dominance" and "frame" all you want, but if you look like you spawned from a Reddit post and act like a 4chan ghostwriter, it doesn't matter how masculine you think you are. You're just... weird. And girls can feel it.

So yeah, I've learned my lesson.

Next time a guy tells me he's an "alpha male," I'm checking if his towels are clean, his nails are clipped, and his therapist knows his name.

Ladies: don't settle for an aesthetic. Settle for a functioning adult.

Trust me.

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Lauren Sanchez - Married 3x now to a Billionaire - strategy

Objective-Cheetah-95 · 27 December 2025 · Archived copy · Reddit

If this has already been asked, kindly point me to the thread.

I'm fascinated by her as she comes across incredibly feminine and in her latest Vogue article her friends and Jeff Besoz described her to be warm, intuitive and kind traits that we all embody and believe in. Since she has married millionaire three times and is above the age of 50 what strategies did she employ to get married three times that we can learn from?

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Game tips for women (some NSFW content)

TRP_HELLO · 13 December 2013 · Archived copy · Reddit

Hello Ladies,

I've both been lurking the manosphere and TRP here on Reddit for quite some time and had this post idea. Not having my own blog and most forums and blogs are aimed at men, this seems to be the perfect place to post.

I can't help but notice how much content is aimed at men. Everything is what a man can do to keep her interested. Well, I've worked on myself for *years* and what happens when she doesn't too? I leave her. It's that simple for enlightened men. We have options. More importantly, we *know* we have options.

I'm going to define girl game here as something you're able to do inside a relationship to maintain his attraction and commitment. Don't think just because you already have a ring you have that commitment. We need things from relationships too.

I'm going to assume you have found a **good** guy (Note, not nice - **good**). If you are dating an asshole that is selfish and not RP at all, dump him and find a good guy to do this stuff with.

Here's a list of things you can do to improve your "girl game":

1) Be physically fit.

If you're overweight start working on that right now. Seriously stop reading this and do some fucking exercise and come back and finish reading. Now. Eat less and exercise more. It's that simple. Not going to bang on about this one. You know it, I know it. We care how you look so do something about it.

How: Exercise more. Eat Less. It's pretty fucking simple. You do not deserve more sweets because you did a bit of exercise. Stop that bullshit rationalizing, it's going to kill you early.

2) Blowjob

Typical man, huh? Yes, exactly.

You have no idea how *few* women seem to *love* giving a guy head. The ones that do stand out. A lot. I'm not saying that women don't *do* it.

Thank you feminism for sexual liberation!

It's just the ones that absolutely love giving it that stand out. Regular, enthusiastic, blowjobs are by far the best way to show that you care to go the extra mile and actually don't mind putting in some effort yourself into sexual situations. Sex is a lot of work for us guys. It really is. Being able to just lean back as you get on your knees to pleasure us is a wonderful mixture of pleasure. You're being submissive whilst I'm relaxing, how can a guy not *love* that?

How: Let him know you love pleasuring him. Don't just talk the talk on this one. The amount needs to go up too if it's less than once a week. Make it count.

3) Stop being aggressive and bitchy

We could go find hundreds of other women less than a 10 minute walk away that are bitchy to us. We pump and dump them. That's all I want from aggressive, masculine women. Generally speaking, they're a better lay than the girly girls, but I stick around the feminine women that are a cute relaxing ball of cuteness that I just want to hold because she's so god damn cute and she just obviously needs a man there. This should be your aim. Relax out of the aggressive tone and bitchy attitude that the western world has distilled into you. It's not sexy. It makes us want to walk away. Every. Damn. Time. Russia / Asia looks VERY attractive whenever a woman gives us that fucking attitude.

How: Just relax, it's not a big deal. Be aware of yourself. Think before you speak. Ask yourself, when was the last time he was bitchy and aggressive towards you? Men are usually not aggressive towards their partners, stop trying to be masculine with a characteristic that isn't even masculine to begin with.

4) Express yourself when you feel happy or content

It's not weak. It's cute and quite sexy. We like it. Example quotes that could be thought but never stated:

"I feel so happy when I'm with you"

"You make me feel safe"

"I wish you were a sleeping bag so I could zip you open and climb inside you and snuggle all night"

Ok, maybe the last one was a bit too far! However I hope you get the hint. We like it when you show how you feel in a cute way. So many women feel they have to keep this private to "maintain the upper hand" he can't know that you care and feel safe around him! That's weak! Bullshit, we love it.

How: This is pretty easy, just don't suppress yourselves so much. Don't let all the crazy out. I know you're imagining weddings and babies etc, don't go that far. Just express feelings more. You're women. You should be cute and feminine. Seeing a theme recurring yet?

5: Domestic Skills

This is a touchy one in modern publication. We shouldn't like this. It's sexist, misogynistic etc etc blah blah fucking blah. Well, we love it. When you cook us a nice dinner from scratch. It turns something on deep inside us. You can *look after* us. We don't want a new mother; we can cook for ourselves if needs be. However, it's much sexier when you do. Seriously.

How: Learn some simple recipes. With YouTube and the internet in general there's no excuse for this. Women even *brag* about their lack of cooking skills these days. Want to know what I think? Pump and dump.

6) Be *his* whore

Notice the emphasis on his? I hope you did because that bit's important. If you're already in a relationship with a guy and he's quite sexual (ha) he wants you to be *his* whore. This takes some metaphorical balls to follow through on. Be submissive, ask what he wants in a submissive way. When you get on the bed kneel and ask him what he wants you to do. Let him take you selfishly. Do what he wants (within reason, obviously never violate your own limits for someone else) and don't be scared to try new things. Let him know you're open to trying anything new with *him*. He wants you to be open about your fetishes and fantasies. I've slept with enough women to know that generally you're actually a lot dirtier than us men are. Stop hiding this. Most men believe you're sweet innocent things and therefore you won't get the sex you want. Be open and honest. Or at least show that you are open to trying new things.

How: For this you need to show your submissive side. I haven't met a woman that wasn't submissive sexually however I'm extremely confident, you may need to show this yourself to get the sex we both know you crave. A couple of tips: ask him what he wants "How do you want me?" when he tells you, reply with a "Yes, sir" or a "Yes, master". You can thank me later after he goes primal on you.

7) Never talk disrespectfully about your man to anybody. Ever.

This is important.

I have dropped a potential instantly for this. Others just allow the resentment to build inside and never express it, let it eat them up and turn beta eventually. Talking bad about your man to anybody, *especially* with him sat right there, is disrespectful to him. You want a leader? Then let him fucking lead. Don't mock him publicly. This makes us men

feel smaller than a hobbit. I have heard many men say that this is the only occasion they have been tempted to hit a woman. That's how much this insults us.

How: Instead of joining in your girlfriend's bitch fests about their partners with the small things that may still bother you, express how happy you are instead. I guarantee they will soon start asking you for advice. This is a winner in two ways: You gain social approval for having an awesome relationship and become the go-to for advice. Your man will love you more for sticking up for him. We want you to be loyal and loving anything below that is an insult.

8) When we're working on ourselves as men, compliment us on it

I love it when I have been working out particularly hard for a few weeks and my girlfriend (oh, yeah, one has me tied up all monogamous) starts touching my arms and chest saying how big I've gotten. I know I haven't really improved as much as she's saying, I love the compliments all the same. It took a lot of hard work and dedication to get in shape. I used to be skinny as hell, less than a stick and it took more effort to gain that weight and muscle than you could possibly imagine. It's awesome and I mean *awesome* when I get complimented on that.

The same applies when we're working on our actual work. My field (software) requires me to self study a lot outside of work. I need to stay on top of new technologies to remain a linchpin at work. Respect the fact that he's dedicated to his work. Make it a compliment rather than a moan:

"I love that you work so hard, I've got a surprise for you when you're done.." // drop coat to show lingerie.

Don't do this *too* often, he has to actually study to keep up to date! ...can't believe I just said that!

On a more off topic but slightly related note: If you want a leader, let him lead. Don't ask for him to lead and then criticize. That's a little loopy and backwards. If you can't make a decision and ask for his input: respect that decision. Don't then start mocking him. Instead, thank him and go along with it. It's hard for us men that are naturally beta to mix in those alpha traits. When you start doing this it's very hard to get into the mindset of taking the lead.

How: Self evident. Just do it.

9) Last one, Sex.

I know you can't make yourself want to have sex with him. If you're not feeling it you're just not feeling it. However if this goes on too long you just end up in a fucked up rut of no fucking.

We **need** to fuck. I really would say it's a need. Blue-balls actually do hurt. Don't be afraid of the good old quickie. He needs to unleash inside of you on a regular basis. I (and most guys) certainly understand that you're not *always* going to be up for it. However that's no excuse for cheating him out of his relationship he's committed to. It's worse than cheating. Nobody's even getting laid. He doesn't want a friend, he wants a sexual partner. He has friends. He's not fucking them either!

Seriously if the sexual element has been removed from your relationship for more than 4 or 5 days. Give him a quickie if you're still not feeling it. The sexual rut is very easy to get into. If he's not feeling confident because you're not looking very up for him sexually, he won't approach confidently and you won't get turned on... it gets into a viscous cycle. A quick and nasty quickie can break this cycle.

How: Get over this notion that sex has to "happen" that some women have. Grab his cock and ask him to fuck you. If you're in a relationship sex shouldn't be something lacking at all. Ever. He will either resent you or leave. There's no other option.

TL;DR: Read it, I spent ages writing it up.

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What is the line between being a girlfriend and being a wife?

Thyra- · 1 May 2020 · Archived copy · Reddit

Part of using the red pill dating strategy is to marry someone who values you as the woman you are and to keep that marriage healthy and happy. Something I've noticed though is women acting like a wife when they are only a girlfriend which only gives a man more reason not to marry. What do you think is the difference between being a girlfriend and being a wife is? What behaviors should a wife do but not a girlfriend as to not give too much to a man who hasn't fully committed to her yet? I am sure there are many different answers for different women even within this community. As someone who is a girlfriend and not quite a wife I'm interested in what you ladies think.

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Dressing chic matters in academia too: A female professor I look up to just complimented me and invited me for coffee

amadexodus · 14 July 2022 · Archived copy · Reddit

I'm a PhD candidate in a STEM field. Today as I was making my way to my office, I bumped into a female professor I happen to esteem greatly. Her work (though in a different field) is interesting, so she's very respected within our department. But more importantly, she has a reputation for being very friendly and willing to chat with students about graduate school, life, etc. I also took her class in 2020 to satisfy a degree requirement, during which time she was in her third trimester, and she actually introduced us to her newborn little one over Zoom at the end of the semester!

Anyway, I was wearing a pair of mule(s) heels, a **high-waisted peach-colored maxi-skirt**, a **goldenrod crop top** (no midriff showing), and a nice pair of brown-wood earrings. I also had my sunglasses hanging from my shirt. She complimented me on how put-together I looked and asked me for "my secrets" with a big smile on her face. I thanked her, mentioned that I just tried to dress for an office environment, and asked how her little one was (adding that I was in her class that semester). She seemed pleased that I remembered, said he was great, and then said that looking good was "important" and "underrated," especially in academia. And then she insisted that I reach out to her for a friendly chat over coffee, during which time I could offer her my "tips" and "secrets" on dressing so "beautifully."

I don't think she realized I spend very little on clothes/jewelry and instead try to make what I do have last as long as possible. I think that taking care of my skin/hair/health played a role too, as clothes can only get you so far. But my heart was singing because the reality is, most people in academia (unless they're faculty) don't try at all to dress for an office environment. I get compliments on the street, from friends/loved ones, and occasionally from my female colleagues. I have also noticed that other students and professors take me more seriously when I dress well. The facilities workers even wish me good morning occasionally. **But today I was praised by a professor I have a ton of admiration for specifically because I looked feminine and put-together.**

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Im officially engaged ?

LoveWitchXo · 15 February 2023 · Archived copy · Reddit

Thank you Red Pill Ladies. My now fiancée proposed to me today and I said yes!!!

Im so happy for everything im almost speechless and cant believe it.

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UPVOTES

Hit the gym.

drugdoctor87 · 14 February 2015 · Archived copy · Reddit

Seriously.

Honestly on [r/trp](#) - almost every post mentions the importance of lifting. Here on [r/redpillwomen](#), I don't think the importance of fitness is stressed enough.

Fitness improves your life in so many ways, why wouldn't you?! Better posture, more confidence, better skin, better mood, better sleep, improved health, etc. I'm so sick of women I know rationalizing not hitting the gym.

Inexcusable. Unless you are overcoming a major health event there is absolutely no reason not to be going to the gym at least 3 times a week.

At my gym, there is an 70yo+ woman who is on the elliptical 1 hr+ each week. There is a 90yo man that lifts weights 6 days a week!

Also - I promote going to the gym by yourself, that way you won't depend on anyone else for your motivation. It's not that hard. Overcoming cancer is hard. Overcoming a heroin addiction is hard. Going to the gym 3 days a week is not hard.

Honestly I'm sick of working at the hospital every damn day and people coming up with excuse after excuse of why they won't exercise.

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Insight from an unexpected place (slightly nsfw)

everest8612 · 11 December 2016 · Archived copy · Reddit

I work with a man who is 24 and gay. He has been with his boyfriend for 4 years, they live together, have talked about marriage, etc. Today, when I asked my coworker "Scott" how his bf "Jared" has been, he replied, hesitatingly, that Jared was fine. I gently asked if everything was ok, and he just hesitated, before going on to say that he was seriously thinking about ending the relationship.

Apparently, among other things, Jared is immature, doesn't mind bumming without a job, and since he doesn't really have any dreams of his own, Scott feels like he is just holding him back from his own dreams. And, to top it off, Scott finally blurted "it's like I'm fucking my brother." I paused, to see if he would continue, then asked if there was any passion between them. He said no, that they were roommates; comfortable, but not in the good way.

All the other things Scott was venting about were obviously bad signs, but that quote really struck me. Men don't want to fuck their sisters. They want to fuck someone who burns for them, even after years of familiarity. This isn't news for RP, but I thought it would serve as a good reminder. Don't be his pal, or his roommate, or his sister. Be his partner, his passion, his joy.

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For Single Ladies “Late to the Red Pill” Part II: Nun Mode, Realism vs. Settling, Vetting Mistakes

RubyWooToo · 11 December 2017 · Archived copy · Reddit

This post is a follow-up to [For Single Ladies “Late to the Red Pill” Part I](#). As previously stated, it is intended to offer hope and guidance for any lady who wants to implement the RPW philosophy in her life but feels she may have arrived too late. This is the second of a series of posts, and will be **most applicable to ladies ages 25 and up**. Future posts will be dedicated to women who are married or in LTRs.

First, I must sing the praises of “Nun Mode,” which is a period of time (minimum 6 months) dedicated to self-improvement during which a woman completely foregoes dating. As with TRP’s “**Monk Mode**,” the purpose is to obtain self-awareness and self-sufficiency. If you’re pushing up against The Wall, you might think that you can’t afford the time spent in Nun Mode. I say that you can’t afford not to go into Nun Mode. In particular, there are two problems that Nun Mode can help overcome:

- If you have a history of serial monogamy (or what TRP would call “monkey-branching”), each man you choose may simply be a reaction to his predecessor. For example, if your last boyfriend was an unemployed party boy, a guy who is a teetotaler workaholic might at first be attractive and refreshing, until you get frustrated with the fact that on the rare occasions he takes you out on a date, he glares at you for ordering a glass of wine.
- After a constant stream of heartbreak and disappointment, dating will start to feel like a desperate and tedious chore, akin to going on job interviews when your rent is already a month past due. You start to wonder “**where have all the good men gone**” when the reality is that you wouldn’t know them if you saw them.

The space, self-care, and learning experiences provided by Nun Mode are essential to fixing a broken “people picker.” You will be able to consciously choose a partner based on his individual merits, love him for who he is (not the gap you’re trying to fill), and spare him the trouble of repenting for another man’s sins. Moreover, time spent out of the dating market can help recapture the sense of joy and excitement that you used to feel as a young girl at the prospect of meeting new people and falling in love.

Second, one area that seems to be troublesome for RPWs (and those late to RPW in particular) is understanding the difference between being realistic about the type of man with whom you can be in a relationship and “settling” for a subpar mate.

Being realistic is about being able to clearly and objectively assess both value and liabilities you bring to a relationship, and being able to manage your expectations accordingly. For example, if you’re 37 years old, you shouldn’t severely limit your dating pool by disqualifying men who have been married before or have children. If you like cookies more than the gym (and your waistline reflects this), you shouldn’t hold your breath waiting for shirtless Adonis who jogs by you every morning to ask you out and instead consider a coffee date from the cute but paunchy dude who chats you up in line at the bakery.

Settling, on the other hand, is done completely from a place of fear and is often based on low self-esteem rather than an objective assessment of your value or circumstances; it’s almost always just another exercise in poor judgment. One example of settling would be staying with a guy who habitually cheats on you because you’re a single mother and you’re simply grateful to have a man who is willing to be with you, despite the fact that you’re modeling an unhealthy relationship to your children, and you can’t effectively parent while in a constant state of anger and anxiety. Another example of settling is dating a man with a string of baby mamas because you feel like your biological clock is ticking and you’re desperate to have a child, regardless of whether he is an optimal choice of co-parent.

I will even go so far as to say that even if you’re a spectacular train wreck by any reasonable measure—for example, you’re an unemployed crack addict with four kids by four different men, are host to a variety of STDs, and have an

unmanaged personality disorder to boot—*then you still shouldn't settle for any guy who would settle for you*. If you're *that* far gone, do yourself and humanity a favor by being alone and focusing on becoming a safe and productive member of society.

The distinction between realism and settling tends to get the muddiest when dealing with one particular area of a relationship: sex. What do you do when you find a guy who is "good on paper" (i.e. great job, kind, loved by your friends and family, conventionally handsome), but for whom you feel no passion?

You might see it as a sign of maturity that you're prioritizing other qualities (like hard-working, family-oriented, gets along with all your friends) over sexual attraction, but you're actually being selfish and demeaning when you settle for a man that you don't desire. To reiterate a statement from my first post, **the most challenging thing about becoming an RPW is changing your focus from what you can get out of men to what you can offer them**. Do you really think that a man you don't lust for or with whom you don't enjoy sex is going to get the best you have to offer in a relationship?

Now, I'm not saying that you should follow the tingles in your vagina and nothing else. In fact, if your tingles have consistently led you toward douchebags, you need to sort that out while in Nun Mode. Instant, fiery attraction often burns out the quickest, which is why it's worth taking some time with someone new and promising to see if an enduring passion might ignite.

But it's safe to say that if you've been on several dates with a guy and his kiss doesn't excite you or you're not actively fighting the urge to eat the buttons off his shirt, do him and yourself a favor and move on. While it's possible to reinvigorate passion that's been lost in a relationship, you can't bring back what was never there.

For further reading on this point, I must recommend "[Marry Him: The Case for Settling for Mr. Good Enough](#)" by [Lori Gottlieb](#). Yes, the title mentions the word "settling," but what she's actually describing is how to set realistic expectations for what to expect in a mate, and not demanding that your spouse fulfill your every mental and emotional desire. Like, so what if your husband doesn't share your passion for crocheting. Don't you have friends for that?

Lastly, I will address two common mistakes that women make when they're vetting. There are hundreds of possible mistakes, of course, but these seem to be the most common to "older" women:

- They put things in their dating profiles like "I don't want a liar or a cheater," "I don't play games," "Players need not apply," "Abusers not wanted," or "I'm just looking for a good man." Even if they're not online, they will say this stuff to a guy on a first date.

They think that by saying this, they're scaring away the bad men. The effect is actually the opposite... they're advertising the fact that they're damaged women with consistently bad judgment, which will attract precisely the type of men they're hoping to repel. They spill blood in the water and then are bewildered when they're attacked by sharks.

At the same time, decent men will read/hear statements such as the above, and (rightfully) conclude that the woman is bitter and has a ton of baggage with which they would rather not deal. Why date her when he can find a woman with a positive outlook who won't immediately think the worst of him? Alternately, he might think that *she* is the one who is actually a drama queen, cheater, or abuser, and is projecting her own flaws on to the men she dates.

- Other women develop an increasingly long and arbitrary list of disqualifying factors that are completely unrelated to the fundamental of compatibility, such as shared values and a shared vision for the future. These are things like, "I can't date a guy who makes less than six figures," or "I can't stand how he sings in the shower!"

In my personal opinion, women who do this are actually deeply insecure with themselves or have suffered from repeated rejection, so they invent flaws with every guy they meet and try to convince themselves (and others) that they are just "too picky." It's also a tactic to avoid any kind of painful but necessary circumspection.

Of course, more often than not, all these “requirements” for a mate go out the window the minute they are lovestruck by Chad. Months later, when they’re back online, they write “I don’t want a liar or a cheater!” in their dating profile.

So how can you recognize a good man when you see him? The first thing to keep in mind is that people who are scumbags aren’t just scumbags in one area of their life; their duplicity and/or propensity for cruelty shows up in areas completely unrelated to romantic relationships. Here are some things to consider, though this list is by no means exhaustive:

- Does he follow through on his promises and obligations to others?
- Does he have integrity in his business and financial dealings? Or does he use illegal, unethical, or deceptive tactics to advance himself?
- Have you ever caught him lying?
- Does he talk down to people he regards as beneath him, such as employees or waitstaff? Or is he courteous to everyone regardless of their station?
- Does he omit things to avoid arguments? Or is he honest with you even when he knows you might get upset?
- Is he constantly overcompensating in order to impress people? Or does he seem comfortable in his own skin?
- Does he rush to the aid of a stranger or acquaintance in need at the expense of people close to him? Alternately, does he seem completely selfless and generous with people he doesn’t know well, but less so with people close to him? Or does he reserve his time and resources for those closest to him?
- Does he give off a “single vibe” with other women, or is he good at asserting boundaries?
- Does he “love bomb” you or push to take the relationship to a serious level too early in the relationship? Or does he behave as if his commitment has value, and wants to get to know you well?
- Do his friends cheat on or otherwise mistreat their partners? Or does he surround himself with men who are in strong relationships and cherish their lady loves?
- Does he harp on the fact that all his exes were “crazy” or betrayed him? Or is he restrained in how he talks about his exes on the very rare occasions he mentions them at all?

The takeaway here is that men of good character demonstrate this to everyone, not just the women they’re trying to date. They don’t engage in virtue-signaling; being kind and respectful is just a natural part of their character, so they never even think to advertise it. Just as “I don’t want an abuser!” is a red flag to men, “I’m a nice guy” and “I want to treat a woman right” should be a red flag to women.

Many thanks to [/u/LaceandSilks](#) for making sure that the RP theory was on point before I posted, and for [/u/girlwithabike](#) for her feedback and getting my butt in gear to finish writing this.

Next: [For Single Ladies “Late to the Red Pill” Part III: Finding Your Man, Showing Your Value, Vetting Your Friends](#). This is the last installment for single ladies before I move on to married/LTR women.

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Just want to say THANK YOU to this sub. I went on a first date with a man a couple of weeks ago and he said, "I really like how feminine you are."

LookingForEquanimity · 15 June 2018 · Archived copy · Reddit

Truly reading the posts here on femininity and internalizing them has helped me dramatically. I truly do feel more feminine than I already was and am so overjoyed that someone noticed.

Thank you, ladies!

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A few ways to enhance your looks & femininity

SmallArugula · 5 February 2019 · Archived copy · Reddit

Hi everyone! A little background on how I started working on making the most of my looks. I'm pretty average looking in general but my face isn't the prettiest and I'm not in great shape so I really started feeling down on myself a few months ago when I started reading about TRP and discovering how important looks are to men.

Since then I've started making just small improvements here and there, and I'm already feeling WAY better and I've been getting more attention/compliments too! I thought I might as well share about what's worked for me, so here it is:

*Please note that I'm super low maintenance, I barely wear makeup or do much to my hair and I am not someone who can consistently go get her nails done every two weeks. I needed to find ideas that didn't involve too much fuss, and would look natural without much daily effort.

1) gym. I am super inconsistent with exercise, but I realized a while ago that I have just enough time on my lunch break to go quickly to the small gym at work. I lift dumbbells and do short (10 minute) HIIT sessions which have been really helping me to tone up and lose fat. I only work out about 20-30 minutes, but doing that 3-4 times a week when it's already built in to my day (lunch hour) has really begun to make a difference. It also helps a lot with my mood!

2) eyelash serum. There are a bunch of these you can buy online. I got RapidLash and it works great. Takes a few weeks of consistent use but my eyelashes are now WAY longer and thicker and people ask me if I have eyelash extensions when I wear mascara. You can also use it to fill in the hair growth in your brows!

3) high end shampoo/conditioner. I really did not want to do this one because I'm generally pretty frugal and will buy the cheapest ones on sale at the drug store. But I went to get highlights a few weeks ago and the colourist told me that I needed to start using good quality (sulfate free/silicone free) stuff so I saved up and bought some Davines brand. It has actually worked wonders and my hair is way healthier/shinier.

4) SKIN CARE!! I don't wear much makeup so I realized it's really important for me to have good skin. I started a consistent routine with a benzoyl peroxide face wash, aha/bha exfoliant, retinol, rose hip oil and weleda skin food moisturizer. My skin has honestly never looked better and I almost think I reversed some signs of aging if that's possible?

5) silk pillowcase. Hair is not as tangled and doesn't feel so dry/breaky in the morning anymore. Helps a ton with frizz and shininess.

6) press on nails. They have some really cute neutral ones for \$15 at the drug store. You can cut them and shape them like real nails, and mine stay on for at least week at a time. There are some good videos on YouTube for how to make them last longer. Way more cost efficient than getting shellac or gel nails, and they don't chip so I don't have to redo them every other day like polish.

8) hair bows/scarves. I started experimenting with hair scarves and bows. There are a ton of different simple ways to wear them on Pinterest that are really classy and feminine and don't look tacky or overdone.

9) "tan-touring". This is basically contouring your face using a self tanning lotion and a makeup sponge. That way it stays for days even when you're not wearing makeup and it looks really natural. Some great tutorials on YouTube!

I think that's it!! If I think of anything else I will come back. Feel free to add your own tips!

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My boyfriend made it big and I'm worried I'll get dumped.

Guettagirl96 · 2 March 2019 · Archived copy · Reddit

Burner account in case my SO happens to read my main reddit account posts.

I recently 23, in a long term relationship with a 25 year old man. We met 3 years ago in college and have been dating ever since. He was beta when we first met, had sexual anxiety issues, body image issues, and acne and I supported him and helped him work through it because underneath he was intelligent and ambitious and this was very attractive to me. I almost broke up with him a few times in the first year of our relationship due to his occasional drug use and other immature habits I won't get into here. He eventually straightened his life out and things improved after that.

Around that time last summer he had a really inspired period and decided to co-found a marketing business. He dropped out of his masters program the following autumn and worked many hours coding and promoting and talking to his friends/partners about it while I supported him, kept our apartment clean, cooked almost every night, etc. I could see his potential and really went all in for him even though I was also working at the same time to support us. For a long time it looked like the business wasn't going anywhere but around 3 months ago we happened to get a really big client and finally saw the light at the end of the tunnel. The software started to pick up traction around Christmas time and now it seems like we are really going to make it big. He keeps talking about moving to San Francisco and seems like he's serious about buying a large house there. He's bought a lot of stupid stuff/guy toys in the past 3 weeks, and he got me a new Tesla for my birthday.

Last weekend we went out for dinner with some of our mutual friends from college and I noticed that there was a really weird atmosphere of jealousy and strangeness I've never seen before. One of my friends kept subtly hitting on my boyfriend and dropping him hints. It was making me really uncomfortable and he didn't seem to care or think about how I felt. I told him afterward and he apologized and reassured me but ever since then I've had this sinking dread in my stomach. I think he really loves me and we are very comfortable around each other, but I'm not as smart as he is and he has always needed other people to talk to about esoteric things with. I'm scared that now that he is successful he is going to dump me for some 150 IQ model from SF that makes me look like a used paper towel. I used to be higher SMV than him but I can feel how women treat him now and that I'm hated by women who think they are better than me and think "Why does this bitch deserve a good man".

To make it worse he has always disliked serious discussions about marriage and family, even though he claims that his goal in life is to have a beautiful family that he provides for. I try not to be over-jealous and controlling but it's impossible to not see every attractive woman he talks to as a potential threat to our relationship. I have a horrible image in my mind of me turning into a jealous bitchy wreck that eats my own best shot at a successful life from the inside out and then has to watch my SO start a family with a prettier girl while I die alone with 9 cats. My greatest fear is that I will be discarded.

I'm not sure if this is the right sub for honest advice but I need to vent and organize my thoughts at least because the pressure of the situation is making me feel insane. What do I do?

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What's the one thing you disagree regarding TRPW theory?

uniqueeleni · 5 September 2019 · Archived copy · Reddit

I think that this is a great sub and I can honestly say that it has been extremely eye opening and actually contributed to the success of my current relationship. If there was one thing I'd say I disagree on, it's the "not living together before marriage" rule. I feel like screening the compatibility by living together with your SO before actually getting legally married is important to avoid a possible divorce down the line. I am not saying to start living together without having assessed that you both want marriage down the line and you are very serious about each other.

What about you?

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Just a tip on virginity

acceptable_runx · 8 May 2020 · Archived copy · Reddit

Before anyone comments - I'm not saying it's not valuable. If you plan to keep it you should but don't tie your whole value to it.

I placed a hell of a lot of value into my virginity as I was taught it was the most valuable thing you can give your husband from pretty much the age of 12/13. I was planning on waiting

When I lost it (to someone who's not my fiancé) I felt like crap. Absolutely crap. Now I seriously suffer mentally. It consumes me feeling less worthy for my fiancé and feeling like i have to overcompensate. Sometimes I even feel like pushing him away because I feel less valuable and like he should find a virgin and be happy.

My point is just be mindful to place all your value into that one aspect just incase you give in (my first time was very strange and some may argue there wasn't much consent - I don't wish to go into it so please don't ask). Also, because I placed so much value into my first time when it was gone I ended up sleeping with someone I wasn't even in a relationship with which I may not have done had I not placed so much value on that first time.

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Where do you draw the line between girlfriend and wife duties?

[deleted] · 25 March 2021 · Archived copy · Reddit

[deleted]

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I'm getting married in exactly 30 days!

golden_eyed_cat · 10 April 2021 · Archived copy · Reddit

I've been waiting for this moment over for two years, and it's safe to say that I'm really exited to start a new chapter in life, along with my fiancée! With that said, I'd like to really thank this community for allowing me to lurk here, as well as get advice and wisdom that really enhanced my relationship. I also want to ask some questions: What did you do in the early stages of marriage, in order to put your best foot forward into this special relationship? Also, have you got any ideas on how to spend the honeymoon, since we cannot travel anywhere due to Covid? Every bit of advice is appreciated!

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Men: An Appreciation Post

dropdeadgorgon · 20 May 2023 · Archived copy · Reddit

Hello RPW! I've been seeing a lot of posts lately from ladies struggling with their view of men, RP theory, and individual men in their lives. It got me thinking of all the ways I'm grateful for my man, and men in general.

Note: This is my first time posting from this account (made a new one for pregnancy-related stuff)

Here's just a few of the many things I appreciate about my man:

- He is a natural problem-solver
- He is an *incredible* listener and always encourages me to come to him if something's not right
- The way he grabs me and pulls me in for a passionate kiss while I'm cooking for him makes me absolutely melt, oh my goodness
- He is a fantastic provider and always makes sure my needs are met. Before this relationship, I always put my needs last in order to take care of others. He doesn't let me do that anymore!
- He has a strong moral character and his countenance is steady. I can rely on him to lead and provide stability.
- Family is very important to him, and he's very traditionally minded. We're expecting our first child in December and he's been so excited from the start!
- I have full faith and confidence that he'll make an excellent head of household. He's the first man I can truly envision growing old with, surrounded by a gaggle of grandchildren.

There's honestly so much more - I could go on for hours about how lucky I am to be with him. RP really does work, and I'm so grateful for the guidance and support of this community. For reference - I'm 31 and he's 29, so not the "standard" age pairing you'd expect.

For those ladies that are struggling - don't give up! Keep focusing and working on yourself. There are plenty of good, strong, loyal men out there.

And to the traditional men - thank you for staying steady in a misguided modern culture.

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Surrendered Wife - 4 months in and unbelievable improvements

vguertin88 · 4 September 2015 · Archived copy · Reddit

I happened upon the red pill life back in January of this year. I was looking for ways to improve my new marriage by getting back to traditional values and was trying to research ways when a link popped up concerning red pill. Eventually I found my way here and became obsessed. My old ways were mostly easy to give up - or so I thought. I adopted the red pill woman mentality relatively easily. When I read The Surrendered Wife and tried to implement Laura's ideas, I hit some road blocks.

I would literally have to trust my husband with everything; our livelihood, multiple decisions about family and money, stuff I knew based on our two year relationship, he couldn't do. He forgets literally everything I tell him, even if it's multiple times. One weekend I had to work and the kids wore the same underwear two days in a row! I fell apart, came here to try and get my questions answered on how to fix my husband and make him an alpha - and had my ass torn apart and handed back to me. I almost gave up the whole red pill idea right then. But one poster in particular (I'll always remember her!) said something that clicked and it as something to the effect of I was only fooling myself into thinking I had surrendered but by the way I told my story it was obvious to red pill women I had not.

So I tried again. Things honestly couldn't get worse for my husband and I unless he was to lose his job. We rent a place from his parents, drive cars that are over 10 years old and are financially quite poor and over burdened. So I thought, "what the hell? Things truly can't get much worse" and I just let my husband have it all. Do you know what? I have never been more happy to be so completely wrong about something in my whole life!!!!!!

What a burden has been lifted off my shoulders to not handle the finances anymore! He's stepped up, created a budget, he gives me a budget I can stick to and as long as I'm under it I know we have money. He goes after sales bonuses like a lion after prey because he now sees the money in our account directly - I haven't looked at our bank account in months! Just recently my husband needed to replace his car and we had money saved because he had begun a car fund. He was talking up a real storm about a car I was worried would cost too much in upkeep and insurance and isn't practical for our family - do you know he gave up on that car himself?! He asked me my opinion on the car and I was DYING to give it to him but instead I did as Mrs. Doyle instructed and replied "whatever you think." He instead changed his mind and bought a 4 door sedan and actually came in under budget! And our insurance dropped \$25 a month! The change has been incredible!

The best part is that my husband noticed my changes and thanked me the other day. "I've never felt more in charge of my own life or family and I've never felt more like a man in any relationship." That's what he said to me. I'll always be red pill and always be a surrendered wife. It truly does work.

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The Art of Getting Things... Without Demanding Them

FleetingWish · 12 March 2018 · Archived copy · Reddit

When I saw [this picture](#) of men lining up to get their girlfriends flowers on Valentine's Day, it made me sad. This is what obligation looks like.

How many of these men are getting flowers because it's Valentine's Day, and that's the thing you do on Valentine's Day? How many of these men are getting flowers to avoid a fight, or to avoid making her cry? How many of these men are getting flowers so that they can get laid? If they're doing it for any of these reasons, then this is an obligation to them and they have no desire to do it.

Now how many of these men are looking forward to seeing her face light up with glee when he surprises her with flowers? I'd be willing to bet that number is "0". When a man is not doing it for this reason, he is a beaten down man with the life drained out of him. But when he is doing it for this reason he is excited and full of life.

Should you care *why* your man gets you flowers, as long as he gets them for you? Here are some reasons why:

1. If your man is not happy, then your relationship is not good. Go back to RPW school until you learn this.
2. If your man is happy he is more likely to get you gifts that you don't expect. He might get you flowers on Valentine's Day, or he might get you a "I was just thinking about" gift on a random Tuesday.
3. If a man gets you flowers, and you know he didn't have to, it makes the gift *so* much better. If he did it because you told him to, it makes it more fuzzy... did he get them because you told him to, or did he really want to?

The trick to getting men to do nice things for you, without demanding them, is to make him *want* to do nice things for you. Here are the steps for showing and developing an "attitude of gratitude".

1. Be a person that he has emotional investment in. This is your basic relationship building tactics, so go back to RPW school if you don't know how to do this.
2. *Never* expect anything. I don't care if it's your birthday, Valentine's Day, Christmas or Leif Erikson day, don't expect that he gives you anything, and don't be or mad/sad if you didn't get a present. Also, never tie sex to presents, he should be getting sex either way, on a very regular basis.
3. Remember *anything* he gives you is a gift that he didn't have to give to you, and act accordingly. If he's not giving you tangible gifts, think about the intangible ones he's giving you. Spending time with you, fixing the leaky faucet, paying the mortgage, whatever. Any gift he gives you should be met with childlike delight, like you're opening your presents on Christmas morning. Smile with glee, jump up and down, kiss him, and thank him.
4. Let him know if there's something you want, but don't make any sort of obligation or demand out of it. You're just giving him information, he will use it if he is so inclined.

If you're already in an obligation-based relationship, it's not too late to change it. Drop the obligatory behavior, and even directly apologize for it, and start to develop an "attitude of gratitude". In general, to feel entirely grateful for something, you must truly believe that it was an non-obligatory gift. If you don't have this internal gratitude belief system at first, that's okay, you can act like it. Slowly your beliefs will start to follow your behavior.

Examples

Anecdote 1

My SO and his best bud were planning a trip to Yosemite, and they had planned it without me. Upon finding out their plans, I let him know that I would like to come too. I was told this was just for the boys, and I let it go. After

he came back from his trip, my SO admitted to me that he didn't take me along because he didn't want to feel like he "had to" just because I happened to be the girl that he was dating. But, when he got there he realized he missed me, and he wanted me there. So that day we began making plans to go back, just so that he could have the experience with my company. I wrote a **field report** about the event.

Anecdote 2

I don't get a present from my SO every Christmas. He has gotten things for me some years, but not every year. I always am appreciative and excited when I get something, and always have fun seeing him open the presents I got him. This year was different. This year there was *so* many presents under the tree with my name on it. Then there was... the big present, which he carefully wrapped cunningly so that I wouldn't have a notion of what it was. When I opened this present I was truly stunned and in awe. We like to go shooting together, and I have been trying (and failing) to get expert level scores for many months. My present was a rifle, that was custom designed for me and put together all by him. He bought all the pieces on the internet, and put it together while I was sleeping. He made sure that every part was picked for me. Light weight (because I'm small), small barrel (for my tiny hands), a compensator that would reduce recoil, my favorite trigger, he even drove for hours to get it all done in purple, and then bought me a matching rifle case. He told me later that he did all this because I treat him so well, and never expect anything from him.

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UPVOTES

Redpill Worries Me

Szymmy · 29 April 2018 · Archived copy · Reddit

I do believe in gender roles and I looked to redpill to research and look ways I could improve as a partner and improve my "sexual strategy". But honestly I've simply been left with worry. This subreddit seems rather openminded and looking for self improvement but it seems the main redpill subreddit is full of men complaining bitterly about how all women are horrid shrews who will cheat on them with an "alpha", and that all men should just spin plates. I'm wondering how you ladies deal with it. I would like a man that shares my "redpill" values but It's hard to think thats possible when most of them seem to just want to sleep with me on the side. It's hard for me to imagine getting into a relationship with a man who takes advice from redditors that call all women bitches and claim we have limited intellectual capacities etc. And most importantly I fear the supposed wall. One moment men complain that women are promiscuous in their youth until they hit the wall, the next minute they talk about spinning plates and how only younger women are of any worth to them. Is that what I have to expect from men? That they'll simply leave me for some younger bimbo once i turn 35? How do you ladies learn to accept a community that seems to (largely) treat us as disposable? I'm not trying to bash men at all I love men. I am asking all this in good faith. I need advice on how to stop worrying about men only caring about me for my youthful looks.

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UPVOTES

What is a RPW way to deal with an adulterous husband?

the-food-historian · 24 August 2020 · Archived copy · Reddit

Last week, I walked in on my husband with another woman. I suspected emotional infidelity, such as talking to other women via dating apps, which is also wrong, and goes against our shared Christian beliefs. He is sorry he was caught, and also admitted this was not the first time it has happened since we have been married. He's got a background in military intelligence and working undercover, and I think he only admitted to other affairs out of a moment of shock and weakness that I literally caught him in the act of having sex with another women.

He stated that my "liberal" and "Satanic" ideas and argumentative nature are partially the cause of his affairs. My ideas such as equal pay for equal work and the right for women to vote even if we don't serve in the military, are problematic, for example. Our lack of sex contributed, too, he said, though this is complicated by some physiological limitations when I started treatment for stage IV breast cancer 14 months ago. (I have a good prognosis after 38 rounds of chemo, and am likely to live another 10-30 years, though will require treatment indefinitely. I can begin procedures to address my physical issues in a few weeks, until then, p-in-v intercourse is not possible.)

That I am often tired after working a full-time job outside the home, and have trouble maintaining our large house and doing all of the cooking and cleaning, is a problem as well. I am the primary earner, and bring home 90% of our household income and it's my job that provides our medical benefits. I am a professional historian, and was for many years before we met, too. It's not easy to get a part time job with good benefits with my niche specialty, but we also could not live on his VA disability pension and keep our current home, either. My husband believes I should cheerfully take care of all the cooking, domestic chores, and cleaning. He feels that since the most arduous part of cancer treatment is over, that I should be able to go back to what I used to do prior to getting diagnosed. I want to do these things, but many nights I am physically tired, and he acts put off when I ask for any help. He refuses to let me hire someone to help clean our house or help with our yard (it's 2,400 sq ft on 2.5 acres).

In addition to my professional life as a historian, I'm also working on my doctorate. He resents this, as he says it takes time away from helping him grow his business. I began grad school part time before we met, and have been working on it part time. He thinks my idea of working in academia as a professor is also Satanic, because universities are liberal and filled with SJW nonsense. Upon completing my PhD, my goal was to adjunct one class a semester every so often, but mostly write and do research and publish. I've never super wanted to be a professor as a full time gig. He knows this, but still thinks the whole system is crap, filled with liberal "demonic" ideas and people.

As I have not agreed to either a polyamorous marriage or to be a lifestyle submissive (in a D/s and/or BDSM way) are things he says undermine his masculinity, also contributing to the affairs. He likely also has an addiction to pornography. His assessment of things is that he is how he is, and is not geared towards monogamy, even if I was his sexual submissive, and did everything he wanted. He seems to be focused on the verses in the Bible that discuss ancient Israelites having multiple wives as his justification, and the big problem is that I won't agree to let him marry another woman, too.

Before anyone says, "OMG, Lady, you are too insane for words for staying in this relationship," please know that many of this information only came out this weekend, and these more extreme viewpoints and behaviors only over the past few months (since late April 2020-ish). Our years leading up to this did not feel like an episode of the Jerry Springer show. He used to be kind, devoted, and so nice to me. We used to have dynamic intellectual conversations and fun together. I'm not a masochist and would not have married someone who was so bonkers and adulterous had I known any of this stuff. He used to be convicted in Christianity, and discussed wanting to take coursework in Hebrew and advanced theology; moreso for edification than to be a preacher as a vocation.

I am not sure the best way to go forward as a RPW. It's possible he's gaslighting me and I married a sociopath. He insists nothing is wrong with him, and that he subverted his desires to make me happy but it made him depressed,

so now I need to change: I need to be more politically conservative, be a better homemaker, and yet open to him dating other women. It's possible I'm too far into the mix of things to see the situation objectively. Is there any advice I can get from this community?

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UPVOTES

What are the most harmful beliefs feminism promotes? Harmful beliefs in traditional Western gender roles?

Caulifluer · 27 August 2020 · Archived copy · Reddit

I had a very feminist upbringing, and I have been on the journey of unpacking all the ways it damaged my perspective. Curious what others think are some of the feminist beliefs that are most harmful/most prevalent/hardest to get past. If there are any beliefs promoted by more traditionalists, especially in western culture, that you think are harmful, I would be interested in knowing those too. By harmful, I mean impede one's ability to thrive, specifically in the context of relationships. Sort of as an example of how I'm working through this, some of my beliefs are really hard to unpack. I've always been put off by the more traditionalist notion of "why buy the cow when you can get the milk for free?" Its just so crass and transactional. And it implies that money is a tool men use to extract sex from me. On the other hand, weird early 2000s feminism taught me that my sexuality was a powerful tool that I could use to extract resources from men, and that doing so was virtuous and strong. I do not want to view relationships transactionally in either of these ways. I am not a prostitute, and I want resources and sex to both be given freely and generously through good faith within my relationship. So now I am trying to counteract the ways these subconscious beliefs impact my behavior (an example would be making sure early in dating, we spend plenty of time engaged in activities with no potential for him to pay for anything, or for sexual contact, and allow us space to engage outside of those narratives)

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UPVOTES

Dinner party was a huge success! Thank you everyone (Update)

kittxxn · 22 January 2019 · Archived copy · Reddit

Thank you everyone for your kind advice over the weekend about my dinner party!

The final headcount was actually 28 (expected 35) and it went perfectly! I even had time to run to the store an hour or so before guests came to pick up some flowers for a few small centerpieces to scatter among the tables. I had 15 pounds of meat that was completely finished after a few people went back for more, I had extra of everything except green beans (should have bought just a half pound more, ugh!), and my man said the food was flawless. I did the julia childs green beans like someone suggested (delicious and the only way I will make them from now on!), blanched early on in the day and sauteed with butter lemon juice and salt 10 minutes before serving, had three crock pots of chuck roast going all day and took out the bones and fat around two hours before serving to consolidate and shred the meat into one crock pot on low, made the rice casserole the day before and had it warming in a 250 oven for 45 minutes before serving, cubed 10 pounds of potatoes the night before, and boiled them 30 minutes before serving, drained, and seasoned with fresh rosemary and thyme simmering in a cup of butter, salt, and a splash of cream a few minutes before serving, had prepped the romaine earlier and tossed the salad a few minutes before serving (6 heads of romaine and an entire jar of caesar and fresh parm) and made my great grandmother's rolls from scratch the day before (48!). Throughout the last half hour or so I was also simmering the chuck drippings with red wine, skimming the fat off, and whisking corn starch. Chopped some chives for garnish at the very last second and bing! The dinner bell rang.

I didn't really have appetizers, but no one seemed to mind, and people were happily sipping on wine and mingling until dinner was ready, had a great playlist of old 40s music, and the house was full of laughter. Someone else made dessert, which I began passing out as I cleared peoples plates, and then had to start the clean up so I wouldn't get behind, but I had lovely company in the kitchen all night so I didn't mind at all.

You guys, I don't know how to explain how proud I was, and my man was so impressed with me and bragging all night to his guys, said the sweetest thing to me in his toast, kept whispering to me how good I looked in my apron that he bought me last year over my cocktail dress, and couldn't take his hands off me after the party. He told me he didn't know a single other woman he would have trusted to be able to pull it off, with half the grace, and told me how excited he was to be throwing lots more parties throughout our lives together (squealing!).

The night flew by, and I do wish I had been able to socialize more and get to know the people in his organization better, but all in all it was just a perfect evening, and something I'm sure we will remember for years.

Thank you guys so much, for the support and the advice. Being a host is a beautiful art form, and I learned so much from this experience and hope the next one goes even better!

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How does a girlfriend behave differently than a wife in a relationship with a man, and how can a girlfriend be of value to him without giving away too much too soon?

dabadeedabadaa · 29 July 2019 · Archived copy · Reddit

Hello!

I've been going down the rabbit hole of RP hardcore for the last few weeks, and really discovering what it means to embrace my femininity. I've also been listening to Helena Hart, Adrienne Everhart, and Pat Allen as a companion to this subreddit.

Putting these truths and strategies into practice is already working like magic to improve my life and my relationship. However, there are some things I'm still trying to grasp. I would love to hear some discussion on this:

Before a life long commitment has been made, what can you do as a girlfriend to nurture him without prematurely playing the wife-- or God forbid-- the mother? How do you show him your value as a partner and be "wife material"? How can you make his life better with you then without you?

A big part of femininity is receiving and creating space to allow him to lead and come towards you, so where are the boundaries as a girlfriend? What's the line between being a burden by being too passive, vs. nurturing him, vs. overcompensating/over functioning for his approval? How do you build him up and affirm his masculinity, but not give too much of yourself in the process?

Tl;dr: I'm auditioning for a part as his First Mate and want to better understand how the behavior of a girlfriend differs from that of a wife.

I wonder if these questions are obvious, but I'm in the process of reinventing myself so it's honestly not clear to me.

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UPVOTES

Anyone else sad about losing their looks?

aussiedollface2 · 20 October 2019 · Archived copy · Reddit

I hate to sound vain, but I've recently realised that my beauty is on the decline (despite all my hard work with skincare and at the gym) and it actually makes me a bit sad. I'm married to my lovely hubby, and I know that all that really matters is that he thinks I'm still pretty, but it still makes me a bit sad. I also love fashion and wearing the latest trends but I don't think it would even be appropriate anymore? (I've just turned 30 for reference).

Is anyone else "mourning" the loss of their looks/youth?

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UPVOTES

Why to avoid the Female Dating Strategy sub

LateralThinker13 · 29 October 2019 · Archived copy · Reddit

https://www.reddit.com/r/FemaleDatingStrategy/comments/do7s3d/the_truth_about_fds_women_we_arent_similar_to/

I'm going to break this down for everybody because some people apparently think that that sub has some value. I'm going to post this here, however, because they auto-delete male comments - which should tell you everything you need to know about them. Now on with the show.

The Truth About FDS Women: We aren't similar to incels, nor are we "ugly" or mentally deranged. We are your everyday women.

The only truth here is that they aren't incels, because even the ugliest woman can get laid if she wants to. But getting and, more difficult and importantly, *keeping* a relationship? Their sub won't do that.

FDS has recently gained a lot of attention on Reddit, and based on reading what some people write about us online, here are several myths running around Reddit about FDS women:

Should be so good. *pops popcorn*

FDS women are similar to incels because of our extreme ideology of hating men. The truth? We hate shitty men and we will use this subreddit as a platform for calling out their bad behavior so other women know what to avoid.

But most posts don't discriminate between bad and good men. You lump all men together - as marks and prey for your "advice". Kind of like you don't ban bad advice from bad men, you ban all men indiscriminately from posting.

However, we also make space in our lives for: 1) good male friends who respect women and appreciate our friendship, and 2) a loving boyfriend/husband who is serious about us and cares about us a lot.

I hear that you value beta males who pedestalize you, but I hear nothing about what you offer in return. Which is great if you're a sugarbaby or prostitute, but sucks in a LTR.

We don't think that men are only good for their money.

No. They're arm candy, entertaining, and can provide sex too.

We look for great partners who are caring, sweet, intelligent, honest, loyal, and loving!

Sounds like beta providers to me. Manipulatable, vulnerable, trusting... yeah, those are your marks.

These qualities are very important. However, another quality that we also look for is a man who is generous towards us and it's non-negotiable.

And there's the naked truth. He needs to hand out that money and time.

Just because we care about a man's generosity and see it as one of the many measures one can have in determining a man's seriousness about you, doesn't mean that it's the only thing we care about.

But it's the only one that's non-negotiable, which makes it the MOST important. It makes you prostitutes and gold-diggers, one and all.

FDS women must be ugly because only ugly women need dating strategies; all you need to do is to look hot. The truth? Although women do receive a lot of attention from men, the majority of them are from those who only want us for sex, so our main objective is filtering out men who aren't looking for a relationship with us.

You don't see the irony in that you're filtering out men who only want sex, but quality men are filtering out women like you who only want money? I can almost hear the protests: "But we want more than money!" Yeah, and plenty of men want more than sex.

Additionally, while looks do matter, in order to get a man to commit to you, you need to act like a high value woman so that he will cherish you.

LOL. As opposed to RPW and it's goal for you to BE a high value woman, not just act like it. So manipulative.

The tips we share here on how to act like a high value woman work; the overarching principles will get a man to treat you like you are the love of his life.

So it's all about the surface, not actually about being a good woman? At least you're honest.

FDS women are mentally deranged. The truth? How we appear online is vastly different from how we are in person.

I highly doubt that. You may mask it so you aren't instantly written off as whores. But hookers dress respectably when not on the job, you know.

We don't talk as bluntly as we do online. Online, we have less filter and our thoughts are expressed in a way where we simply do not give a fuck. Our thoughts are crystal clear and we don't have to worry about using several social filters like we do in real life to seem more diplomatic and socially acceptable.

In other words, you resent being more civil, ladylike, pleasant and blunt, and when given leave to do so you vent your spleen like sailors. Yeah, how's that working out for you?

Many try to paint /r/FemaleDatingStrategy as some sort of "crazy" new group of man-haters who seek to manipulate men, but the majority of our members aren't like that at all

This post to the contrary.

Also, unlike incels and MGTOWs, we don't invade their spaces like they do ours.

Sure you do. Your adherents wander into RPW all the time.

We don't spout toxic insults and verbally abuse and harass them. They're the toxic ones, not us.

How can you abuse and harass them when you ban them outright instead? No need to vent your spleen at them; just make them disappear.

In the end, we like good men, we have standards, and we're your everyday women. All your misconceptions about us will be dissolved if you just take the time to keep an open mind and understand our perspective.

Nope. You like easy prey, men who will support and pamper and coddle and pedestalize you, who will forgive your adulteries and spend everything they have on you... only for you to lose interest and divorce them, taking everything from them. You are the bluest of blue pill women, toxic and grasping and the antithesis of RPW. Sell your lies

somewhere else.

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UPVOTES

Why we are attracted to men with purposes? I don't care that he can give me a banana now, i want the man, that can protect my current banana stash from thieves and get me infinite future bananas in the future."

kikikimara · 3 February 2020 · Archived copy · Reddit

One of the greatest articles i read in past year. There is three parts of it, one is more suited for women. I found guys discussing all over it.

Give it a time and patience to read it, and it will answer some lifetime questions.

<https://www.woujo.com/blog/2019/12/15/the-purpose-series-part-2-of-3-how-women-are-attracted-to-men-with-attractive-purposes>

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UPVOTES

I'm insecure about my boyfriend's porn consumption, am I in the wrong?

lauraisconfused · 12 December 2020 · Archived copy · Reddit

Okay so to start off, I'm not referring to regular pornography.

Basically recently he bought a virtual reality headset and uses it for work and gaming. He has been dreaming about VR since childhood, and loves the thing so I feel absolutely horrible to make it into a negative. He has used it a few times to masturbate.

Now, before he got the headset, I had already heard about VR porn, and was ok with it. That was until I experienced the headset for myself, and watched some pornography on it.

When I tell you it's realistic, I mean it's absolutely immersive. it feels totally 3D, and like you're really there. the only hint you have that this is not reality is that the lens blurs ever so slightly.

To add another layer to this all, he exclusively watches POV or single women masturbating.

I have brought up my grievances with him, and he agreed to only use it rarely, however so far, this hasn't been the case. Each app tells you how many days/ hours ago it was used (this info is on the homepage, I didn't snoop for it, in fact I would rather not know) and from my observations he has used it between 3-6 times since he bought it 2 weeks ago. We also live in a small flat, and we are quarantined, so I have woken up in the middle of the night and he's been using it.

Lastly, I asked him if he would be comfortable with me watching POV from a female perspective and he said he wouldn't like it. But he didn't ask me not to do it.

I am sometimes bothered by regular porn, but that stems from insecurity and I don't take that out on my boyfriend. I thought I would feel the same about this, but this feels so much different. I'm also worried about his psyche and how this could affect our sex life.

Honestly, I have no clue what to do. I don't want to tell him to stop (I don't think he will anyway) but the idea of him consuming this and then looking at me/ sleeping with me, brings me to tears (I have shed a lot). I am an insecure person, but I try extremely hard to self soothe and not let that affect my relationship, and I'm working on myself too.

TLDR My boyfriend has started consuming VR pornography, and Im not sure whether I'm allowed to be upset. I don't want to be the crazy, toxic girlfriend so any help is so much appreciated.

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UPVOTES

Affirmation matters!

Cara_shammy · 27 June 2020 · Archived copy · Reddit

I read somewhere,

No matter how mad you are, if your partner says I LOVE YOU, you gotta say I LOVE YOU TOO. Can't have them thinking your love is conditional.

Because you're upset doesn't mean, you don't give them reassurances. Yes you're mad but you still love them and you tryna work shit out.

This is so important ladies.

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UPVOTES

Has anybody else noticed that when you are looking for a partner, you don't find him but...

Davidoff24 · 28 November 2020 · Archived copy · Reddit

But when you stop looking and are more relaxed with your life, someone you absolutely like just pops into your life out of nowhere? I used to think this was a cliché, but it is valid in my case.

Just curious if any of you has experienced this.

It applies to me. If I try and actively seek out a man by signing up to online dating or even messaging guys I find interesting on the Internet, it just doesn't work out in the end. Either I don't like them physically speaking, or we have completely different views or I have that nagging feeling that it's just not right.

But when I stop entirely and mind my own way, it seems that life somehow brings me the best person ever that I wouldn't even dream of.

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UPVOTES

Sometimes women don't want your help, but they might thank you one day

mercederu · 2 April 2021 · Archived copy · Reddit

A few weeks ago someone was talking about providing RP advice to other young women, and I amongst others said that other women mostly don't want advice and it's better to lead by example.

However, today I had the rare chance to see one of my friends undergo a mini conversion after planting some seeds about RP theory.

She, like many of my friends, is very liberal. Since her last relationship ended, I've tried to impart to her a greater need for boundaries, but also allowing men to express their masculinity because (gasp) that can actually make the man you date and yourself happier.

Today she told me that she took some of it to heart! She started allowing her new boyfriend to help and lead her instead of always crying independence, and was *shocked* by the results. He's more giving, loving, and is falling for her even more. She told me that when I first brought up this idea she secretly called it "caveman theory" (lol) but has since embraced it because she's seeing it's really working!

Also! She said that because of this and other recent experiences that have taught her to value masculinity, she's removing the phrases "toxic masculinity" and "men are trash" from her vocabulary because she now sees them as damaging. A year ago we used to argue this point so I was honestly shocked to hear that.

TL;DR most young women might not like your advice, give them time and space to explore these ideas and they just might come around!

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UPVOTES

Is it me, or is femininity being villainized but idealized?

As_XmasterX_3000 · 6 June 2021 · Archived copy · Reddit

It just seems that there are very few feminine women who are just...happily feminine and honest. It's like, I saw this birth control commercial and it seemed like they were forcing it. Stay at home moms are rare, and rarely speak of themselves. The first stay at home mom I ever met was on YouTube this girl named Classy Abby. At least she wants to be. It's like the occupation isn't valued or looked at as important to any real degree. Just a piece of domestic living.

My mom says I should be more lady like (extremely masculine). I have a deep voice. All the girls I know are either bi sexual, gay, transgender-ish, non binary, or Pan sexual. Like barely anybody is just....a girl. Nothing against them, but I don't meet many girls who like being girls. WHAT THE FUCK IS A BIRTHING PERSON?????

Do girls not like being girls? Is being a girl so bad and Devalued in society?

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UPVOTES

How I broke the cycle of perpetual victimhood by taking the red pill and taking control of my life

Few-Ant-5425 · 22 April 2025 · Archived copy · Reddit

A year ago today I was a totally different person - fat, depressed, and a hs drop out. I spent most of my days eating my feelings and rotting in bed, I know it sounds a bit cliché but what got me to change was the realization that no one was going to come to “save me” from the circumstances I put myself in and that if I wanted my life to be a certain way I’d have to put the work in to get to where I want to be.

So I started off small -> reenrolled myself into school to finish off hs, started eating in a caloric deficit. Now a year from then I’m officially 50 lbs down, pretty soon I’ll not only have officially graduate hs but will have completed a year towards my undergrad, so far I’ve also been going to the gym consistently for 3 months, and walking 20k steps daily for 7.

I’m glad my life changed for the better but I really wish I took the red pill sooner, I feel like now a days society just wants to promote perpetual victimhood onto everyone and teach people that they deserve handouts for just existing when that type of attitude only makes us weak and complacent.

Growth comes from discomfort. If we stop challenging ourselves we lose our sense of purpose in life and without purpose we lack identity.

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UPVOTES

I can admit im scared of my beauty fading away

LoveWitchXo · 7 July 2022 · Archived copy · Reddit

Hello ladies. It is well known that men are attracted to youth, I am scared of aging because I know I wont be as beautiful anymore when I am 50 something years old.

I am scared that maybe my future husband will seek out a younger woman. Is it all just a matter of taking care of my body and appearance and staying kind?

How can I make sure my future hubby sticks around? Edit to add: I take great pride in my looks and body and my femininity is very important to me. I do everything I can to keep my boyfriend happy!

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UPVOTES

Stop Chasing the Honeymoon Phase

cknyakina · 12 February 2023 · Archived copy · Reddit

Remember when you first began dating your partner? When you had intense feelings for each other? A time when you couldn't let go of each other, and you were constantly on each other's mind. Perhaps you are in that stage right now. Everything about your partner is exciting. Like most things, that does come to an end. That however is not the problem, the problem is, some people get stuck in that period, thinking it is meant to be like that forever and to feel the excitement that they first felt, they get caught up in a never-ending task of trying to relive or recreate that moment.

The honeymoon stage while dating is important. It keeps you interested in someone long enough to know them and decide whether you want to pursue something long-term or not. It's in this period that you catch yourself thinking about what a future with the said person might look like. When the thoughts are promising, you might find yourself actively becoming more involved in their lives and wanting to start a life together. It's also during this time that we realize that the said person might not be good for us, but some people choose to ignore that (and choose to convince themselves how people can change, or they can accept the flaws in them) in pursuit of the emotional happiness that they are getting at the moment, but that is a story for another day.

When the honeymoon stage is over, at some point you'll have to make a conscious decision to commit or let go. There will always be happy moments where you'll find loving your partner more than you've ever had or having deep contempt for them, but it is important to know that you might never feel the same excitement or emotional high you did while you were dating. Some might think that is bad, but it isn't. After you realize that trying to chase that feeling is like trying to go back to the Garden of Eden, which is impossible, you are left with the choice to grow and explore. And therein, lies your joy and wonder.

Beyond the Garden of Eden, there is a lot to explore, a lot of things that will make your mind wonder with joy, and land to grow and create beautiful crafts together. Or you can choose to get stuck, unable to grow and move on and instead remain at the edges of the garden looking into what was, hoping to get back in.

And therein lies the difference between people with successful relationships and people with a multitude of failed relationships. After the excitement is over, some people, knowing that they can have a future together, decide to explore the unknown and nurture their love and compassion for each other while creating new memories and getting even new feelings they didn't even get to feel before. This requires commitment and hard work, constantly having to check with each other and comparing notes. But you work through that, and you'll always be in a safe and happy garden no matter the circumstances because you choose to toil and grow. While this might be less exciting, it usually evolves into a meaningful and intimate relationship.

The other couple on the other hand, having lost the excitement of the honeymoon stage, will try to do things that made them happy repeatedly hoping that it'll get them emotionally attached again. But that'll never happen, and unable to take the time to scratch below the surface and make a commitment despite knowing that a person might be right for them, they'll walk away to go find someone else who'll make them feel alive again. Someone who'll make them feel that excitement that they once felt. For those unable to move on, they find themselves stuck in an unfulfilling, emotionally unhealthy or toxic relationship. And the cycle continues.

And it's only often in dire times that people realize that they didn't allow themselves to grow and connect with people beyond the surface of what was seen and what was. It's at that time that one realizes that all they have is a list of people they spent moments with, without really connecting. All that held them together was the pleasure that brought them together, and after it was gone, so was the moment.

But what can you do differently? Avoid superficial connections. During and after the honeymoon stage, it is important to let people know who you are and also allows people to express who they are. If you can love them, and they can love you and still feel safe in that space, the world opens up to endless possibilities. Connecting and forming relationships takes time. It involves shading your skin and breaking down the walls that guard you and letting some people in. If all you share with people is a facade, because you are scared of what people might think of your flaws, you'll never really feel like you belong. You'll never connect because a part of you will always be in hiding.

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Hi RPW, long time lurker, first time poster(long), field report about the effects of my behavior changes since finding the RPW.

-peppermint · 14 November 2014 · Archived copy · Reddit

I have to admit, the feminist and modern dating advice I've gotten from seemingly everywhere is terrible, it never worked, unless heartache is your goal. The advice I've gotten from here is beyond valuable though, I genuinely feel happier in my life and my relationship and I credit it to RPW. Cultivating a feminine frame a mind has made my man more rabid for me than ever. I was always sort of confused about how RPW establish a C/FM dynamic but once I started implementing the advice here, it established itself quite quickly. I realized that for the length of my relationship I'd been pushy, bitchy, and annoying and that the reason we were fighting so much was because of ME and my entitled mentality.

Quick background on my guy. He's 3.5 yrs older than me, I'm 25, he recently got out of the military after serving for ten years. He's very much a good man, a natural leader, strong, tall, intelligent, pretty much alpha. which I love. But I honestly was at first kind of intimidated by, because it went against all the leftist indoctrination I'd be force fed from university, culture, etc.

About four months ago I found RPW and made changes immediately. Some of the first things I did after reading RPW:

- Started going to sleep one hour earlier to ensure I could get 8 hours of sleep.
- Waking up early enough to where I could make myself look good(and by extension feel good!) and start making breakfast for my man and I
- Instead of telling my guy what I want to do, I started asking him "I really want to know what you want, love, what do *you* want to do?" This was from advice I found here, because I had been pushy it seemed he started second guessing his instincts to lead...
- No nagging, at all, ESPECIALLY before he goes to work, no fighting about the unimportant stuff with the idea that as I fix these behaviors the bigger issues will work themselves out
- Made sure that before my SO gets home I've made our bed, had dinner ready, and the house was cleaned, just so that when we're together *we can relax* and that this would also stop the bigger fights from bubbling up.
- In an effort to save money, I began packing all of our lunches, and writing little love notes with super girly bubbly writing just so my guy will feel loved

The results

Getting 8 hours of sleep has made me sexier. It's not in my head, I took pictures of before/after, I noticed that my skin has more radiance, it has a youthful glow and flush to it, and my laugh lines are almost invisible, late nights and little sleep really DOES take it's toll. It's also made me incredibly more relaxed throughout that day, and I feel like it just helped me be more stable between emotional peaks.

When I started making breakfast for my guy he was a little confused, mostly because he was used to waking up by himself and eating cereal, but he's come to love me waking up with him. I notice that he's so much happier when he goes off to work because of *this little change* and that he can't help but tackle me when he gets home. It's taken stress off of both of us. It lets him sort of relax and wake up in the morning time while I fix us something to eat, he even will do sweet little things like embracing me while I'm working, or making us tea.

With packing his lunches, it was something I could do in between fixing breakfast, and after cleaning up dinner the night before. I've been writing him small notes and packing homemade baked goods for him in his lunch, for the

first month or so it was pretty normal, it didn't seem to make a huge difference, but months after the fact he proudly will come home now and talk about how his co-workers make comments about how he should "marry that girl", and that his friends at his office are envious that he has great food to eat. Sometimes I'll pack him extra stuff and he gives that to the people around him and they rave on my baking ability! This has had such a huge effect on our relationship that I can't believe I never did it, he seems really proud to be with me, if that makes any sense. The added bonus to this is the money we've saved... Ladies, we've saved SO MUCH by doing this, that this has greatly reduced random financial stress as well. Lately I've noticed that he will randomly buy me little gifts and he isn't worried about money so much anymore.

When I say no nagging, I mean that I never ask him to help me clean up after he's worked all day, or I know he needs to relax. I notice instead that after a particularly great day, he'll just start helping me clean up after dinner unprovoked, I praise him and love him for this and as a result we are both happy. I've also made sure not to tout my efforts as something he should be grateful for, for example I don't say things like, "I worked so hard today to make this food; You're so lucky you have me, most guys would want a woman that takes care of them like this", I've seen women do this to their men before, and no one seems happy. I've noticed that *I don't need to anyway*, because it wasn't long before he will do it for me, he'll compliment my efforts and I just smile and kiss him and cuddle him and it makes us both happy.

By asking my man what *he* wants really helped establish the C/FM dynamic that I don't know how I ever lived without. I got this little piece of advice from here in a thread one day and started using it the day I found it. After a few weeks he began to just say what we were doing, and I would just go with it. I've noticed that when doing projects together, like assembling IKEA furniture, I just default to his ideas, and let him go. For some reason I never did this before, I guess because I didn't trust him? But I've discovered that by trusting him we are better off than ever. He seems to have SO MUCH more confidence and the ideas he comes up with and decisions he makes are really good *for us*, he seems accomplished and happy doing this, it's natural for him. Where before I was reluctant to give up that control of a situation he would second guess himself and then projects would turn into fights, by letting him make the calls he now will ASK me if he is unsure and request a suggestion, it's improved everything!!!! No more stupid fights about these things! Another thing is when giving my captain(I can call him that now!) a suggestion, it's always a suggestion, I'm sure to never tell him what to do, or undercut his decisions, but instead just contribute to them, and now we work completely together, it's for the best.

Sex. All of these little things have added up to one huge critical factor. My man is hungry for me. I feel desired like I never have before, it honestly feels like that since taking care of these things, it's cleared up so much free time for him to not worry about these silly household things and now that intensity has been directed at me... in a good way ;) I'm terrible at talking about sex, but basically, ohhh myyy goddd. Good stuff. :)

This is literally the longest post I've ever written, but I HOPE that maybe some other lurker out there will see this, I WANT the ladies here to critique me and give me more advice or tell me what I can do ever better, and I have to say THANK YOU, RPW... Thank you.

I know that this man is the one who I want to spend the rest of my life with and the other day I glanced at him on his computer and noticed he had a tab on his computer that was titled "wedding proposals", if he proposes to me I will be the happiest lady ever. A month ago he randomly asked me about ring sizes... so. I need to stop rambling but yeah, it seems like the RPW philosophy *does work* because I'm happy, he's happy, and I'm finally getting the commitment and fulfilling relationship I've always wanted.

best to all♥

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Rant: Being an Alpha Widow is not cool or interesting

BePrivateGirl · 30 November 2019 · Archived copy · Reddit

I just wanted to have a brief discussion about being an alpha widow. First we should define it: An Alpha Widow is a woman (with low SMV) who has a relationship with a high SMV man. After the relationship ends she never gets over the Alpha guy, never finds meaningful relationships with anyone else, and goes through life dissatisfied in love.

Being in a relationship in the past does not make you an alpha widow. Being in a painful breakup does not make you an alpha widow. Thinking about your previous relationships or occasionally missing someone does not make you an alpha widow.

An Alpha Widow has Low Value, and for most of us, being in this sub and trying to self improve already puts you a step above the rest. If you truly are Low Value, your continuous journey to be a better woman will remove your Low Value status, and help you achieve a high value guy, even if it takes time and energy.

An Alpha Widow has an unhealthy preoccupation with the past. This is not a badge of honor. It's something that needs to be fixed, hopefully with therapy. A woman who is so consumed with judging present potential romantic partners and comparing them to the distorted reality of her selective memories is critical, judgmental, unattractive, and cold.

The Thoughts and Labels that we apply to ourselves MATTER. Even ruminating on thoughts, "I wonder if I'm an alpha widow..." is planting seeds into your subconscious about how much power or control you have over a situation. We are social creatures, and it's okay to grieve a previous relationship without self-diagnosing yourself with a mental disorder.

I don't mean for this post to be mean-spirited, or bully anyone. I just keep reading so many posts that start off with, "Blah blah blah, and that's when I got Alpha Widowed" I just don't think it's healthy.

End rant.

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Quarantine Reposts: The STFU Method

pearlsandstilettos · 19 March 2020 · Archived copy · Reddit

At the request of [/u/timeforstretchpants](#) here is a blast from 4 years past by the lovely Sadie. Her account is gone but she's written many of the posts in our Wiki so she will never be forgotten.

When we are all trapped together and nerves are frayed, sometimes the best thing to do is practiced this time honored RPW technique.

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™ 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!

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What do you do when masculine women hate you?

tradkitty · 6 December 2020 · Archived copy · Reddit

Hello friends, I love you all. Sorry if this sounds petty, but I'm sure lots of us were in a situation like this. I want to ask what do you do when masculine women hate you? I shared my experience in the last paragraph.

What do you do when:

- they try to pick at you
- they try to damage opinions of men in your life about you
- they try to strip and shame you out of your feminine qualities and copy them

Once one woman (dad's gf at that time) tried to do all of that and what happened:

- I just completely ignored her
- I kept affirming myself that I did everything right, I never overstepped boundaries, I never said a bad word to her, I never did anything bad to her. And kept reminding myself that she always tried to crap on me, insulted me, was stealing my makeup, threatening to physically hurt me, trying to crap on my CAT even.
- Kept reminding myself that I should actively embrace and exaggerate everything she tried to make me stop doing. For example she tried to shit on my feminine style, I dress EVEN MORE FEMININELY immediately and treat myself to new romantic clothes.
- Then I kept being innocent, kept reassuring myself in my feminine role. then when a good time came I told my dad that I am scared of that woman.
- Then she got very very angry, was aggressive, was slamming doors and dad noticed it and told her to stop. She didn't.
- Then she told my dad she wants to hit and kill me.
- Then dad threw a salad at her face.
- Then he kicked her out :)

Femininity is the way, girls!

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Why should we neglect 'Pseudo Body Positivity' culture set by people.

RedPilledWomen · 18 February 2021 · Archived copy · Reddit

"Be comfortable in your own skin" "It is okay to be obese as long as you are being yourself" Statements like these normalise obesity and unhealthy lifestyles in my opinion. It's high time we normalise fit bodies and healthy workouts/diets. Most of these sites/celebs who promote this motion are the ones with fit bodies anyone can dream of. You can be comfortable in working out and eating healthy. Rather than preaching people with these so called 'self love teachings' teach them how they can improve their lives by changing their diet and daily routine.

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Moving on

pearlsandstilettos · 13 January 2023 · Archived copy · Reddit

Hi RPW,

My time here has reached its end. Between moderation and my alt, I have been here over half a decade and I'm tired.

Don't get me wrong, I've loved writing and sharing with all of you and had great fun arguing with the trolls. But most of the men have moved over to trp.red and no one reads the old content or the books. For all intents and purposes, this sub has become trad rather than RPW, and battle of the sexes rather than understanding our men. Those things are simply not me.

I wish you all a lifetime in a happy healthy relationship with a good man. Building strong families is the start of building strong cultures and is more important than it is credited to be.

You will see my name in the mod list for a time but I'm not here anymore after today. [u/livelylychee](#) is here to handle things from here on out. Lychee, I'm pulling the trigger. It's all you girl 🍷

Pearl

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Hypergamy, Wandering Eyes and Monkey Branching

Deliaallmylife · 25 April 2024 · Archived copy · Reddit

If we take RP theory as a starting point (and we are on a red pill sub so let's do that) then women have a "hypergamy drive". This means we are always searching out the best man we can find to pair off with. RP will tell you that if you are in a room with your partner, you will still be looking around the room identifying the best man present, whether that is the man you are with or not.

Out of this constant looking, comes the concept of "monkey branching". This is when you stay with your current partner until you have identified a new, better, mate to jump to. The break up can be clean or there can be a fuzzy line (ahem) where one relationship ends and the next begins. Whatever the situation, the monkey brancher secures a new relationship before she leaves the old one.

RP men *haaaate* hypergamy and monkey branching. Of course they do, it isn't in their best interest and at best a man will view it as disloyalty, at worst we are dealing with out right cheating. From a RPW perspective it is another fuzzy line.

In my experience, wandering eyes do not occur when the relationship is solid. This is a "drive" that can be satisfied and put down for a long sleep. However, when the relationship is not solid, when there is something missing, it can pop back up again.

With that in mind and in the spirit of Laura Gottlieb, my message today is this:

There will always be *something* you do not get in a relationship. No one will check all the boxes or align with your hobbies 100%. Some men will have a long list of pros but still a short list of cons. Alternately, they will be everything you could possibly hope for but they are just missing this one thing. However it shakes out, your perfect man will never be perfect.

So when that hypergamy drive kicks in and before you decide to monkey branch to a new guy, you need to take a hard look at the new guy. He may be an outdoorsy type while your current man is allergic to nature. Before you make the jump, you better be very very sure that Mr. Outdoors is also Mr. Reliable, Mr. Solid in his Faith, Mr. Ambitious and whatever other qualities you are *leaving behind* when you monkey branch. If all you see is what you *don't have* and fail to acknowledge what you *do have* then you risk losing all the qualities in your current man while you seek out *that one thing* you are missing.

We say that the grass is greenest where you water it. Don't tear up the lawn and put down rocks just because you have a patch of weeds.

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What Working with Executive Men Has Taught Me About Submissiveness as a Strategy

Jenneapolis · 13 June 2024 · Archived copy · Reddit

I've worked in a role where I act as an Executive Coach for 15 years and it dawned on me recently that a lot of the tactics I've learned regarding how to deal with high power men in my personal life have come from my learnings partnering with male executives at work. In my role, my job is to give advice surrounding management problems my executives may be facing. They make the final decisions and they lead – my job is to counsel and help persuade them to make (what I think are) the best decisions, to think through the risks and consequences of various paths, and to provide industry best practice knowledge.

I remember one occasion early in my career where I had upset an executive which is not uncommon as our priorities often conflict (seem similar to romantic relationships between men and women?!). I can't remember the topic but I do remember I told him "no" in a way that was very blunt and offered him little to no room to move forward in the way he wanted. In a coaching session with my female boss, she told me: "You need to just be submissive a little bit. I hate to use that word, but I can't think of a better one. Apologize for the situation even though you didn't do anything wrong and defer to him." This was a light bulb moment for me; you can see the similarities with the RPW approach because it works on men in all situations.

Here are some of my key takeaways from working with executive leaders that you can apply to your relationships and vetting:

1. They want problems solved.

When faced with a problem, men want it solved as quickly and efficiently as possible. They don't want to spend too much time talking about how/why it occurred, how people feel about it, who did what, etc. To them, this is drama. They just want to know:

- a) What is the problem (in simple, short terms).
- b) What are the options that can solve it.
- c) What are the various consequences of potential solutions (positive and negative outcomes).

To add value as a partner, you should offer various options to solving a problem. As much as possible, if you can appear to be objective in your recommendations rather than being focused on pushing what serves your best interest only (often ignoring his best interest), you will get further and your opinions will be more trusted in the future.

2. They don't want to be told what to do and language matters.

This seems obvious as no one wants to be told what to do, but men specifically don't react well to being *told* what to do, especially when faced with a problem or in a situation where they may have asked you for advice which already places them in a vulnerable position. Many men are open to advice, but women often frame it up poorly (or are so excited to be asked, they don't take a minute to think through what they are about to say) which leads to a negative and defensive reaction from the man.

Framing advice up poorly can include language like:

- "You just need to..."
- "I told you before you should..."
- "I have more experience with X" or "I know more about X so you should do it my way."

There are many ways you can offer advice or opinions to a man and even influence the outcome you want while helping him save face. These include:

- Using positive affirming phrases that express empathy and build his confidence such as my favorite, “You may have already thought of this but what about <my idea here>” or “This is a difficult decision but you are a great leader and I’m sure you’ll make the right call.” The latter is quite similar to Laura Doyle’s Spouse Fulfilling Prophecies” (SPFs) which encourage such statements of confidence where you explicitly state the behavior you want to see.

- Asking questions rather than stating demands. These can include ideas you have such as: “Have you considered...?” “What do you think about...?” “What are some ideas you have so far?” Get him talking and expressing his thought process and suddenly the whole thing becomes collaborative rather than you against him. You are now acting as a team.

3. Giving bad news.

Sometimes you have to say no or give bad news to your leader, it’s inevitable, and you know in advance they will be disappointed. Some tactics you can use to soften the blow are:

- Share how things will be different next time (e.g. “I’m sorry I can’t do X today but I will tomorrow” or “In the future, we can try to X so this won’t happen again).

- Apologize even when it’s not your fault. This is not new RPW advice but I find IS underused. You don’t always have to admit wrongdoing to apologize but can apologize for the conflict in general. In a relationship context, I use “I am sorry, I hate when we fight” when I didn’t make a specific mistake I feel I can call out but just want to say I’m sorry we are having conflict and I love you. Usually the response is “I hate fighting with you too” and a hug.

- The absence of a “yes” is a “no.” You don’t always have to directly say “no” to your partner to express you won’t/can’t do something. If it is not an urgent issue, even if you know you can’t do it, your best bet is to ask for some time to think about it or say something vague like “we’ll see” or “let’s deal with it tomorrow” rather than come outright with a no. Yes you can’t always avoid problems forever but saying no off the bat first thing makes him feel like you aren’t even considering his POV. Giving it some time and just not saying yes but letting it sit is less hurtful to his ego and makes him feel heard. Nothing is worse on a man (and a woman for that matter) than feeling immediately shut down.

4. The best leaders are open to advice.

The best leaders want advice from others and are eager to listen to their opinions, especially when that person is an expert in a certain area they are not (e.g. you SAHMs are experts in homemaking). In the vetting stage, you should see how open your leader is to your perspective. Do they ask for your opinion on things? This doesn’t mean they ask your opinion on EVERYTHING (and we don’t want that!) but do they ask when they can feel maybe you are hesitant about something, encouraging you to speak up if you are shy? Do they seem to actively listen when you are sharing? Or do they get defensive if you offer your opinion? If they get defensive when you offer an opinion, examine the language you are using as in point 2 above and see if the way you expressed it can be modified in order for it to be received better.

5. Keep things fun and light, even in tense times.

Being the “goddess of fun and light” is not a new concept for RPW but can sometimes go out the window in moments of conflict. Every day I use smiling, cracking jokes, laughing, and humor to defuse tense situations and it absolutely works. Even on phone calls, a cheery tone and a laugh can set the stage for a more chill conversation following perhaps a tense email exchange. Have you ever had a tense text exchange with a partner, so they call you, and you answer rudely with a tone right off the bat? I have. Try instead answering cheerfully, even if it’s fake. Make a joke or giggle - it will immediately take the edge off and he’ll approach you more eager to resolve the situation. He’ll think “Ok I was upset at first but maybe it’s not as serious as I thought.”

And try as hard as you can not to take yourself too seriously or exaggerate a situation as being more serious than it is. Remember that “feelings are not facts” and your feelings don’t have to be acted on just because they exist.

Furthermore, you don't have to solve something *immediately* for it to get solved *eventually*. Things are not as urgent as you likely make them out to be.

Masculine powerful men want someone who is agreeable as [this post](#) from [u/ArkNemesis00](#) recently reminded us. However this doesn't mean you can't influence a man toward what you want. But you have to approach it strategically, methodically, and with a feminine approach from the start. Much like contributing to your bank account, the balance of your feminine behavior builds over time and this is how a trusting partnership is built.

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6 Things I've Learned in 6 Years of Marriage

ArkNemesis00 · 3 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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Mainstream feminism is the Munchhausen by proxy of ideologies.

SuperSlavisWife · 3 July 2015 · 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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Red Pill is power. Here are some (amazing) benefits of taking TRP as a woman

cristiana33 · 17 August 2016 · Archived copy · Reddit

Intro: Men need TRP. Women technically don't. Blue pill women get commitment/validation without needing a special strategy.

We can pretty much do well for ourselves even without red pill, but I think it comes with amazing benefits for us as individuals so I made a list.

Simplified view of the world.

How simple are we really, as humans? Well.. Wait. Blue Pill wants to answer this one.

Blue pill: *We are complex individuals, each of us is unique, everybody likes something else, nothing is simple and we're nothing alike.*

There I was, out of college, understanding absolutely nothing about what was around me. Social interactions were weird, I was anxious, I was browsing tumblr and calling myself a feminist.

The bluepill system loves creating confusion and ambiguity, I simply did not understand what was expected of me and how does everything work. I was confused and scared.

TRP lays us some universal rules by which us, as humans, think and behave.

TRP says we're not that damn special. We're mammals, we have instincts, we have needs. We're weak, but by accepting weakness we can build strength. **Redpill is all about the factual, observable reality.**

Post-TRP I understood my place as a woman in society, what I am valued on, I understood why I was attracted to "douchebags" and not "nice guys". I understood why girls I considered "stupid and boring" (I was jealous of them) were getting guys that would not look at me twice.

I made sense of things in retrospective. Look back on your teen/young adult years through Red Pill lens, isn't it all just so simple?

Reduced social anxiety

Maybe this deserves its own post but I will say this: I dropped out of college because I could not handle social anxiety. **Since I started reading TRP I have no social anxiety anymore & here's how it worked for me:**

I was hyperventilating reading on TRP how men rate women on scales from 1-10. In my tumbtristic world men never did that. I had no idea men rate women like that. I was disappointed.

To me personality was the most important thing men valued in girls. *"C'mon, there must be some mentions about strong women around here!"*

Mindblown.

I realized the lies. I realized that my social anxiety didn't matter. Its source was my inability to meet imaginary expectations in terms of "my personality." I was stressing that I was boring and that I was stupid.

Should I be witty? What should I say?

I don't want to seem dumb, nobody likes a dumb girl. Oh, I must seem fun and bubbly!

I realize no matter how stupid I am or how boring I am, it just doesn't matter. My role as a woman is not to lead the conversation and be the witty entertainer. If you have social anxiety focus on looking good and polished and getting rid of bitch face (if you possess it). Now relax. Nobody is going to judge you, disqualify you or criticize you based on anything else.

The lesser you speak the better, it makes your word valuable.

Don't ramble like anxious people do. Good posture and body language do all the work.

There's a reason guys at [r/TheRedPill](#) "envy" our privileged position as women, we honestly don't have that social pressure on us like they do. So make the most of this.

No anger, no pettiness.

Many women are angry and petty, aren't they? Most of them are feminists weirdly.

We here, at [r/RedPillWomen](#) seem to be pretty cool & collected.

When you don't try to change the world to fit your needs and you play by the ancestral rules you are much happier.

Bluepill tells you that you can change the world. Do a hashtag. Make a movement. **Run a marathon on your period without a sanitary pad.** You can change the world, girl!

Actually you can't and that creates frustration.

Look on body positive instagram accounts - those girls are rabid. They are angry, they post passive-aggressive quotes and surf the web for articles to be offended by.

Sounds exhausting to me.

A RPWoman knows for example that "f*ckboys" just follow their interest. Why be angry at biological instincts of mating with as many women as possible? Why be angry men are attracted to youth? If they weren't, they would have mated with old infertile women.

In this subreddit are in a much better place mentally then our blue pill counterparts. Ever since I understood the rules of nature I cannot be angered by petty things and so should every RPWoman.

The ability to make choices wisely

If somebody asked my N-count before TRP I would have lied about it saying at least 5. It's...way lower. I didn't want to seem like a loser.

Yes, I was that programmed. I was that beta that I believed a low N-count is detrimental to my value so **I was willing to say that I slept with at least 5 men, even though I did not.**

I'm sure even some BP women know that a high N-count is unattractive but I didn't. This is called "projection mentality". Because a man who sleeps around increases his value, I believed this applies to me also. Now you can see how easy you can make a bad choice while under blue pill spell. Imagine what kind of choices that mindset would make me do.

Luckily I took TRP in time and I maintained my integrity.

Blue Pill screws up your choices, your ability to discern things correctly and gives you a set of values that are not real in application. Riding the CC is one of blue pill's main attractions and we know how that turns out.

In a climate of confusion/ambiguity anything goes, there's no right & wrong (because everybody's different, right?).

On the pill the lines are clear and the hamster is silent - this always leads to better choices.

TLDR; There is so much more to RP than a sexual strategy. Read what I wrote in bold. We're lucky we're out of the matrix.

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For Single Ladies “Late to the Red Pill” Part I: Motivations for being RPW, Facing the Wall, Dealing with N-Count

RubyWooToo · 30 November 2017 · Archived copy · Reddit

In a perfect world, all ladies would discover the Red Pill as fresh and dewy teenagers, ideally guided by the loving hand of traditionalist mothers. They would have dedicated their formative years to self-improvement and self-sufficiency, becoming proficient in the domestic arts, cultivating their feminine wiles, developing a unique and exquisite personal style, and saving themselves for the exceptional men who would become their husbands.

Alas, we do not live in this perfect world. Many stumble upon the Red Pill after the prime bloom of youth has been wasted on FWBs and focused purely on material success at the expense of personal happiness. Just as TRP newbies experience an “anger phase,” new RPWs often experience a “guilt and shame” phase when finally awakened to the reality of male and female relationship and sexual dynamics.

This post is intended to offer hope and guidance for any lady who wants to implement the RPW philosophy in her life but feels she may have arrived too late. This is the **first of a series of posts**, and will be most applicable to ladies **ages 25 and up**. The first few posts will focus on single ladies; future posts will be dedicated to women who are married or in LTRs.

First, what are your motivations for wanting to be an RPW? If it’s because being on your own is too difficult and exhausting, and you just want someone to take care of you, then you’re in the wrong place. *The most challenging thing about becoming an RPW is changing your focus from what you can get out of men to what you can offer them.*

Second, let’s take hard look at “the Wall.” TRP defines the Wall as the point in a woman’s life (22-24 years old, if you ask Rollo Tomassi) when her SMV begins to decline.

In reality, most women do not wake up as undesirable hags on the morning of their 25th birthday. When and how quickly your SMV declines depends largely on factors within your control. Do you live a clean lifestyle and are mindful of your health and physical appearance, like [Rachel McAdams](#)? Or did you burn yourself out with smoking, hard drugs, binge drinking, and reckless behavior, like [Lindsay Lohan](#)?

From the RPW perspective, what the Wall actually represents is *a fundamental shift in power dynamics between men and women whereby the value of a man’s ability to provide commitment begins to exceed the value of a woman’s ability to provide access to sex*. This is why the guys you met in college were willing to transition from FWB to boyfriend, but the mature and established men you’re meeting now are unwilling to commit to you just to secure sex on tap.

It’s imperative to adjust your dating strategy to emphasize your RMV. What qualities do you have that are truly unique and remarkable? How will being in a relationship with you make his life better? In what areas are you fundamentally compatible?

The one advantage that you have over the younger bodies you may be competing with in the dating marketplace is that, at this point in your life, you should be secure and self-aware enough to be able to answer these questions and use your knowledge to hold a man’s interest beyond the initial attraction phase.

Third, how do you deal with your n-count? Other than the Wall, there is perhaps no subject discussed in this forum that gets us ladies riled up more than n-count. If any talk of the “cock carousel” makes you feel defensive or doomed, know that *just because you can’t re-write your past doesn’t mean you can’t or shouldn’t control your present and future*. This means learning how to vet properly, controlling your impulses, and enjoying the rewards of delayed gratification.

If a man considers your n-count a deal-breaker, move on and don’t hold it against him. You’re not the right woman for him. If, on the other hand, a man expects no-strings-attached sex because you’ve done it in the past, you’re

under no obligation to acquiesce. He's not the right man for the woman that you are trying to become.

On the plus side, the older you are, the less likely you are to meet men who will outright ask you how many men you've slept with in the past. But that doesn't mean that men won't judge your sexual history in other ways. Have you cheated on your past partners? Were you ever a sidepiece? Were you ever pregnant? Do you have any children out of wedlock? Do you have or have ever had any STDs? Did you ever have sex with someone to advance yourself at school or work?

If confronted with these questions (either directly or in a roundabout way), you need to be upfront and honest—both with yourself and your prospective partners—about what you did, what led you to make such poor choices in the past, what you've learned, and most importantly, what you're doing to prevent making such choices in the future.

Yes, this means some guys might "next" you. But a willingness to be vulnerable and selfless, and not try to manipulate and control your partner's feelings and reactions by lying or withholding information, is a necessary part of becoming the type of woman a man can love and trust.

Besides, women who actually take responsibility for their mistakes instead of blaming men and society are in such short supply these days that some men might find such frankness and self-reflection to be rather refreshing.

Coming up soon: For Single Ladies "Late to the Red Pill" Part II: Nun Mode, Realism vs. Settling, Vetting Mistakes

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Cheat codes

aftertheafter-party · 11 March 2018 · Archived copy · Reddit

Some easy ways I have found to quickly make my sweetheart happy:

- Don't have time to clean: Do the "good babysitter's cleaning job" which consists of neatening items, straightening piles, etc. It's not invasive or intensive, but it replaces randomness with intentionality. Use essential oils to clean a place aromatically. Spritz a little lavender on the bed sheets, put sage oil in the doorways, lemon-eucalyptus in the entryway/bathroom/kitchen. It's an immediate & total refresh on the energy of the space if you don't have time to do a full clean.
- Lacking sex/romance or stuck in a rut: Again, use smell / muscle memory. Put an outfit together with perfume that conjures memories of an awesome romantic day together. Take a walk outside or dance to your favorite music to brew up joy within yourself. Wear something sexy that doesn't "require" sex as a response (not spendy lingerie, but maybe nice sweatpants + a crop top or a silky robe + panties). When he does give you that good dxck, tell him how good he was & give him the pets he likes immediately afterward. Train him how to treat you.
- You are not communicating well or have "nothing to talk about": Do something new on your own. Listen to your old favorite album. Put on something sexy just for yourself while you do self-care. When you are with him next, tell him a story about how you are/were feeling: What does the weather smell like? What does the fabric of your dress remind you of?
- Sweetie had a bad day, or you have fallen down on your duties: Thank & compliment. Thank sweetie for patience & giving you space while you are not doing your best. Thank him for how hard he works. Compliment him on how sweet he is during your hard times. Compliment him on how impressive he is at what he does.
- Dude is pissed: Don't defend; if you defend, you are attacked. Listen, apologize, keep an open stance - physically & mentally. Stand your ground by vocalizing your wants & needs. Don't voice what you want as a solution ("I want more time with you"), voice your problem ("I'm feeling lonely, I want to feel connected").
- If you feel like a raisin: STOP GIVING OR DOING TOO MUCH. If you aren't feeling juicy, stop putting yourself there. Yes, it's great to be caring & supportive & provide comfort - but you can't authentically do this if you don't already feel juicy in yourself. Work yourself back up into a juicy state, & then you can go back to being a love-bug. You don't have to be mean, but there can be a storm over your waters - without you blaming it on anyone else - so buckle down, protect your resources, & be a weather reporter about the conditions on your island if asked.

Also, never do this shxt for someone who is not a Good Man. Don't do this unless you feel amazing whether he is with you or apart from you.

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Hormonal birth control

kwarn93 · 27 November 2018 · Archived copy · Reddit

Hormonal birth control almost ruined my marriage. My husband and I have been together almost three years, married for two. After our daughter was born I went on “the pill.” It was a gradual change but we began fighting. A lot. I was mad and sad and depressed all of the time. No motivation to do anything. I began to pick apart every little thing my husband did. He finally demanded I seek help & I was diagnosed with depression & PMDD. My doctor suggested I go off of my birth control for a little while as the synthetic hormones in the pill adversely effect over 50% of women on it. My husband agreed. I’ve been off of hormonal birth control for two months now. I haven’t felt this happy in ages. It’s like a fog has cleared in my brain. My sex drive is back, I’m motivated, I don’t pick fights anymore. I can see how I was spiraling, when I couldn’t see it before. TL;DR Never going back to hormonal birth control.

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He told me I remind him of... his Grandma

ChuckUFarlie14 · 6 December 2018 · Archived copy · Reddit

Last night, as we were entangled in each other's arms in bed he looked at me and said, "you are beautiful." I said, "thank you, I really hope that's not all you think of me though." (fishing for more out of my quiet man). He said "I don't mean your face or your body this time. I mean the way you carry yourself. It's eloquent and graceful." I said "HA! I have never been called that before!" He went on to tell me that he loves the way I keep my house up, always make an effort with hair, makeup, and dress. He loves that I make bars for my child's school bake sale, even if it means staying up late to make a second batch because the first was not ready for public consumption. He kept saying "I don't know how to describe it without being weird." I said "just say it, I want to know." He said, "you remind me of my Mom, the way she was when I was growing up. And even more, remind me of my Great Grandma." Now, a lot of women would be offended, or weirded out, (considering the amount of sex we just had). To me, that was the best compliment I have ever received. I have heard countless stories of his Great Grandma, and that she was one of his favorite people. All these years of being unappreciated and taken for granted in my previous relationship, even being called vain for the same things he loves, and one simple comment has restored my confidence. Makes me want to do anything and everything for him.

EDIT to add: He also told me that he is so shocked that I am only 23 (he is 33), because he has never seen another woman my age who carries herself like me. What a beautiful compliment.

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Purifying the heart makes you more attractive

LSDMusicLady · 3 September 2018 · Archived copy · Reddit

Yep.

People can sense purity, and they are extremely attracted to it.

Pure men and pure women are almost irresistible, especially when combined with self-respect, which includes respecting your physical body and appearance. Pure and self-respecting people are very rare and they shine among dull crowds.

You can't help but love those people and want to be near them and be more like them, or envy and judge them if you leave your subconscious thoughts and emotions unchecked.

When you have nothing to hide, no games to play, no hidden agendas or ill intentions to be ashamed of, even at a subconscious level, it becomes easier for you to be fully **present and engaged**, because your awareness is not divided into parts that are present and others that are busy trying to hide something.

When you are fully present, you automatically become funnier and more confident.

On my spiritual path, I am learning the importance of having pure intentions, my purpose for doing this was never to attract more men, but it seems the more I purify, the more men I attract; GREAT quality men.

I am 33 years old and single, and frankly, the attention I receive from young and old men can be overwhelming, especially because I don't like making men feel rejected, to the point where I started wearing loose clothes more often than not.

This way of living, I began to attract kind, pure men as well. Revealing clothes attracted too many predators and not the kind of attention I wanted. I want pure love and mutual respect, because I realized that that's what makes me truly happy.

Frankly, I am no longer Red Pill, although it served me well for a while and helped me understand a lot about our human nature at the level of the ego, I have a different way of looking at life now, but I figured this sub might benefit from this tip.

Much love.

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For two years I have been living RPW and June 14th, I married the love of my life!

Fieryirishplease · 17 June 2019 · Archived copy · Reddit

I found RPW a little less than a year into my relationship and it immediately felt right. I have been reading as much as I can and looking to my role-models such as my parents who have had a nearly 30 year marriage. We have been planning the wedding itself for a year but in reality less than 6 months. However we both were much more excited to be married rather than the wedding.

The wedding itself was absolutely fantastic. It wasn't a huge affair, I think 75 people total came. The food was amazing, my Mother In Law assembled the Bulgarian community to do the catering and some decorating as I didn't have any idea of what to do for decorations.

I got to wear my black floor length gown covered in lace and my new husband shed a tear or two as I walked. He is so happy to be married to me and we spent several days after the wedding just talking about the future.

We have been living together since nearly the start of our relationship. That was admittedly a questionable decision but it was borne from necessity. For the past 8 months or so I have been a stay at home fiance. We moved states in search of a position for my husband that actually paid him what he deserved. Because we moved we can now get a house within a year and start some travel.

RPW has allowed me a much deeper relationship than I have thought possible. There is so much love, respect, and affection I never thought possible. I have been given all the room I need to pursue my passions for music, writing, and art. This lifestyle, attitude, and self reflection IS worth it. The happiness that comes is indescribable.

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New relationship: Our first vacation together

amadexodus · 7 November 2019 · Archived copy · Reddit

Hello ladies and lurking men!

This will be a slightly long field report, but my Captain and I got back from a 6-day trip to New York a couple days ago, and I thought I would share what went down through the RPW lens.

Context: We met a little over a year ago as friends. Although I figured out early on that he liked me, neither of us could really act on it because we were living in different states, and have been dating since mid-August when I moved. We went to NYC because he was running in the marathon and had been training for a massive PR, and I came along as his cheerleader. I can't tell you what his time or time goals were, as I don't want to dox him, but I can tell you that both his previous PR and the PR he achieved in NYC were very fast times (e.g. within the top 1% of runners in the race).

Here's what I focused on doing throughout the trip not just to stand behind him as he tried to achieve this athletic goal, but also to make the trip a positive, romantic bonding experience for the both of us.

- **STFU and let him talk (especially about running/the race):** We're both runners, so this has always been easy for me. I've learned early on in our relationship (back when we were just friends even) that when he's feeling nervous about a race or concerned about an injury/possible athletic issue, it doesn't really show in his mannerisms or his tone of voice. He can talk about an injury, a possible stumbling block, etc., completely calmly, and over time I realized that he did it because he trusted me. So I made it my goal to be a safe place to land by **getting good at listening to him and validating him/actually following what he says.**
- **Be physically affectionate....like, more than you think you should:** Obviously I didn't do anything he wasn't comfortable with. We've been pretty conservative sexually (i.e. nothing past cuddling or kissing, we haven't even had a hot makeout session yet), so I had to work within some unspoken boundaries. I basically took the affection displayed when we've gone out in the past and cranked it up a notch: more random hugs, more random kisses on the cheek/neck/forehead/hairline/lips, more random caresses, standing/sitting close on the subway, etc. And I of course cranked it up to eleven after he finished his race, both when we met up after and throughout the remainder of that day. To me, he was a freaking superhero Viking man, and I literally could not have kept my hands off of him if my life depended on it. Us ladies have a lot more leeway than guys do when it comes to physical touch, so I took advantage of it. (Note: If we were further along physically, I definitely would have given him an enthusiastic blowjob (or two) after the race when we were back at the Airbnb and going to bed, just letting him lie back and experience some lovely pleasure. And I'd be lying if I said that didn't cross my mind. We definitely need to have a more explicit conversation about our respective sexual boundaries/expectations soon, make no mistake).
- **Let him navigate/take the lead on plans:** With one exception, I let him lead the entire trip. There were times where he asked me what I wanted to do that day -- instead of giving him a laundry list of places and times, I suggested a few places and asked where we should go when. If we were walking around outside, and he wanted to go into a shop to look at running shoes or buy a coffee or look at vitamins (we're both very health conscious), I followed him in. He even insisted on asking his cousins again if I could stay with him at their apartment on our final night in New York instead of me staying with a friend of mine in the city like we had originally planned, and I didn't try to stop him. The only exception was when we had to get to the airport for our flight back: He wanted to take the subway, which would have gotten us to the airport 40min before our flight was supposed to take off. I pushed back, called an Uber, and got us there 60min before our flight was supposed to take off. Turns out, the TSA lines were so busy that we would have missed our flight if I hadn't taken over. My Captain is much less experienced with flying and didn't realize we needed more time, so he didn't know.
- **Expressing yourself:** If I saw something beautiful/cool/cute/funny, I said so. Looking back, I was almost childlike in how I explored New York and looked at all that was around me. I already have this mindset because

that's just how I am anyway, so it was just cranked up to 11 in New York.

- **Anticipate his needs:** This was mainly for race day, but I made sure to plan ahead so that all he had to worry about was running the race, not how I was doing. We picked out a couple of locations where he would see me along the course, and I made sure to get there and embarrass myself by cheering extra loud for him when I saw him. I texted some of his family members beginning at 5am that morning when we were headed to Staten Island for the start, letting them know how he was doing. This way, instead of him remembering to call them after the race to say what his time was, he was fielding calls from his mom/dad/brother telling him how great he did. I had wet wipes ready for him at the finish so he could wipe the dried sweat from his face, as well as plenty of water and a bagel with tofutti cream cheese so he could hydrate/eat something. I also did little things that I always do on our dates like refilling his water glass at dinner when it's nearly empty and making sure he doesn't have to wait ages for me to get ready (e.g. by doing my makeup while he's in the shower).
- **Giving him space:** The day before the race, he wanted to go to our Airbnb and take a nap/relax. I still wanted to explore, so we separated while I did some more exploring. Just because you're traveling together does not mean you can't take a few hours to go your separate ways and take in the new place on your own.

THE RESULTS:

- **He also could not keep his hands off me.** My Captain has been less forward than me with his physical affection, but he's figured out over time that I'm a touchy lady. This vacation was the first time that he gave me spontaneous kisses, even in public/on our plane. We were also holding hands as we walked everywhere, which has not happened before. He got even bolder and cuter/goofier after a couple of cocktails one night when we were playing shuffleboard, and there was even MORE kissing. I also learned when we shared a pullout couch at his cousins that I love morning breath kisses and sleepy cuddles (we had separate beds at the Airbnb).
- **He's definitely turned up the romance.** He gave me a napkin from this tea place that says "I love you so matcha!" which I am not taking as an "I love you" declaration but rather a romantic bit of cute. He knows I love the city lights at night, so he took me to a Brooklyn pier, Central Park, and the High Line on multiple nights so we could walk around and enjoy the beauty of the lights. During those walks, he sat us down in a couple private spots and initiated a little spontaneous kissing.
- **He (seriously) said we would go to Tokyo together in five years.** He's joked a few times about us getting married early on, mainly because when I first met a few of his running/biking friends, they asked if we were engaged or married -- presumably because we're both Christians. Anyway, we went into this Japanese kawaii beauty store just for random fun, and he said it reminded him of what he thought Tokyo would be like and how he'll go there in probably about five years for the Tokyo Marathon. I (jokingly) said I would be his cheerleader there too if he hadn't murdered me in five years -- I've got a dark sense of humor, and we joked before the trip about us hopefully not killing each other while traveling together. He came up behind me, put his arm around my waist, said, "What are you talking about? Of course we'll go together -- nobody's going to be murdering anybody in five years," and then gave me a kiss.
- **He's bragged about how supportive I've been and how much it means to have me as his "number one."** I've lost count of how many people he's bragged about me too, be it strangers, fellow marathoners we struck up conversations with later on in the city, or even his parents. It really made my heart melt just how much my coming along and taking care of him meant to him. I'm sure his dad wasn't particularly surprised, considering he knows me very well already, but him expressing this really meant the world to me.
- **While we were still on the trip, he invited me to his friend's wedding and Thanksgiving/Thanksgiving weekend at his place.** Actually, I think it's more his dad's friend than his, since his dad was invited to perform the ceremony. I don't know how big a deal it is for a new boyfriend to invite you to a wedding as his date, particularly if he knows some of the people there already, but these are definitely positive developments! Thanksgiving day is not definitive, as he and his dad may be traveling, but the weekend sure is. (Edited 11/18: Thanksgiving is a go!)

Overall, this trip went well! This man (25M) is mature beyond his years, has an inner drive that inspires me every day, and works his tail off for both his physical health (running/triathlon is his passion) and at a physically demanding, up-at-the-crack-of-dawn job. I am falling more in love with this man every day, and I've known him for long enough to be sure that it's not about some sex-based infatuation (although he is smoking hot and has the sexiest hands I've ever seen) but for his character and his values. We're not married, but by God between the RPW masculine/feminine dynamic that has blossomed and the fantastic friendship we've already built, it sure feels like we are!

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My mom doesn't want me to be a traditional woman and makes fun of me

Timely_Fox_6191 · 19 July 2021 · Archived copy · Reddit

Ever since I (26f) mentioned to my mom (57f) that my ideal family life would look more traditional, i.e. with the man as a provider and the woman as a housewife at home with the kids, she ridicules me for my views whenever it comes up.

Today on the phone she told me "You'll have to get a farmer then." and "Well first you gotta find a man like that.", which hurts because I'm just recently single again (Mind you my ex had the same views of family life as me, especially after having kids in the future.)... I got pissed and told her she doesn't always know everything and that it's hurtful when she makes fun of me like that. She answered that I'm just too sensitive and laughed it off. I'm really hurt by this. It seems impossible to make her respect my boundaries.

We already live far away from each other so that there's a good space between us, but I honestly don't know how to continue interacting with her in the future. A few months ago we were in no contact for some time and I felt alot better than I do with having her more involved in my life, which is hard to write bacuse she's my mother after all...

So my question really is, how should I proceed to gain more balance in our relationship?

EDIT: Thank you very much for all of your comments. I really appreciate them. In the future, I'll try to not even get into the topic and/or excuse myself from the conversation once I feel my boundaries being stepped over.

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UPVOTES

I 22F was spoilt and sheltered my entire life. I don't know how to face hardships and am very naive/trusting/childlike.

PrudentSort2150 · 5 March 2022 · Archived copy · Reddit

My family was very wealthy and spoilt me emotionally, materially, academically, everything. They were also good disciplinarians and taught me the value of hard work.

My parents wanted to protect me from the "real" world at all costs. Result is I'm a very sheltered, naive, trusting person and have never really been through hardships on my own. I'm very childlike. I was helicopter-parented and every second of my childhood was micromanaged.

I'm hardworking when it comes to my education, am very kind and never see the bad in people. I never had to lie, deceive, or feel injustice to get what I wanted.

I'm slowly coming to the realization that most people do not live the life I've lived thus far, and that i am in fact very sheltered, a little bit entitled, and just in general blind to the way life really is.

Are there any experiences that could help me ground myself in the real world?

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Does anyone else fear wasting their youth on a man because they so often eventually cheat?

todorokiswife · 11 December 2022 · Archived copy · Reddit

I don't know, I realize this is just insecurity talking. But men talk about how women lose value as we age and become less attractive, I can't seem to shake the fear a man will use my best years and eventually abandon me for someone younger. Sometimes it just doesn't feel worth it. I often think about resigning myself to a life of solitude in favor of having my heart inevitably broken when I'm no longer "ideal"

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UPVOTES

Thinking of starting a blog on femininity?

Deedee554 · 5 November 2020 · Archived copy · Reddit

Hello ladies,

After entering another lockdown I am thinking of starting up a blog discussing the conflicts of being traditional living in a modern world. Also coming from a bad background - statistically coming from a point where there was a high chance of me ending up a victim of domestic violence, drug abuse etc and overcoming those odds whilst pursuing my femininity. I've set up an instagram but I am bit hesitant to begin. I would like for it to be anonymous.

It would be about navigating student life, leveling up, dating, actively pursuing femininity, strategies for success, working in the modern world and protecting and building your femininity.

What do you ladies think?

I would like to do it to track my progress whilst reaching out to girls who are lost and where I was in life before. I have really enjoyed engaging with this forum and I feel it would be a good outlet for my ideas and to have other girls and women input would be great.

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UPVOTES

SO appreciation post: positive masculinity

lafindublonde · 23 January 2019 · Archived copy · Reddit

Spinning off a post from earlier this week in the RPW sub. I've been feeling even more appreciative of my SO than usual. I think the backlash to the Gillette ad is honestly nonsense... Anyone that knows what positive masculinity looks like is going to be appreciative of it being highlighted in the mainstream.

Case in point: my SO.

It's 8:30, I'm tucking my babies in to bed and gently waking up my dude. He's a cop who just worked an overnight (1130-730) and then a detail immediately following (8-2). He's exhausted and fell right into bed. I see him sprawled there and I just think, "hero".

He got home at 3 a.m. a few nights ago and I woke up to the sound of him shoveling and salting our walkway. He runs outside while I'm making coffee to warm up my car. He reads to his niece and nephew and stays with his elderly grandfather once or twice a week so that he's never home alone.

He's an amazing, exceedingly decent human being.

Men are JUST as "self sacrificing" as women.

Some dudes are macho dumbass assholes, and some women are stupid whiney bitches, but those cliches don't define the rest of us.

I like this sub because it recognizes common sense Good Stuff about what masculine and feminine bring to the table (caveat that I don't want to get too gendered/binary so nobody gets butthurt blah blah).

Here's to recognizing good, decent qualities in ourselves and in our life partners. Cheers.

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UPVOTES

On the importance of vetting

rp_lili · 11 April 2019 · Archived copy · Reddit

I come from a mediterranean culture and the other day I was having a deep conversation with my mom about my grandma's, hers and my life.

She said *"when your grandma was young, the only possibility for women was to learn how to be a homemaker, marry and then make and educate kids."*

We were talking about one of my grandma's sister who married a mean man who controlled and hit her and I asked my mother *"so, who taught those women how to choose their man well?"* and she said *"no one."*

I know we all have different views on feminism, but I think we can all agree on something : women didn't use to have a choice.

And now we do, and we can't let go of that because it is vital for our own happiness to *be able* to chose how we want to live our lives and with whom.

You don't have to be like my great-aunt who is still loyal to her decaying husband everyday, despite every horrible thing he did to her and their kids. You don't have to be like your mother, your father or anyone for that matter. You can be whatever you decide to be, but first you have to live and you have to think about what you want.

I sometimes see the advice of marrying young but I personally think it's best to have some experience in order to really know what you're looking for. Your first LTR doesn't have to be the last and look up on sunk cost fallacy if you're feeling trapped in a relationship.

I think vetting is the most important and useful advice we give here. Without it, we become like my grand mother and her sisters who didn't have a say in their lives.

Don't be like my grand-mother.

Cook and clean and be submissive because you chose to, not because some social theory told you so.

Vet with all your heart and soul, I can guarantee that when you find someone to spend your life with, you not only know it, but also *feel it*. Make sure to read up on the cycle of abuse and its signs, make a list if that's your thing (I surely did) with the important things you want in a man and also the most important deal-breakers. Put yourself out there when you're ready and don't forget to honor all of the women who made it possible for you to be able to make choices today :)

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UPVOTES

Just wanted to share some happy developments from a crabby gf!!

Cookiedoughspoon · 1 July 2019 · Archived copy · Reddit

Sooooo in my relationship Ive been kinda crabby. Some whyness, prone to silence and being cold when I'm upset. And that's gross. My bf is so very patient and sweet. Literally the personality of a golden retriever. Just sweetness wrapped up in beauty.

So he's training for work and asked me to come see him for a 3 day weekend. His family was also visiting him so we were sharing him over the 3 days for the most part. And honestly, the trip wasn't perfect but *he* was perfect and I think I'm finally making that distinction. So I wanted to tell you guys how I altered my behavior for certain situations.

1- I invited him to take a walk with me while we were at his family's party. He's a relatively quiet dude and I think I would typically just have stayed yapping with his family, which of course is fine but I wanted to focus on *him* more. So I politely asked if he'd like to take a walk with me and he looked surprised and said of course. We went on our walk holding hands the whole time while he showed me things in the neighborhood. I got emotional at a certain point because I missed him so much so typically I would've caved in inwards with silence but I forced it out and cried to him. That I missed him so much and I just loved him so much. And let me tell you, he held me like I was made of glass and honestly I felt like I was. Then I made us stop to look at a bunny in a bush and a cool beetle on the ground. He just stood there smiling at me while I crouched and tried to communicate with the bunny. ☹️ That was an exercise in childlikeness! We stayed out on our walk until his parents called him because they were getting ready for bed at midnight.

2- He was supposed to come to my hotel at a certain time but was late from dropping his family off at the airport and traffic. I had already felt an attitude bubbling because I have had issues with patience. My texts were a little short and he asked me if something was wrong. I redirected my energy and said no and asked him how he was doing instead of voicing my frustration. I let him tell me he was upset because he just wanted to see me. I was still a bit frustrated but once he got to me I held him and told him to get in the bed. Then I redirected that frustration in a way that made us both happy ☹️ I can't get mad at him being late because he was fulfilling his obligations to his parents! Airports are just finicky! We cuddled afterwards and he told me nothing feels better than laying in bed with me.

3- he told me he had a blister on his foot and I think before I would've just been like well you need better shoes. But I told him to let me see his feet and I held them and actually drained it!! Gross. But he was thanking me and giving me forehead kisses so I didn't mind. I'm happy I could alleviate his pain with action instead of telling him something he knows. Duh, you know you need better shoes if these give you blisters.

4- He had taken me and his family out to dinner and the cuisine basically included shrimps with head on. After he got rid of my shrimps heads for me he started teasing me with the severed head (I know ☹️) but I just giggled and acted scared because I kinda was but not like a horrified scream and yelling, like a shocked "baby, why?!" Kinda situation. His family laughed and teased us. It was immature but like, why not? Why can't a man tease his woman for 30 seconds? Fun is fun is fun. I'm glad we're still lighthearted and if a shrimp head keeps us playful I can deal with that!

So that was my trip and the ways I've tried to become a better woman for him. I'm trying to put my emotions out more because I have a habit of keeping it in and shutting down. He loves when I laugh until I snort and I think it's wrong of me to not try my hardest to make sure he gets snorts often lol. I'm happy I'm finally finding a way to deliver even negative emotions in a sweet way. In a way that makes him want to keep me safe and happy and precious!

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UPVOTES

How do you stay hopeful about dating when hearing story after story of cheating, emotional abuse, violence, stealthing, pathological lying, and porn addiction among many things experienced by women, as a woman?

shadesofperriwinkle · 22 July 2020 · Archived copy · Reddit

I'm not even looking for these occurrences and stories, they're just out there and all around. Even in my group of trad church friends, story after story of being treated like shit for no reason. It's even happened in my own life although I've had the confidence and wherewithal to exit as soon as I've seen the behaviour. There's a serious crisis in how people treat one other these days. Just no sense, no empathy, warped ideals. It's overwhelming sometimes. It's not hard to be a good person.

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UPVOTES

Anyone else hate being told " you're such a strong woman" as a compliment??

Alarmed_Pen2973 · 25 May 2021 · Archived copy · Reddit

I'm NOT strong,I just have no choice!

Im exhausted from everything coming my way all.the.freaking.time...I mean I shouldn't complain,this is what being an adult is!

But,for some reason being called strong irks me...I hate it even more when it's a guy who tries to use it as a compliment...maybe what they are actually wanting to say is " wow you have a high tolerance for bullshit,I wonder if I can bullshit you too"

I want to be peaceful,soft,gentle, NOT strong- I want a man to be strong not me anymore and I'm perfectly okay with being seen as " weak" now!

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UPVOTES

My bf went camping with another woman.

curvybunny229 · 7 August 2021 · Archived copy · Reddit

My (30) boyfriend(35) and his female friend who I have not met went camping this weekend and he told me ahead of time that nothing would be happening and they are not sharing a tent. He also has no service to text me or reach out to me. I told him I was uncomfortable and he still chose to go. Apparently they used to be neighbors and he had a crush on her a few years ago but that it had been squashed. Am I wrong in feeling like this is weird? We've been together for a year and a half. I'm very upset.

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UPVOTES

"Waity Katie", or How to Know Your Man Intends to Marry You

swimmingindaisies · 17 March 2022 · Archived copy · Reddit

I think we've all heard about or followed Kate Middleton's decade long wait for marriage. Although many of us may admire her, I doubt anyone envies how long it took Prince William to propose. For those of you waiting on a proposal, it can be challenging not to get caught in a tangle of anxiety and worry. I've come to realize lately that I got caught up in the pressure my family was putting on me to get married. I'm in my early twenties, still very young, yet as many of my family and friends my age around me are getting the ring, I started feeling that pressure and put expectations on myself on how my life should be. If you're anything like me: young, anxious, and wanting reassurance, this post may help you.

However, please note: This is not a foolproof list and a guy can do all of these right and things still fall apart. This is a list for how to know your man *intends* to marry you, not how to know he *will*. But they're things that I have noticed that have given me reassurance about **why I shouldn't be worried over my relationship's natural progression**:

- "What's mine is yours." Does he share his stuff with you? Or does he have *that stupid old pickup truck he never lets you drive*? Does he keep score of how much money you've put towards the relationship vs him? My man certainly spends more on me than I do him, but he prefers it that way and I show my affection towards him in other ways money can't buy.

- Does he treat you how he would treat himself? My boyfriend appreciates things of high quality. If he's eating steak, I'm eating steak. If we're going on a trip, he makes sure we both have what we need. He doesn't ever leave me to fend for myself. This can even be simply that he asks you what you want from the store when he's out getting things for himself or if he makes a meal, he makes enough for the two of you. *He's doing things with the both of you on his mind, not just himself.*

- Are you his treasure? I'm not quite sure how to describe this one so this is just one example and it may look different for you, but one of the ways my man shows this to me is by gifting me gold jewelry. He is very passionate about gold and likes to collect gold coins for his own pleasure and for financial safety and security. He shares his treasures with me by adorning me in gold. To him, it is more than just a simple piece of jewelry. Unlike diamonds or other precious stones, gold cannot be replicated or made in a lab. And unlike many other metals, gold is everlasting and does not wither away with the years. It's timeless. He adorns me in one of the most precious metals this earth has to offer and his gifts to me say a lot about how he sees me.

- He's romantic. Copied and pasted from a previous comment of mine: This is an unexpected one because everyone has a different definition of romantic, but all it boils down to is making extra efforts to show love and affection towards your partner. I had a previous boyfriend outright tell me that he's not a romantic guy, which, in my head, translated to: he's a lazy and passive partner who won't go out of his way for me past the honeymoon stage, if that.

- He takes you out in public. Have you met his friends and family? Does he invite you to important events for him? Has he invited you to accompany him to work events? One of the ways the press gauged how serious Prince William and Kate's relationship was was when Kate started appearing at Prince William's formal functions. Up until then, he's never made intentional public appearances with any of his ex-girlfriends.

- Does he have good boundaries with other women? My man and I don't keep close friends of the opposite sex as a way to protect our relationship, but if you and your man do, are you his priority over his close female friend(s)? Does he go running to them when something goes wrong in your relationship? Is he at the beck and call of his mother? Does he turn down other interested women or does he entertain their company?

- Are you able to speak freely with him about the future without any existing tension with him? Does he include you in his future plans? My man and I can speak freely about our future wedding, marriage, kids, how we would decorate our future home, where we'd live, what kind of dog we'd have, etc. together with no pressure or

resistance from either side.

BONUS: He's respectful to you even while you disagree with each other. If you're arguing and he pulls out his entire arsenal to hurt you, he doesn't respect and value you or the relationship as much as you thought he did. I know how to hurt my boyfriend. I know I can do a lot of damage if I wanted to. But no matter how angry or hurt I am, I *never* pull things out of the vault of things that can't be unsaid. There are some words that once they're out there, you can never take back and that can seriously damage your relationship.

In most cases, it's unwise to rush your relationship's natural progression for a ring. It takes *time* to get to know someone and for them to get to know you. For the lovely Kate Middleton, that long of a wait and trial period was necessary in order to vet for the future Queen of England. And while she waited a decade, her wait was well worth it. She got her prince in the end.

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UPVOTES

Very late bloomer here...my brain turns to mush whenever I'm around a man I'm attracted to...any tips on how to calm down?

-ladykitsune- · 22 March 2021 · Archived copy · Reddit

So I'm almost 30 (28F, about to turn 29) and recently started getting into dating. I'm a very late bloomer, and never dated at all in my 'golden years' sadly due to crippling self hatred and low self esteem.

Anyway I finally got into a healthy mindset and felt confident enough to enter the dating scene. I don't have any problems getting dates or talking to men...as long as I'm not madly infatuated with them. The minute I get a crush on a man, my brain just turns to complete jelly around them.

A while ago I dated a guy for a month and initially things were awesome. Then I got feelings for him and forgot how to be myself. He got scared by my odd behaviour and ghosted. It's been about a 6 months and I've since moved on to another guy. Unfortunately I'm catching feelings for him, and he makes me so nervous now (we got alone fine before I caught feelings!) that I can't even look him in the eyes when talking. When he calls I panic because I don't know what to say anymore. I can see this going south the same way as the previous guy.

I would love some tips for more experienced ladies on how to stop this silly 'schoolgirl crush' behaviour! Is this something that will ease with time/experience? I've never dated before so I feel like in some ways I'm behaving like a teenage girl with her first crush :(

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UPVOTES

Letter to Young Women Part 2: The charm of the caregiver

kittxxn · 3 August 2018 · Archived copy · Reddit

The response to my last post, a letter to young women, was so heartwarming. Thank you all for your support and encouragement to keep writing. So as promised, I will expand on the topic of what I think it means to be truly "beautiful." While this post will mainly focus on guiding young RPW to develop into beautiful and admirable women, I hope that all of you will find value in this advice and use it at any age to further cultivate your femininity.

Beauty, as I mentioned [here](#), is a trait that indicates longevity in a woman's desirability, and elevates a woman above a potential sexual conquest to a potential LTR, wife, and life partner. A major contributor to this trait is a woman's ability to be a caregiver. Here's what I've learned.

I remember when I was first getting to know the man I'm with. I remember telling him about my experiences working as a nursing assistant in a long term care hospital, and later in a group home for developmentally disabled people. These stories are hard for me to tell and open up about, because many of the people in my life, including very close friends and my previous significant other, communicated disgust and aversion to the mere idea of my job, let alone the specifics. I'm currently working toward my second degree, in nursing, and have devoted my professional life to the care of people who can't take care of themselves. And while I understand it is not a glamorous profession, my experiences have fundamentally changed my character, and made me into the woman I am today. I believe it will help me be an exceptional wife and mother someday (really good at changing diapers?).

I remember sitting on his couch, and strangely, he really wanted to hear about all the things I've seen. Most people my age have little idea what true suffering looks like, and no desire to find out. But I shared some of it with him, the most life-changing patients, the hardest shifts, and my worst fears and proudest moments. And I remember his eyes full of emotion, speechless, and he *saw* me, clearer than anyone ever had, and *loved* me.

I promise I'm not saying go get a job in a nursing home, necessarily. But I deeply believe there is immense value in pursuing opportunities to learn to take care of someone other than yourself, if you have the chance. That, to me, is one of the core essences of womanhood and femininity. Esther Perel was on TEDx, and explained that while we are all born knowing how to be loved, we must somehow learn *how to love*. To learn sacrifice. And many women don't learn this, I would argue, until they are a mother, or far later in life, or possibly never. But I believe that it is a trait you can cultivate and develop now, and will help you stand out as a true woman in a sea of selfish, egocentric, superficial, vain, demanding, ungracious girls, and many other traits clearly associated in developmental psychology literature with the behavior of young children, which is sadly encouraged by feminism and "sorority" culture on campuses.

Comedic side story: I have also gotten very good at making beds, and once, when we hadn't even really started dating, but had been best friends for months (he was definitely into me), I jokingly showed him how to make a perfect hospital bed, mitered corners and all, after helping him do laundry. He pulled on my shirt and made a joke: "Oh what material is this? Wife material?"

My point is that caregiving is an incredibly attractive trait in a woman, particularly to men who someday want marriage and a family. How can a man see your potential to be a phenomenal mother and home maker someday if all you've ever pursued is self-interest? Which is certainly not a bad thing - it's absolutely the norm. But RPW often are not satisfied with being the rule, but rather by being the exception. Be the exception. Here are a few ideas if you have an extra hour or two throughout your week:

1. Volunteer or work at a hospital or long term care facility, even if you don't want to get hands-on, the people in these facilities are lonely and desperate for someone to talk to
2. Volunteer with disabled people or children, reading to them, playing music for them, providing companionship. Many mentally disabled people don't often get out into the community, and need people to take them on hikes, grab an ice cream, or would love to meet and play with your dog.

3. Work at a daycare, after school program, babysit, or tutor children who are falling behind in school
4. Volunteer at an animal shelter, or foster a dog or cat that needs a temporary home if you're not ready or sure if you want your own
5. Volunteer at a retirement community - older generations of women also have fantastic advice and wisdom :)
6. Volunteer at a homeless shelter or a domestic violence shelter, even if it's just to cook or clean.

Or any other idea you can think of to devote some of your time each week to learning how to love, how to care for someone in need, to be someone for those who have no one. My work has taught me patience, compassion, communication, and has given me purpose, gratitude, and fulfillment. That is femininity, that is beauty, and might help you on the path to becoming the type of woman a man notices, and realizes his life would be much better with her in it than without.

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UPVOTES

My captain said something really insightful I want to share!

Slinkyslog · 18 November 2018 · Archived copy · Reddit

Hello! I have been reading your posts for a long time, but I never wanted to create an account until now. I just had to share the conversation I had with my husband!

He knows I've been trying to self improve recently. Following advice from this subreddit, I've been exercising, trying to respect his decision making more rather than taking control of every situation, and have made more of an effort to keep on top of household chores- essentially trying to embrace my inner woman and smooth out my rough edges. However I felt like something wasn't quite clicking. I wanted to swallow the red pill, I really did, but it kept getting stuck in my throat for some reason. I found relinquishing control especially difficult (I'm somewhat of a control freak and have often bickered with my husband over things I have no right to, like how he deals with matters in his family or when he does his Christmas shopping. I like mine done early, he leaves his till the last minute!). However I am self aware and empathetic enough to realise how annoying and damaging a trait that can be in a relationship if unchecked.

Tonight my frustration spilled over and I had a good long vent with my husband about my struggles. I felt like I was really stuck between two selves- the old me I am trying to change, and the new better me I want to become. I felt incredibly frustrated that I didn't seem to be progressing and that my new behaviours felt fake and unnatural to me, like I was playing a role.

I'm very lucky that my captain is very patient and insightful. His reply was this, "it sounds like you don't really believe in the changes you're trying to make. Like you don't believe you are capable of becoming the person you want to be".

My goodness ladies. I welled up. He was right! It's not that I didn't WANT to change for the better, it's that I didn't believe I could. But I think if we do go down the road of self improvement, we have to try and cultivate a hopeful attitude about ourselves. We have to believe we are capable of better behaviour. Otherwise what's the point!

Sorry for gushing but I just found this really helpful and my hope is that it helps others :)

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UPVOTES

My Mother wants me to be a Sugar Baby

[deleted] · 29 November 2018 · Archived copy · Reddit

Hello everyone! I'm fairly new to the community so I might sound awkward and stuff, but I don't really have anyone to ask for advice about this.

To put it simply, my family is financially disadvantaged. My mother never got married to my biological father, and frankly speaking it was a pretty abusive relationship. Family court isn't help much either. I've made my way into really good schools, and am on my way to a well-ranked university (sorry, I love to humblebrag about this). Pre-tertiary education was severely discounted for me by the school, but even with financial assistance, we struggled financially. University is going to be the most expensive thing, and while school hasn't even begun, my mother has been making suggestions that make me very uncomfortable.

My mom works 2 jobs, at some points 3. I currently also have a part-time job (probably gonna find a different one because my boss is being very inconsistent). However, these few months she's been bringing up weirder jobs, asking me to work with "old men". She won't shut up about this, saying things like "I know a guy. You just work at his place, let old pervs touch you a bit, talk to them, get them to buy you things. Anyways, this kind of socialising is a skill you need. You'll learn how to talk to men. I used to do it." And me, being frustrated with my mother can only think "Yeah, this skill totally made you successful." She doesn't really tell me what exactly the job *is*. She tries to make it sound like a hostess, but it sounds more like a sugar baby to me??? I've so far given her disgusted faces in response to this, and she just laughs at me. She comes home from work and starts nagging at me for not making enough money, telling me to find a job even though I already have one...but she's right that it isn't making a lot of money.

I'm worried that my image of my mother just worsens as she makes these kind of remarks. It doesn't help me respect her, especially when she recently revealed she was "around \$10,000 in credit card debt" and "owe a moneylender \$2000". I don't know if she's pushing me to work these jobs because she's stressed about the interest rates for the money she owes, or if she's trying to financially help me with tuition fees/dorm/etc. I know she's in debt and borrowing money (maybe from shady places) for the sake of my education and future, and I'm trying to feel happy about it, but I simply can't find a way to now.

I'm just wondering if there's anyone else here who's been/is in a similar situation? Having attended such nice schools, all my friends are upper middle class at least, so I feel quite isolated about this. And, do you think I'm being petty for rejecting these job offers? I know I'm young and blahblahblah men are willing to pay decent money, but I am extremely strict about living by my principles, and frankly, do not feel safe working in such an industry. I'm also worried about what men would think of me when they know I work/used to work this kind of job. I know the decision is mine in the end, but I would like some input.

Sorry if this is lengthy and messy, if I find a way to improve it I will. Thank you very much <3

TLDR: My family is poor, my single mother is in debt, and I'm about to attend a really expensive university. She wants me to work some night-life job she thinks will pay better than my part-time job. I don't know if she's using this as an opportunity to repay the money she owes, or help me financially prepare for university. Should I do what she says and take up this new job?

EDIT: I just want to give the biggest **THANK YOU** to anyone who has read, and even answered this post. Being a new member here, my question originally wasn't posted. I had been considering taking up this job for about a day, and I was ready to talk to my mom about the job, trying to build up the courage to catch her attention after she got home from work and what do I see??? The mods approved the post! I **SWEAR** it was the most perfect timing. God or Life or **WHATEVER** works in mysterious fucking ways. Thank you so much!

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UPVOTES

Captain woke me up with something special

bambiliftsweights · 27 December 2018 · Archived copy · Reddit

In the past, I've posted several times asking for help here and there with questions about my brand new marriage.

I feel like I should balance it out and share something my husband did this morning that I just LOVED.

We were cuddling and he totally out of the blue told me:

“You’re a daisy in a dry desert.

You’re a pink butterfly in the Arctic.”

Which floored me. My husband is not expressive with his words typically — and certainly never that poetic.

I loved that imagery SO much.

I think all of us red pill women are daisies in a dry desert.

So here’s to us ladies being pink butterflies in Arctic storms!!

Love you all!

B

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UPVOTES

How I learned to trust the right guy. (Long)

h0tNreadyTidep0d · 26 April 2019 · Archived copy · Reddit

All my life Ive been around men who blow up when they get fusterated. My dad was a computer programmer and would slam his fists on the desk and scream cuss words when his code wouldn't work.

My kids dad was 350 lbs and i was with him from 14 to 26 years old. When my twins were born he would get up and scream at me in the middle of the night and he punched several holes in the walls. He would rip out his hair, threaten suicide and the final straw was when he threw my little boy into a chair.

My next relationship i got a very abusive and unfortunately half retarded man who at one point beat me unconscious after holding me down with a knife to my throat for buying the wrong type of cat food. He did a lot more but i dont really want to remember all of it right now.

After he went to prison i was on my own at 30 years old for the first time in my life.

I thought long and hard about the people I was letting into my life and how my upbringing played a role. I spent the next 2 years with a therapist at a domestic violence center working through everything. It was hard. But after a while I saw the light at the end of the tunnel. While I was there I took a class called NoJerks. It was about women who are mostly past the trauma and are looking to date again. Its kind of reprogramming what your "normal" should be.

This class was the first introduction I had to red and green flags. I had never really had the opportunity to step back and make a list of what i wanted from a partner and learn what small things would make a big difference early in a relationship. The more I learned the more I realized that I sought out really bad qualities in men.

I also came across this sub one day and read the sidebar. I read all about vetting and what women should expect from a relationship. How to even get a relationship (i was putting out way too early) i learned how to dress and make myself a better catch to get a better guy. I think a really big confidence booster was learning that guys will date down. I know that can sound bad but i had really low self worth at that point and it was enough for me to be like ok you can do this aim high dont settle for a loser. Take your time vet. Dont get stuck in another bad relationship. But of course make yourself datable. I enrolled in some college classes to work towards a chemical engineering degree and hit the gym. I started fixing up my house and with it the holes in the walls. This all really gave me a lot more confidence to turn people down and shoot higher.

When I was ready I took a ton of time vetting. I honestly looked through 30,000 dating profiles. I read everything there is to read about finding a good quality guy. I never gave up. I told myself that not all guys are like my dad.

One day i came across a dating profile that just hit every single qualification I had. I talked to him a while before we met up. When I first met him it was hard for me to say i wanted to wait and that I expected to be in a relationship before doing anything. Then he told me that he needed more time to decide if i would work out. So I said me too. I need to see if you are what I want too. But we both agreed we thought it would work out. He seemed to have a lot of respect for me from that. I asked him the following week and he said yes. We have been together 2 years now.

I have been really happy the last 2 years. I have to say it felt really fake at first. I tried to follow this subs advice and try the stfu method. And to trust his lead. And it worked. But the secret to all of that is to find a man who can be trusted and is a good leader all on his own. That is why it is so important to have a hands off approach. So you can observe how he navigates his life. How he handles when things go sideways.

My bf is in medical school. He is extremely intelligent and he is interesting. (Im a science nerd) he is reliable and very goal oriented. He is extremely even tempered. He takes great care of me and is very hands off-doesn't ask me who im talking too where im going etc. Which at 35 Im a grown up and do not want to feel monitored! He has a healthy relationship with his family and his friends are doing things like becoming surgeons and going to Harvard and Yale. In the last 2 years I have never seen him make a mistake or stutter he never even goes to bed past 9pm.

He is the type of person who will be faithful and provide a good life for me. He is a really nice person.

So this is where I get to my long winded point. This week is his last week of medical school. He is taking 40 units and has 6 finals this week. Needless to say he has been going 48 and 36 hours without sleeping, has barely ate is studying in 24 hour blocks. He is pretty disheveled, he hasn't exactly combed his hair. This could be a time where someone loses their shit.

Yesterday I dropped off some food for him. And he was kinda having a little melt down. ---he quietly said the f word once or twice rubbed his eyes, said thank you for the food and that he appreciates all my help.

And that was it. That's the end of the story. No broken bones no smashed furniture no neighbor calling the police no knife to my throat.

Thank you I really appreciate your help.

Im so happy I have cried a couple of times the last day. I am finally safe and in good hands. I love him so much for everything he is, and everything he is not.

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UPVOTES

Weight loss: why self-love might be more important than self-control

silvernikki · 15 August 2019 · Archived copy · Reddit

I've been in nun mode for about a year, and while I've successfully found hobbies and begun to wear dresses and put on makeup and smile at strangers, I'm still 50lbs away from my goal weight. But three months ago, I started online therapy, and my therapist recently helped me realize something mindblowing about my weight loss journey that I want to share with you lovely ladies: **It isn't my lack of self control that's the problem. It's my lack of self-love.**

Even though I want to be in a loving relationship with a high value man, and even though I know I need to be slim and look healthy in order to achieve that, on a deeper level, I don't love myself enough to feel like I deserve those things. Because of past mistakes, mean comments from classmates, and years-old parental criticisms that I've internalized, I have a mean little voice in my head that says "you deserve to be fat and miserable" or "you aren't good enough for anyone to love you" or "you don't deserve to be happy" every time I try to better myself. So, I self-sabotage every time I get close to achieving my goals.

Trying to diet and exercise away my weight is treating the symptom, not the disease, which is probably why I've been unsuccessfully yo-yo dieting since high school.

Now, instead of punishing my body with starvation diets and overzealous exercise programs (that don't work anyway), I'm working on being kinder to myself -- meditating in the morning, taking a walk in the sun on my lunch break, and listening to self-love affirmations during the day. I'm also doing my best to forgive my slip-ups instead of giving up and having to start over every Monday. It's a slower, longer process (and I still roll my eyes whenever I repeat "I love myself" after the calm, patient voice in my headphones) but it's helping. And I have faith that it will be worth it in the end.

Hopefully this helps you as much as it's helping me!

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UPVOTES

Always Pads to Remove Feminine Logo To Accommodate Transgender Men

sneakyfoxe · 25 October 2019 · Archived copy · Reddit

I'm not sure if this follows the rules here, and if it doesn't, I'm very sorry.

It feels like lately, companies are catering to men only. Men are being included in nearly everything that pretains to women. They're dominating female sports, wearing feminine makeup and dressing in feminine clothes. Now they're taking off the feminine logo on pads so that they can have a part of something that's a uniquely biological part of a woman: menstruation.

All of this feels like they're trying to erase the classical image of a woman completely. As RPW, we're a dying breed.

<https://talkofnaija.com/always-sanitary-pad-company-removes-feminine-logo-to-accomodate-transgender-men/>

Honestly, I'm tired of supporting companies that try to include men in everything that is unique to women. If you would like to join me in a boycott of P&G products (such as the pad mentioned above), then see the link below. It mentions all of the products under that umbrella.

<https://us.pg.com/brands/>

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UPVOTES

My marriage has changed for the worse since I quit drinking regularly.

Housewife247365 · 7 December 2019 · Archived copy · Reddit

Hello RPW, I could really use some perspective and guidance from this community.

We've been together for 13 years, since we were 21 and 22 years old and we have 4 children.

Here is my problem- I do not find my husband attractive, nor am I able to be sexually responsive or aroused by him when sober.

I used to drink 1-2 glasses of wine, or a strong cocktail nearly every night since the beginning of our relationship. Was I an alcoholic? By definition, yes. I had no problems quitting however, and I never drank to avoid my problems. It didn't feel like something I needed, more like something we looked forward to doing together as a nightly ritual, followed by sex.

Obviously I abstained from alcohol during pregnancy and nursing. The lack of attraction during those times was never an issue because he wasn't interested either. Pregnancy and nursing just wasn't a sexy time for him, and I was focused on taking care of my infants. Once the babies were weaned we resumed our routine of regularly having a drink or two and then sex-which I enjoyed. I felt like we had a healthy relationship with plenty of good sex. I'd hear of other couples divorcing and think of how lucky we were to still be happy together. Other women would talk about their sexless marriages and I thought we were special and somehow figured out how to keep it spicy when others couldn't.

It's been about three years since I stopped drinking on a regular basis. Even though I wasn't drinking to get drunk I didn't like the way I felt the next morning and I didn't want my kids to grow up learning that having alcohol on a regular basis is just what grownups do. I didn't quit completely though, I would drink once a month on date nights. My husband drinks less now too, although he still has a drink after work about twice a week. No judgment on my part, he is entitled to his ritual and to relax, it's just not right for me anymore.

He is not a bad guy. He is good to me and the kids, he is responsible with a well paying job, full head of great hair, and we have a very comfortable lifestyle. He is thoughtful and generous and very much in love with me. I have been doing the work to work on myself like exercise, diet, and mindfulness. I practice gratitude and appreciation since he is the sole provider for our family. I only speak positively about him. Even when other women complain about their husbands, I chime in and only have good things to say about mine. They would sarcastically remark that we have four kids because my husband is awesome (unlike theirs)

I do love him, I just can't seem to cultivate sexual desire for him while sober. I feel tremendously guilty when I reject his advances. I feel like I am not behaving the way a wife should. When I accept his advances I earnestly try to let go and enjoy it, but I'm sure he can see right through my feigned enthusiasm. He has said that he wishes I would initiate and be more expressive and sexual in general. I've tried to fake-it-till-you-make-it and hoped that with enough time I would become aroused. I just feel empty and disgusted when it's over. If I'm being perfectly honest, I feel like a prostitute. I feel like I *should* put out because he pays for everything and he has the right to have sex with his wife. I am so ashamed.

It took some time for me to come to this realization about the alcohol. I thought that I was just stressed from the kids, or my hormones were off, or my body was broken and unable to perform. I read books on sexuality, we got toys, tried different lubes. I even offered to let him have an open marriage because I felt guilty not being able to perform. He refused that idea, saying that he wants to have great sex with me, not anyone else and that we could figure it out together. I don't have the heart to tell him that I don't find him attractive. I realized it was the alcohol when I noticed he started frequently offering it to me after I cut back. When I would indulge I was eager for sex. A few times I'd playfully ask, "Are you trying to get me drunk?" And he would smile, wink, and say "Always". That was when I put two and two together....I've only been receptive, desirous even, when under the influence.

I don't want a divorce. It would break his heart and our family and he hasn't done anything wrong. As Laura Doyle says, "If he isn't one of the bad ones, he's a good guy." I'm just not attracted to him. I feel like I'm being unfair to change the rules after more than a decade. I'm the one who has changed, not him. Even non-sexual touch fills me with anxiety and fear because I'm afraid he will escalate. When he gives me a hug or a kiss I can feel my body tense up in a panicked state. I've noticed that I try to avoid him so I'm not in a position to either reject him or pretend to want him. I'll find reasons to keep busy or go to sleep well before him to avoid the elephant in the room, but that's no way to live either. It seems ludicrous and exhausting to spend the rest of our lives being afraid of physical intimacy with my husband.

Honestly, I feel like a terrible person. I know I did this to myself for being so reckless with alcohol. I'm in this situation because I wasn't careful enough when I was younger to get to know him when sober, maybe we wouldn't have gotten married to begin with. I hope this serves as a warning for the younger unmarried ladies in here. But here we are, and I want to make this work. I don't want to punish him or our children for my poor choices. I know the best gift we can give our kids is a happy and healthy marriage and sex is part of that.

Has anyone else been in a similar situation, and what did you do? Are there any women here in an arranged marriage who have had to learn to love their husbands? How do you cultivate desire or attraction for someone? How can I WANT HIM and be receptive to his touch?

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UPVOTES

I'm 15 and eventually want to be a homemaker

Amb239 · 3 July 2021 · Archived copy · Reddit

Hey, I'm 15. I have decided I want to eventually be a homemaker and a SAHM and find a traditional man. Every single person I know atm hates that this is what I want. I feel very isolated and lonely atm tbh, just wondering if there was anyone else a similar age to me as it would be great to chat. Also not really sure were to go or what to do really, I feel a bit stuck and not sure where to start tbh or how to eventually live the life I want. Would really appreciate any advice! Thanks

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UPVOTES

I [28F] grew out my hair and am literally beating men off with sticks

balletaurelie · 5 December 2021 · Archived copy · Reddit

I was a bit of an ugly duckling in high school, and my hair was long and frizzy. I assumed I'd never be able to have long hair. When I got to college (where I blossomed physically), I cut it to shoulder-length, and it was cute and manageable.

Guys liked me, but the only ones who actually asked me out were over 40. I always had to approach them (cute men my age.)

During quarantine, I let my hair grow out past my shoulders. I have a much better diet, so it's beautiful and healthy. Sometimes it gets frizzy, but nothing like what it was.

Oh my God. For the first time in my life, men off of dating apps are asking me out. I work remote at a coffee shop and I get approached 3 to 4 times a week by attractive men in their early 20s to late thirties, and the older creepy men mostly leave me alone. I have to block guy's numbers to get them to stop calling me. Insane.

I have always been feminine, with make-up and dresses, but my hair was just on the shorter side (chin-length to two inches above shoulder.)

Just wanted to a subreddit that would say "duh." Dating advice: Get long hair.

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UPVOTES

Grace and the STFU Method in action

amityjeanklein · 29 May 2024 · Archived copy · Reddit

I was recently talking to a friend who is new to RPW and sharing some insight with her and felt called to share a recent win with the community. If you check out my prior posts, you'll see a little more of my journey and how RPW has been instrumental in my life over the last few years.

I recently moved in with my boyfriend, we've been together for almost a year and while it wasn't my plan to move in together before we were at least engaged, sometimes life happens and ignores your well-laid plans. I was ANXIOUS that moving in together would wreak havoc on our until-now-perfect relationship... we had never argued or had any major issues but a big step like this could be the time that past issues flare up, right? Add in my past relationship trauma and the extra stress of having roommates and I was clinging to the belief that what I've learned from RPW would be my saving grace as we embarked on this journey together. Spoiler: it WAS!

Something about me that I think many of you will get: I can be a bit controlling - I get anxious, I like plans, and I like things to go "as they should" (according to me). So when I moved in with my boyfriend, I pretty much only brought my clothes and bathroom stuff since his house was already furnished and we plan to get our own place when the lease ends. I asked him where my things would go and he immediately planned to clean out his big dresser for me... awesome, right? But then he didn't do it immediately. So I waited a bit and brought it up again, asked when he might do it so I could fully unpack.... he didn't seem especially excited to do it just then.

Past me woke up a little and wanted to REACT - to scold him, tell him it made me feel like he didn't even *want* me to move in, cause a scene and blow this little issue into a huge ordeal. RPW me chose to have grace. He works nights, he's got some personal stuff going on, he probably had every intention of doing that for me but just couldn't do it that second. So instead of causing a scene, and instead of doing it myself which would have been just as problematic, I used my day off to deep clean the rest of the house and cook dinner for us. I spent the night hanging out with him, we watched a movie he wanted to see, we had sex... and the next day, while I was at work, what did he do?

HE CLEANED OUT THE DRESSER. Not just that, he also cleared out half the space in the bathroom and bought new sheets for us to put on *our* bed together. No nagging, no fighting, no stress. I thanked him for it, unpacked, lit a candle... and he thanked me for my patience and told me how excited he was for us to be living together officially.

What was a day or two of impatience on my part would once upon a time have become a full-blown ordeal... and now, it's just a reason to have some grace, practice STFU, and see what happens when my man feels loved, seen, and appreciated. :)

Bonus win: we are planning a trip to go visit my family so he can bond with my dad and ask him for his blessing to marry me. I am so grateful and so in love with this man.

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UPVOTES

UPDATE: My husband found out I'm pregnant yesterday hasn't said anything about it.

ManEatingMatzahBall_ · 19 January 2020 · Archived copy · Reddit

I sat down with my husband and we talked about the new baby. He's concerned about whether we can handle 3 under 4. He's worried if we can afford another baby without assistance or me needing to go to work. And he's worried about my health he doesn't want me having babies back to back like our mothers did. I told him we're going to get through this and we don't have to have everything figured out.

He seemed happier after we talked and he said he wants another girl he said they're easier.

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UPVOTES

“She’s not yours, it’s just your turn.”

babybee2020 · 15 February 2020 · Archived copy · Reddit

Hi all,

My un/intentionally RP BF has quoted this line several times, and I’ve recognized it in many RP posts. I honestly think it’s harmful to our relationship and likely many others. It doesn’t help that he’s my first boyfriend.

I won’t get too deep into my commentary, but is this something you’ve encountered? How can you help your SO move past this cynicism? Is it on us at all to disprove this, or defend ourselves against it? Any insight is appreciated.

Thank you!

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UPVOTES

Isn't RPW just about being a good human being?

Simple_Basket_8224 · 12 November 2022 · Archived copy · Reddit

Been lurking on this subreddit for a minute now, and reflecting on my own beliefs when it comes to romantic relationships. I definitely agree with a good portion of the ideas shared here.. but it's interesting they are considered controversial. At the heart of them, it's all about just actively being a good human being, about having strong values and maintaining them.

Its interesting that things like actively taking care of your body through fitness and diet is seen as immediately vain or controversial.. when in reality it should be the standard for everybody? And treating the people you love with respect, gratitude, and kindness.. that should also be a given. Learning how to effectively communicate your needs and not throwing tantrums when people are unable to read your mind, I mean that's just common sense, right?

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UPVOTES

A powerful image that speaks for itself

Aerobus · 7 March 2015 · Archived copy · Reddit

<https://i.imgur.com/n9YSPG5.jpg>

Of course, it is extreme to suggest that a man would commit suicide because of this. However, do not be surprised at how much damage you, as a woman, are capable of doing to your spouse.

Men face the world everyday. They encounter obstacles in their daily lives with their coworkers and their family members. They get stressed at work. They deal with many problems and fix them, as best as they can. Sometimes they don't do a perfect job, and sometimes what they do isn't to your liking, but I guarantee that good men in general put their best foot forward to simply do better.

The last thing he needs is to come home to more criticism and punishment, especially considering the fact that the wife is the person he wants comfort from.

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UPVOTES

15 Things Men Want From Women...IMHO

wub1234 · 1 November 2016 · Archived copy · Reddit

Someone asked me to do this for PPD, but I thought it would be interesting to post it here and get a female perspective. I don't know how many of you look at PPD, probably the bickering can get quite tiresome!

So it would be really interesting to know:

- (a) if you agree or disagree with any of the 15 points raised;
- (b) if you can think of anything on the list that I haven't included.

Oh, I've never posted here, so if I break any of the rules, please feel free to tell me off! I did read the FAQ!

1. Treat him with respect

I wrote a post about this previously, but the scenario of what I call '[The Hapless Male and The Competent Female](#)' has become such a cultural cliché. Particularly in advertising, men are so often depicted as being buffoons. Which is a little harsh considering, as RP rightly points out, men do virtually all of the dangerous jobs. Would I choose to work on a building site, be a scaffolder, or get shot at in a war (leaving aside my criticisms of foreign policy for the sake of argument)? No, I would not! It's completely unreasonable to expect men to do this, and then laugh at them for being pathetic and belittle their interests and desires.

Yet this happens all the time. It's almost become a way for women to bond; let's all get together and bash our husbands! It's quite telling, and I believe an excellent rule, that you ban this on RPW. I would like to see the same on RP itself, I'd like to see less misogyny, less women bashing, and more positivity. But I digress...

When I think back to my mum and dad's relationship, my mum didn't treat him with sufficient respect and emasculated him. Perhaps this was partly because he was a rubbish husband and didn't deliver what women want from a relationship, whereas her current husband does. But my dad was a pretty special person. He was on the books of both professional cricket and football clubs. He got a double-first from one of England's top universities. He was the head of an English department, and a very esteemed teacher. Everything I am and everything I've achieved comes from him really, my values come from my mum.

So anyway...I've waffled on about that too much, but treat your man with basic respect. This is a really important one for me because I expect to be respected. It is not a good idea to disrespect me. If you treat me with respect, I will do everything I can to please you and make you happy.

2. Have your own interests

This is one of the most critical differences between a good guy and a bad guy. A good guy will encourage you to pursue your passions, encourage you to have a busy social life and see your friends and family a lot, and be proud of your every achievement. A bad guy will discourage you, or attempt to dissuade you. Always follow your own interests and passions, and always stay away from bad guys.

3. Listen to him

It's often said that men don't listen to women. And there's a lot of truth in this. But equally, I believe that women don't listen to men, possibly even more so. Communication should be a two-way street. And this ties into the next item on the list, which I believe is of critical importance.

4. Find out what is important to him and try to take an interest in it, even if it's not really your thing

I'm making my mum sound like a terrible person here, which couldn't be further from the truth because she's a wonderful person. But...she did something once that really bugged me, that sums this one up.

I was playing chess on the Internet, and I was never serious about playing chess, but I used to play quite a bit. And she started saying to me as I was playing (and thus distracting me as well) "don't you get bored playing chess all the

time?”.

Yeah, I do, mum. That's why I play chess. I just play it so that I can bore myself. I actually hate the game, I'm just masochistic like that.

A common problem in relationships is that both parties fail to take the interests of the other seriously. It means so much if a woman takes the time to understand what matters to you, what you're passionate about, and values it, praises you for it, and takes an interest in it. I'm a writer, and it means a lot to me when a woman tells me that she respects what I've done in my career. I think all guys feel this way.

Let me give you an example. Check this video out:

https://www.youtube.com/watch?v=YkNnv_WgFh4

This guy's wife lets him have a room in the house for his preposterously large retro video games collection. What a fucking woman! That is an extreme example, but that's what I call respecting someone else's interests.

5. Dress up

Quite simple...dress up sexy sometimes, without being prompted to do so. Both in private and in public. Doesn't really need any further explanation.

6. Do something specifically for him from time to time

It could be cooking a favourite meal, it could be, as I suggested above, dressing a certain way, it could be buying him something, it could be getting him tickets for an event...just show that you're thinking about him and care about him. Again, this is far more valuable when it's personalised. I remember my friend's girlfriend buying my friend a rare Sonic Youth album because she knew he really liked them and could never find it, and he appreciated that so much.

7. Recognise when he's stressed and tired

There is a story here that illustrates points 4, 5 and 6. When I was dating a woman some years ago, I had to go away working somewhere, and then I had a long train journey and didn't get back until late on Friday evening. When I got in and walked through the door, she was waiting for me, and she was dressed as a bunny girl. And she was in a really flirtatious mood all evening, and she called me Mr. Browning all evening (well, she actually called me my real name) and she cooked for me and looked after me, and it was the most thoughtful and sexiest thing that anyone has ever done for me. She got plenty in return, trust me.

I found this video that underlines this theme:

http://www.sexyandfunny.com/watch_video/amateur-aniston-shows-her-cooking-skills-and-ass-in-the-kitchen_79964.html

I have seen my mum's husband's daughter with her husband, and she is so bloody unreasonable. I've seen more equal relationships on a cotton plantation in Alabama before slavery was banned! He works his balls off, and all she does is set him new tasks to do. Of course, it is partly his fault for being supplicating and going along with it. But try to be reasonable and don't be a slave driver!

8. Share some interests

I like being with a woman who is different from me, as it's nice to learn from your partner and embrace things that you wouldn't otherwise. But, ideally, you should have some interests that you can share. If these don't come along easily, both parties should be responsible for trying to think of activities that can be done together.

9. Closeness and intimacy

Men are all about pussy and fucking and orgasms, and we don't enjoy all those girly things like closeness and intimacy, right? Wrong. There is nothing I love more than to hold a woman. I love spooning in particular. I love to

hold someone close to me. I love kissing. This is of absolutely essential importance to me in a sustained relationship. I'm sure most guys would agree with that.

10. Flirt with him

Just because we've attracted you, fucked you numerous times, and fathered children with you, it doesn't mean that we want you to stop flirting with us. We go through fucking hell in some cases to find a woman who finds us sexy. We never tire of being flirted with, or being made to feel sexy and masculine. So don't stop doing it. Ever.

11. Make an effort in bed

Some men are shit in bed. However, most men absolutely want to please their partners, and we love it when you orgasm. Don't be all about yourself, though, give something back. That doesn't mean do things that you don't want to do, but it means that his pleasure should be as importance as yours.

And I would add to that, tell him that it was good (or if it wasn't good, try to give him pointers). I remember one girl I slept with when I was much younger, it was a weird thing, but I could just make her cum so easily. We had a real chemistry, it was weird. But I remember one time I was with her, after we'd finished she looked in my eyes and said "well...that was a bloody good shag". That means a lot.

12. Initiate sex occasionally

A savvy guy knows it is his responsibility to initiate sex. But we honestly don't mind you doing it sometimes! We like to feel that you desire us too! Don't be scared to initiate sex, even if it's only 10% of the time that you actually have sex. This will be appreciated.

13. Don't make him play unreasonable guessing games

There is a joke in The Simpsons about this:

<https://www.youtube.com/watch?v=5QQDnnR0V-c>

When a woman says nothing's wrong, that means everything's wrong. And when a woman says everything's wrong, that means everything's wrong. And when a woman says something's not funny, you'd better not laugh your ass off!

I understand that men have to use social intuition in order to understand women and satisfy them, but acting like a bitch over some perceived misdemeanour, slight or failing is not reasonable behaviour. If he's done something wrong, there really is little or no excuse for not simply telling him what's wrong, instead of expecting him to guess and creating a horrible atmosphere for no good reason.

14. Keep yourself in shape

Pretty straightforward, take pride in your appearance and don't let yourself go. This should apply to both parties.

15. Always be yourself

Whenever I've seen Cosmopolitan or other similar women's magazines, there is always some bullshit article in there about how you have to act to keep your man, or some other such shite.

Women don't have to do anything to make us like you. We already like you. You have no idea how much we like you. Thank God that you will never truly understand this!

If we're with you, it means that we like you. You don't have to change your personality, character, or significantly alter your behaviour, except for showing some basic consideration. Again, this would be another red flag of a bad guy; he will try to fundamentally change you. A good guy will always cherish you for who you are, if you treat him with respect.

Always be true to yourself. Always be yourself.

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UPVOTES

Quillette: "Women Needed a Magazine that Doesn't Lie to Them. So I Started One"

coolkidsneverhave · 23 February 2019 · Archived copy · Reddit

<https://quillette.com/2019/02/20/women-needed-a-magazine-that-doesnt-lie-to-them-so-i-started-one/>

Somebody started a non-feminist women's magazine. Looks interesting. The site is located here:

<https://www.eviemagazine.com/>

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UPVOTES

Lies we tell ourselves: I don't look my age

girlwithabike · 12 March 2019 · Archived copy · Reddit

Not infrequently will women come to RPW and discuss their weight. The community happily cites BMI and jumps down the throat of any woman claiming to be thin with an overweight BMI. This is good. No one is better off living with blinders.

It is very *common* for women, particularly woman in and around their 30s, to come in and say: "I'm 30-something but I really look 20-something". This is met with silence and it's time to take off the blinders.

Yes, some people age better than others. One of the typical RPW goals is to maximize your beauty both before and after you find a mate. There will always be a spectrum of attractiveness for any given age and your goal is to look as best you can for your age. Maybe this even means you are more attractive than *some* younger women. However, there will be younger women who are more attractive still and you might just be competing with them.

Additionally, by virtue of being younger, those women will look better for longer. They have a little more time ahead of them to find a man, their laugh lines and grey hairs are a little further away. Telling yourself that you are 33 but look 28 does not give you the time frame of a 28 year old. Nor will it put you on the radar of a high value 28 year old man.

And the much bigger deal is the fertility time line associated with your age. It truly doesn't matter how good you look for your age. It gets harder to have kids as you get older. Even if it doesn't get harder to conceive, the risks increase with maternal (and paternal) age. The number of kids you can have in the available time span will shrink. Once again, looking younger does not give you the body and timeline of a younger woman.

Finally, people around you are lying to you. Or, let's be charitable, maybe they are just bad at judging. Going back to the BMI comparison, the typical response to "I'm so fat" is "No of course you aren't" or "the right man will love you for you" or any other number of feel good responses. Let's be honest with ourselves, what kind of person says: "Oh yeah...you really do look old". Don't trust all the people around you who say that you look 10 years younger than you actually are. They are being nice. Nice doesn't help anyone.

Ladies, men aren't stupid (and if you find a stupid one, do you really want to marry him?). They understand these things. Unless you plan on lying about your age, the actual number is still the actual number. When you are assessing your value and what you bring to the table, don't leave your blinders on.

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UPVOTES

How to comfort him when he made a big mistake?

cohost3 · 11 September 2020 · Archived copy · Reddit

My boyfriend had a career-altering job interview today. He was at home checking his email when he realized the interviewing company had sent him a COVID checklist sheet that he would need to print off and fill out before getting entry into the building. He had missed this attachment in the email.

We don't have a printer, and he had just under an hour before his interview. It was early in the morning so it was hard to find a print shop that was open. Needless to say, he was very stressed and angry at himself. He said some not nice things while I was trying to be helpful. I called around and eventually found him a print shop that was open and he ran out the door.

I have no idea if he got everything on time or what happened. He has back-to-back interviews so I probably won't hear from him for a few more hours. I am just sitting here feeling terrible for him. What should I do when he comes home? What can I do to make him feel better? I am a little hurt by how he acted, but I understand the pressure he is under and I don't want to make it about me. I would really appreciate some advice.

UPDATE: He got everything done and made his interview on time. He did great on his interview and was really happy, he took me out to lunch to apologize. Thank you everyone!

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UPVOTES

What makes a man who is looking for marriage have a long term relationship with a woman he doesn't plan on marrying?

sammy_neutron · 29 September 2020 · Archived copy · Reddit

I recently had a conversation about this with a few family members and it had me thinking. I personally know 2 different women who were in long term relationships where they broke up as soon as the woman started seriously talking about marriage. One of them was with this guy for 7 years living together for 4 of those years. They both were from the same christian denomination .

After she pressured marriage on him they broke up within a few months. He started dating someone new(from his church) after 6 months of ending it with her and within 2 years they were engaged and got married within the 10 months.

The second woman is the same story except its worse because it happened to her twice 8 years with the first guy and 5 years with the second . Everything was fine until she was serious about marriage . Both of the guys married another woman after being with them less than 3 years. I am not super close to any of these women so I don't know exactly what was going on in the relationship. It's not like these men are opposed to marriage they just didn't want marriage with them. The first man was even a religious marriage oriented man .

I didn't think much about it at the time but I was confused when the same man would marry another woman after a shorter amount of time dating. When this topic came up it seems like its more common than I thought. I wanted to know what you ladies think about this.

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UPVOTES

How I kept my femininity as a female in STEM in college

danyixa · 8 January 2020 · Archived copy · Reddit

Being myself and not being a copy is something I value in life. I value being honest and keeping to my word. I'm a junior majoring in cyber security and my college years so far have yet to brainwash me into becoming a full on liberal.

The stereotype for women in my field is that we are not feminine and anti-social. I knew that stereotype was the last of things I wanted to be known and remembered by. Learning to embrace my femininity in a field where many women tone down their femininity has been a hard journey and made me feel isolated.

In my computer related classes, I'm always that girl coming in with my hair done, make up done and wearing feminine clothing that embraces my femininity. Soon, I realized I was the only girl doing so and I started to feel isolated.

I took a look at the bigger issue and realized so many women in STEM fields often feel afraid of not being taken seriously, so they downplay their femininity. I often noticed that many of them subscribe to the feminist ideology which is something I am strongly against. The women who have downplayed their femininity actually don't feel happy in themselves because they're being something they're not. They lie to themselves that their masculine like selves is who they actually are but it's not.

It took time for me to accept the fact this is who I am and I will never change that. I never had issues with being taken less seriously for the way I present myself. I use my feminine beauty as a way to make me feel unique and stand out in the field. Society tells women that femininity is old fashioned and women shouldn't embrace it. This is a toxic mindset because women should have the right to embrace themselves in whatever makes them happiest even if it's not exactly the most feminine.

Being feminine to me means freedom.

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UPVOTES

Can marriage be saved after an abortion or am I foolish for sticking around?

velvetcr0wbar1113 · 31 January 2020 · Archived copy · Reddit

I'm a follower and poster of this sub on my normal account, but I wanted to use this throwaway for privacy.

My husband and I are both 27 year olds. We met when we were 22 and married at 24. We always talked about starting a family and so I thought he was family oriented. I ended up pregnant a year ago. He was happy about the idea of our first baby at first. But later on he said we can't keep it and can't afford it, and already set up an obgyn appointment for an abortion. I really didn't want to go through with it, but I felt helpless and was made to feel stupid for saying I wanted to have the baby. My whole experience at the obgyn was awful. The clinic my husband chose was Mandarin-Chinese speaking, with staff and customers who spoke little to no English. I'm not Chinese and don't speak a lick of Mandarin, so my husband did all the talking for me and the doctors payed little attention to me.

I didn't forget it once it was all over. The opposite. I beat myself up for being a coward who failed to stand up for my child and myself. I find it hard to forgive my husband. He doesn't seem to have an ounce of guilt. He tried to "comfort" me by mentioning that his mother had THREE abortions and it's no big deal, bringing up the tired old "it's a clump of cells" baloney. When I try to picture myself with kids in the future, the first baby is always going to be in my mind and the thought that he/she wasn't given the love the others are is heartbreaking. At this point I doubt my husband and I would ever be good parents.

After searching online for coping with post-abortion depression, I came across a lot of information. I happened to stumble across "red pill". To be honest, this all sparked a quarter life crisis in me a month before my 27th birthday (which was also around the time the baby would've been due). I'm no longer a young lady. I just approached the last few years of my childbearing prime. It was the perfect time to start a family. There's so much toxicity in the air but I don't like the idea of being another divorce statistic. Aside from this mess, I truly felt my husband was special and my soulmate. In that case, is there some hope in working things out, yet on the other hand I feel foolish. I know his apathy to the situation is mostly based on ignorance from a society that says abortion is no big deal and just another simple "choice" like getting a haircut. Is there a way of getting him to understand my point of view, or is this marriage doomed?

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UPVOTES

He's successful and very independent. I don't feel needed.

PieBeginning7549 · 30 November 2020 · Archived copy · Reddit

Hi everyone!

I have a weird situation that I need some advice on. I have a wonderful boyfriend and we're both 30. Lately, we've been discussing our future in more detail because I want to make sure that we're both on the same page on various issues before we start making some big life decisions. I'd say that we're 90% compatible. The only major issue I have is my boyfriend's independence. In past relationships, I was used to feeling needed. In this relationship, I don't feel "needed" at all.

He has a successful business and so naturally, I figured I would be the one to take care of the home since he's very busy with his work. However, this isn't the case. He does all the cooking. He really enjoys it and prefers doing it himself, even after working a long day. When it comes to cleaning and taking care of the house, he has a cleaning lady that comes over once or twice a week to tidy things up. Laundry? He does all of it. Taking care of his dog isn't even an option because he pays a neighbor girl to walk him and groom him, etc. Literally everything in his life is already taken care of. I feel useless.

I appreciate that he's so well put together but I miss feeling like I'm needed in the relationship. Also, he just hired an assistant for work, so I'm feeling even less useful because he no longer asks me to help him with little work projects here and there. I hope this post doesn't sound whiny. I'm just feeling a little down and I'm hoping you can give me some advice on how to be more valuable in this relationship? Thank you <3

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UPVOTES

How can we better appreciate our men for their hard work (dating)?

amadexodus · 12 June 2020 · Archived copy · Reddit

My boyfriend works in truss manufacturing. It pays decently, but it's a *tough* job. His shifts are from 5a - 2p during the week days, the job is very physically demanding (long stretches of swinging a hammer/standing/squatting/climbing), and he's frequently dirty or dusty when he clocks out because the sawdust sticks. In the summer, the temperature of the facility he works in goes up into the 90s, so the sweat/grime/dirt is even worse. He also has to work with other guys that he does not like due to their crudeness and the way they're constantly breaking each other's balls. Despite all of this, he's determined to stick with the job for just long enough so that he has the credentials to get a better job in construction later on. And he's told me before that part of why he does the hard work is "for me."

I regularly tell my Captain how I respect him for powering through, what a tough man he is for taking on such a demanding job, etc. However, we don't live together, so I am limited to a degree in what I can do to make him feel like a king when he's around me (e.g. I can't have food and a sweet kiss waiting for him when he gets home from work). And even though he looooves the way I look, I sometimes feel like wearing a dress and looking pretty is not really what will help him rejuvenate after a hard week, like I'm sort of flaunting the privilege of looking nice every day because I'm spoiled enough to not be working my ass off and getting my hands dirty like he is.

To the ladies whose men have demanding jobs/careers, what else can I (or, rather, we) do for my (our) Captain(s) to really build him up when he's not at work and we're together?

(edit: THANK YOU FOR THE GOLD!)

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UPVOTES

Problems that are beyond the scope of RPW.

Whisper · 8 January 2021 · Archived copy · Reddit

If you're reading this post months or years after it was written, it's probably because you have been linked here by someone who thinks that you need in-person help with your relationship, possibly by a professional.

(This post was written at the request of the mod team to be a resource for situations where RPW cannot necessarily help.)

While RPW, as a group with values, tries to avoid the typical pattern of "leave him, gurl, You Deserve Better™!" advice that women tend to get on the internet (regardless of the situation), certain relationship problems *are* actually severe, and cannot be addressed by some internet advice.

This is not simply a matter of "we're not qualified professionals"... indeed some of us may be. But the major qualification to do intervention in a profoundly unhealthy relationship is *physical presence and ongoing involvement*... neither of which we are able to provide you.

This isn't the "when you should leave" list. It's the "we can't help you" list. You might leave even a serious relationship for many more reasons than this. But these are specifically things where internet advice is inappropriate.

Here are some situations which might be severe enough that you should seek in-person help, or consider ending the relationship, even if it is an ongoing long-term one with a lot invested in it:

.1. *Physical abuse.*

While the stereotype of unilateral evil-man-beats-innocent-angelic-woman is not the typical abuse situation, *any* type of relationship violence is a severe problem, whether it's him striking you, you striking him, both of hitting each other, or anyone hitting the kids. This level of relationship conflict is not something we can defuse with internet advice. You should seek expert help, and consider ending the relationship if that does not work... patterns of this level of conflict can be difficult to break. Seek help in person.

(Note: this doesn't apply to kinky sex. If one of you is hitting the other, not out of anger, but because you both get off on it, that might be considered "violence", but it isn't *conflict*. Just be careful not to get too enthusiastic and put someone in the Emergency Room.)

.2. *Severe emotional abuse or conflict*

The real damage in abusive relationships often results from living in fear or a constant state of vigilance, rather than simply injuries. This same effect can be created with words. Like physical violence, this can go either way, or in both directions at once, but is not something anyone can simply "live with"... it can cause severe mental and even physical health problems. Seek help in person.

.3. *Severe addiction*

While our culture is slowly coming around to the idea that addiction is a health problem, rather than a moral or criminal one, addict behaviour can be very destructive, and the consequences of living close to an addict can be severe. While the choice to stay or leave is ultimately an individual one, we can't provide advice for that choice here, because it's simply too hard to get insight into the situation over the internet. Seek help in person.

.4. *Prolonged physical separation*

While this one may seem harsh, as it isn't really anyone's "fault", relationships *are* close personal contact, and prolonged separation is not something they can necessarily survive. The decision to end a relationship because someone cannot be available enough to make it work is a painful one, but sometimes it is necessary to do so, so that both people can be free to find another that *can* fulfilled their needs. Discuss this with your partner, and seek advice

from friends and family who have known you a long time.

(When this is initially posted, I will leave the comments open so that readers can suggest amendments. The intent here is to have a permanent list of "this problem is beyond the scope of RPW situations" that we can link people to, instead of randomly saying "leave him, gurl, You Deserve Better"TM!)"

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UPVOTES

**What exactly are men looking for besides physical beauty?
What advice would you give a woman who couldn't change
her appearance but wanted a high value man as her partner?
(Please no answers that talk about bettering your physical
appearance) I need lady game techniques my friends!**

hermestriz · 31 December 2021 · Archived copy · Reddit

[/r/RedPillWomen/comments/rso97a/what_exactly_are_men_looking_for_besides_physical/](/r/RedPillWomen/comments/rso97a/what_exactly_are_men_looking_for_besides_physical/)

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UPVOTES

He isn't masculine and it's getting me down

Helpful_Asparagus_72 · 11 December 2023 · Archived copy · Reddit

Hi all,

Today there was a garage roof leak, we agreed that we needed to temporary patch it asap, and that I'd have to go on the roof as I'm light and he weighs a considerable amount more . So I go up the the ladder and I do as he says. On the way up I didn't feel like he was holding the ladder on my way back down I ask him to hold the ladder, and he was more interested in picking the tape and stuff I threw down, I kept telling him I'm scared please hold the ladder and he ignored me.

Once he picked the stuff up, he finally came to the ladder but he was just touching it. I got really upset at this point I was shaking with anxiety and I told him your not holding it your barely touching it - it turns out he didn't want to get his hands dirty.

I finally lost it and shouted that he was behaving like a little girl, and finally did he hold the ladder properly. I was crying so much when I got to the house as the neighbours had heard everything.

I can't believe he was more interested in picking things up, and keeping his hands clean instead of getting me down safely, I'm really upset - his lack of masculinity and protectiveness is horrible.

He is 31 - he apologised to me but it really made me feel digusted at him. He is a very nerdy bloke - and honestly if I can go back in time I probably wouldn't be with him. I'm so upset. I could use some advice on how to encourage him to be more masculine

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UPVOTES

this is crazy....improvements after reading this sub for ONE DAY!

Jemjon · 24 February 2017 · Archived copy · Reddit

I just found this sub on accident and was sucked in. Ive been raised in that dont-need-no-man-career-comes-first way by my parents (who once argued that one of my boyfriend seemed sexist because he offered to drive me places too much??) sorry if my formatting is bad im on mobile!

I immediately started recognizing all the things NOT to do are the things ive been doing for the past 3 years of my relationship.

Here is how I would have treated my boyfriend today, without having found this sub:

- Wake up, complain to him that its cold and stay in bed so he has to do the morning chores (take care of pets and so on) sometimes I even pretend to be asleep so I don't have to do them
- Constantly ask him what he is doing if I dont think he is 'being productive enough'. Nag him about his plans for the day (so I can approve of them or hold him accountable or some shit)
- If I am cleaning, point out how I am cleaning and he is not. ugh
- suggest that he take out the trash tonight or something he can do without my suggestions, he can clearly see the trash is full with his own eyes. (he isnt an idiot why have I been treating him like one!!)

Here is how I treated him after binge reading this sub and what happened:

- got up before him, offered to make breakfast burritos (he declined, better luck next time!), did some dishes and cleaned up a bit.
- Saw him doing 'nothing' and said NOTHING about it. Went along my own goddamn day and did whatever I wanted.
- While I kept my mouth shut, he organized our game collection, found some games of mine I had lost and organized them, organized our cabinets, hung up some posters (and I did not nag about the best place to put them or blah blah blah), added some of his old things to our value village donation bag
- now he is off to the store to buy some stuff he needs, and I did not pester or question how much money he was spending.
- after we are getting sushi and he decided the time we are going!

has he secretly been this productive and awesome the whole time and ive been squandering it with constant nagging? so far survey says yes....

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UPVOTES

I found Women who was Match maker. She quit because she could not handle female clients.

Bortasz · 16 August 2020 · Archived copy · Reddit

Here is video that she make:

<https://www.youtube.com/watch?v=H6ONHDmDD8s>

Title is: Why Women Have Totally Unrealistic Standards for Men, Dating, and Marriage

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UPVOTES

How do you girls deal with it?

BubblegumBunnie · 14 September 2020 · Archived copy · Reddit

I'm sorry if this strays from topic, but I've noticed that the only type of traditional femininity promoted in the media and even our daily lives is the very plastic, hot pink version of girl power and "I don't need no man, I can kick tail in heels" mindset.

Feminine traits that don't fit into that box are kicked so far down and spat on by so many. Things like gentleness, agreeableness, kindness, warmth, and tenderness seem to be totally forgotten. Even being a housewife is frowned upon by a lot of culture and people in daily life. Traditionally feminine *flaws* like being a bit emotional or weak are seemingly only acceptable when men do it because it's the progressive thing to do. If I show that weakness, it's instantly "you're lazy, you're stupid, you don't need no man". It's frustrating. I don't want to be the hot pink man with a pretty dress on.

How do you deal with that kind of shaming/message that's seemingly constantly shoved down everyone's throat?

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UPVOTES

Understand how he shows love

bowlcutboy1994 · 22 November 2019 · Archived copy · Reddit

Me and my boyfriend have been together just over a year and a half, and have been very happy! Worked through long distance and two different counties but now we're together it's perfect.

Apart from how we express love

I've always been a very expressive person in terms of how I show it, and usually I use words and physical affection. I always felt a little like he didn't feel the same level of love since he didn't do these things.

I decided to allow him to lead, and I trusted him to show me how he loves me. Since I did that, I've realised he shows love by providing! He helps me with legal stuff, pays for major things and also surprises me with small gifts. His love language is just different to mine and I'm so glad I was able to make myself take a step back and to trust him

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UPVOTES

Am unable to satisfy my husband - looking for tips from women in similar situations

Brilliant-Response · 1 February 2020 · Archived copy · Reddit

Hi RPW - this is a separate account from my main as I have my husband on my other reddit - not to hide things from him, but to get feedback and not bother him with this.

We have been together for six years, since I was 19 and he was 24. We met through his mother: I moved to a brand new city for college at age 17, and his mother helped me get settled into a church there. We got married two years ago. We met each other one year before we got together, and we fell for each other slowly but surely.

About six months into our marriage, his workplace laid off a large number of workers and he was among them. I decided to start picking up more hours at my job to sort of compensate for the financial blow (we had also just then purchased a new car with cash). He would be searching for another job, but unfortunately he hasn't had much luck.

My husband is also red pill, and we have both decided that it is my job to do the housekeeping. While I am able to keep the house clean after work, I am often tired and do not have the energy to be there for him as emotional support. We also have not had sex in a month. I understand that he is going through a lot right now and I want to find a way to be there for him more.

We are not in a financial place where we can see the doctor or afford therapy. Has anyone been through a similar period? How have you overcame it? Would love to hear what you all have to say :)

Edit: Thank you to everyone who commented. I apologize for the late replies, as I have been at work. It is not easy to come back and say this, but because so many of you took time out of your days to respond, it is only fair you are made aware of the situation. I decided to ask him if it was possible for him to do some of the housework, but he has refused. We had an argument, where, as many of you suspected, he feels upset that he no longer feels like the captain of this household. It got heated, and a few hurtful things were said. I have decided that perhaps it is best I take, first of all, a week off work. We have discussed that it is best if I do not be present in the house for that week. I am going to my dad's house while he sorts through his thoughts before we can decide what kind of action we would like to take going forward.

Edit 2: Hello everyone, it has been two weeks since I made this post, and many things have changed. I have left him. We are separated and I am in the process of initiating a divorce. I have also began therapy and reduced my hours. I am still living with my dad, and he's been a great support at this time, insisting I get rest and reevaluate my state of mind. Thank you for your perspectives, and to my sisters, despite not sharing the same views, on other subreddits who have also offered some words.

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UPVOTES

Making sense of my boyfriend's behavior: "Men want to be alone, but not by ourselves"

amadexodus · 18 January 2022 · Archived copy · Reddit

Some of you may have seen [Patrice O'Neal's hilarious bit about men and women](#) before. If you haven't, stop reading right now and watch it before reading the rest of this post. I watched it for the first time last night, and suddenly my boyfriend's behavior made more sense.

For context, my boyfriend and I usually spend the weekends together at his place since (1) he lives alone and I don't, and (2) Sunday nights we have dinner with his grandparents, and he lives closer to them than I do. This past weekend, I found myself getting annoyed with the fact that for most of the day, he wanted to do the same things he usually does when nobody's around (i.e. work on personal projects and build stuff). I had my own things to occupy myself, so it's not like I had nothing to do, but I found my hamster going crazy: "Is he mad at me? Why won't he talk to me about stuff today? How can he sit there for 2 hours doing his own thing without saying anything to me? Why is he being so quiet? Did I do something wrong? Do I look ugly/fat today? Are we going to end up not having sex tonight later? Is he preparing to break up with me?"

Instead of letting my hamster do the talking, I reminded myself that my boyfriend has always been very direct when there's an issue with us, and that he probably is just getting lost in a project in the same way that I do sometimes. So I just STFU and did my own thing while he did his, and trusted that he would come over to me when he wanted to.

And.....everything ended up being totally fine. We talked and spent time together later on with his friends, sex happened that night (and the following morning oh yum), he couldn't stop cuddling me til we fell asleep....he and I were both our usual selves. So I asked myself, "Why was I so convinced something was wrong?"

Well, part of this is my own neurosis because I was raised to walk on eggshells around people thanks to an abusive Cluster B mother. Since going completely no-contact with her, I've been teaching myself not to assume that something was wrong when there were other more logical explanations. But the bigger reason is that **sometimes we forget that men and women operate differently**. Unless he's effeminate or abusive (which mine definitely isn't), your boyfriend is not going to passively aggressively ignore you or give you the silent treatment. That is how women express anger or resentment. Men will be much more direct, especially if you don't compete with him for dominance in the relationship.

After watching Patrice O'Neal's bit, I realized that nothing was wrong and my boyfriend **did** want me around; he just wanted to have his own space to do his stuff while I was there, as we've been dating long enough to have entered that more comfortable phase. If I had nagged him and repeatedly asked if he was upset with me, he would've **become** annoyed because he hates unnecessary drama.

So ladies, just remember that your man is not one of your girlfriends. He wants you in his space, content with his company, even if you're both focused on doing other things for a few hours and not talking to each other. It's part of being a peaceful, soft landing place for him. During those times, find something to do/read/listen to/create in order to shut up that hamster and keep yourself from becoming idle!

Feel free to discuss, add on, or disagree in the comments.

(Disclaimer: I'm not talking about the man you've run out of things to say to after the honeymoon phase is over, or the man who withdraws from you because you're being domineering. I'm talking about when you've dated long enough to be comfortable with each other (or married), and he just wants to do his own thing sometimes while you're over.)

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UPVOTES

Small field report: shutting up & trusting him

talldrunkofH2O · 31 October 2022 · Archived copy · Reddit

This isn't a big deal, but it was small and cute so I thought I'd share.

I started seeing a new guy and he asked me to come to his house for a dinner date. The plan was for him to cook steaks and I would make the sides. He was a little nervous and trying very hard to do well as a pretty inexperienced cook. He even used a marinade for the first time ever. It was really cute! Turns out he had been practicing for a couple of days to prepare for this date.

I thought in my head that perhaps he was cooking them too long on one side, but I trusted him and said nothing. Turns out when he flipped it over that it was completely charcoal black. He was disappointed, so I just hugged him and told him that it was totally okay.

He instantly went to solving the problem and said he'd just take me out to dinner instead. He figured out what kind of food and made the quick decision.

The rest of the night, he made me feel so completely adored and cherished. It's like he couldn't get enough of me. He was even more confident in acting like a leader after this. I don't think I can even put into words how much of a princess he made and has continued to make me feel. It's lovely👉

It really affirmed to me that men just need us to trust them. I could've been critiquing his cooking or trying to boss him around like a mother, but instead I shutup and trusted him.

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UPVOTES

Happy Married PRW, please brag on your husband a bit!

Hot_Blacksmith_3404 · 31 March 2024 · Archived copy · Reddit

Some of us single women have been going through the TRENCHES out here, and it's hard to keep hope sometimes. Can we have a thread of all the happily married RPW bragging on how great their husband/relationship is a bit? Remind us there is hope and a light at the end of the tunnel?

Sorry if this isn't allowed, but there's been so much negativity in this sub and the dating world generally lately, it would be nice to have a pick-me-up thread and a reminder that high quality men and happy marriages still exist.

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UPVOTES

Do It Anyway

Automatic-Praline568 · 20 December 2024 · Archived copy · Reddit

How do you do something nice for a man who asks for nothing?

My (F27) boyfriend (M27) is the type to never ask for anything. He will get what he needs, solve my and his family/friends problems, and is happy with his life. So whenever I ask, "Would you like me to xyz for you?" "Will you eat it if I make xyz for dinner?" "I can get xyz for you if you'd like!" The answer is always "No it's alright." "You don't have to make dinner for me." "No, I don't need it."

Sometimes I'd feel at a loss. I want to be a partner to my boyfriend. A co-captain. We are in a LTR and close to engagement. I feel more inclined to do things for my captain, yet he always declines. I started to feel like I was taking advantage of him. He'd do so much for me and never ask for anything in return.

And then I started to do it anyway.

I don't ask if he needs his work clothes cleaned I just do his laundry when I notice his work clothes dwindling. He is always pleasantly surprised by his full closet the next morning.

I stopped asking if he'd like such and such for dinner and if he'd be done with work and started saying "This is the dinner menu. This is dinner time." And 99% of the time his answer is "Oh sounds delicious I will be home for dinner in time!"

I stopped asking if he would like a certain thing and just...get it for him. Often times it becomes his new favorite clothing item, gadget, or tool. I know him well, and let's be real, yeah he did want the thing all along.

So how do you do something (anything) for a man that wants for nothing?

Just do whatever that thing is anyway.

The result so far has always been a happy and grateful captain.

BONUS: If you know your person well then you know he will enjoy the things you decide to "do anyway".

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UPVOTES

You're not marrying a rich man

purpleyellow · 24 April 2026 · Archived copy · Reddit

So this is my opinion. But if we're here in the first place, we aren't marrying a rich man.

Realistically, the best way to marry rich is to already belong in their circles.

But if we are in these type of subreddits looking for advice, we will probably not end up marrying a rich man.

We can find someone who makes more money than us and a provider. But realistically, what are the chances of us marrying a wealthy man when we're not?

I'm pretty sure we won't find millionaires between the users of this subreddit. And I'm pretty sure the wives of millionaires won't be here either.

I feel like a good dating strategy is to either work to improve your situation: getting a degree, a high paying job, etc. or to look around the men in your social circles and from there look for the "best" ones.

What do you think?

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UPVOTES

/r/RedPillWomen hits 10K subscribers

TrendingBot · 23 March 2015 · Archived copy · Reddit

<http://redditmetrics.com/r/RedPillWomen>

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Thank you RPW. I am now engaged and have you ladies to thank for it

Gojogojo · 27 August 2015 · Archived copy · Reddit

Yesterday my boyfriend of 9 months proposed to me. I know without the support of this forum this would never have happened.

I began reading RPW about 2 years ago, at that time I was a wreck emotionally because I was a feminist and surprisingly no men took interest in me. Also, I had very few skills and interests, which left me unfulfilled. I found this forum and despite it being the epitome of what I resented in terms of women's roles and such, I knew something had to change so despite hating half of the harsh truths I saw here, I decided to follow the advice. I was 40lbs overweight, had a terrible wardrobe, and had a dyed very short ugly haircut.

I was told first to lose the excess weight and I began to really find a degree of happiness and fulfillment from exercising. I started lifting weights and running and over time the flab at my butt and belly dissapeared and became more toned which made me really proud. Instead of being somewhat self loathing I really began to have a degree of self contentment, and exercise is something which to this day makes me very happy and keeps me feeling healthy.

I then had to get a better wardrobe. When I say bad wardrobe, I'm talking basketball shorts, lots of baggy jeans, basically terrible terrible fashion. I bought a new wardrobe mostly comprised of dresses, skirts, some nice blouses, and the few pants I got were more elegant/slender pants and yoga pants for being home alone in winter (I'm from Chicago and its very cold here). The clothes I got admittedly weren't great brands but they looked decent and were what I could afford at the time. Needless to say they were a massive improvement.

And then came the hair...the hair was the last to do. I had blue dyed hair, which at the time I thought was very "individual". Needless to say I looked like a trainwreck. I viewed short hair as a kind of rebellion against society to some degree, but I just let my hair grow longer and longer into a more feminine length. Finally I went to a haircut place and got that blue mess sheared off. I thought I was fairly good looking at that point so I started going on online dates.

Most of them were pretty uncomfortable, I didn't really like the guys. They seemed like 'beta' guys as you ladies say. Then I met this guy, my current fiance who really blew me away. He was nice dressed, handsome. He also initiated the conversation, and I got a lot of subtle clues he was pretty masculine. For example he asked me what I wanted and then when the waiter came over he ordered for me and said 'she's having blah blah blah", which really caught my notice. He paid for the meal and held the door for me and took me on a walk afterward. When we were walking he put his hand on my back and kind of guided me it was so sweet, the whole date was really romantic and I fell for him. We'd been dating since then and going on outings together. Anyway, yesterday he proposed to me and of course I accepted. I could never have even caught his eye without your help, much less married him. A million thank yous to you lovely oppressive women

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UPVOTES

Understanding RP: What I've Learned and Will Teach My Kids

nonamanuensis · 19 September 2017 · Archived copy · Reddit

Taking the "red pill" means that I see the uncomfortable realities of male vs female sexual strategies and goals and I take them into account in my own relationships. RP does not mean that I necessarily *like* these realities or think they are super awesome but it doesn't matter if I think 2+2 is unfair or immoral - it is what it is. I have come to really appreciate the interesting and complimentary ways the differing strategies have shaped humanity and the solutions we've come up with to balance the pulls. And with RP I can come to acceptance rather than fighting, blaming, or criticizing men (and women) for doing what they do.

I do not like the manipulation of RP - even if men and women are different I think respect and honesty will *always* result in more goals being met and people being happier than using dread game or women faking or manipulating their appearance or personality to be more "RP". I do believe in being who you are since that's what you'll be best at - even the most powerful women can submit to a powerful man, it doesn't mean she should tamp down her power. She may end up with an ugly powerful man if she isn't gorgeous, but that's RP ruthless truth that most people don't like. Lying about N count, being deceitful by omission, wishing without asking, manipulating with sex, making women afraid you will leave them, supporting pornography (which in my mind is sexual images for men and encouraging women's "100 bullet point" list of Prince Charming/Mr. Darcy must-have's for men), accepting the legal system which is heavily weighed in favor of women who don't live up to the responsibility inherent in marriage and family building, shaming new mothers to lose weight unhealthily, etc....those are NOT RP attitudes or behaviors to me, but that is all my interpretation. I do not agree with a lot in these subs but there's enough truth to find it worthwhile. It certainly won't be in popular culture.

RP can be used differently depending on your goals. Men have an easier time applying RP and a longer timeframe to use it since resources and status and leadership are more complex (but can be learned and add up over time) while the youthful sexual/fertile power women have has a timeline. Women can have children later but why would you do something so important during the decline of health instead of the pinnacle? For a lot of (understandably) angry men, they have decided to give up on having a lifelong partnership with a woman to build a family and raise children. Their goal is to enjoy women but they will age with diminishing meaning to life (my opinion, I totally understand their view but I pity them for it). For a lot of women, they have decided to try to lead instead of being a good dancer in their pair and they will have to put up with lifelong dissatisfaction with men while their female power declines (again, judge/pity). There is a submission/dominance circuit in mammals for sexuality and partnership. It does not mean that a woman is lifeless and spineless but that she puts down the "girl power!" crap that our culture teaches (at the expense of male natural testosterone and aggression and its resulting spectacular risk taking and creative achievements and stability) and submits to the needs of the family and recognizes the great amount of resources that men give to their families and society.

I personally think the long term goal of marriage, family building, and stable communities and societal structures is worthwhile so I pity and judge those who use RP for short term gratification. You will see that in my response overall. But to each their own. For women, RP isn't very useful after The Wall except to be realistic and understanding of what they are up against in the sexual marketplace and their bargaining power. They may still be able to marry a man and both be happy though. There are no guarantees but if I had to risk it, I'm risking young marriage at the shot of a long and happy life together. And there is no time like the present regardless of anyone's age right now.

Women are the gatekeepers of sex. Women create children - as "sexist" as it sounds, that is what women give to a family and what they have to offer. (So if a man doesn't want a family I agree with some angry men - women are useless other than sex toys and you will attract women who will be able to offer nothing more).

Pregnancy/childbirth/childrearing is a HUGE and risky psychological and physical responsibility so women are careful about whom they are giving children to - hence they should be very careful about having sex.

Men are the gatekeepers of commitment. Men provide protection and resources to the family unit. Single motherhood is hard now, imagine how hard it would be in harsher times in the past. Women rely heavily on men. (So if a woman doesn't want a family, yes be as Girl Power as you want. But women are finding out that they do want a family, that raising children is often a primal want, and that the costs are heavy and if you thought you were supposed to be "independent" then you don't know how to submit and take the lead with this necessary vulnerability.) Again, pregnancy/childbirth/childrearing is a huge and risky endeavor so men are careful about the women they commit to. It is easy for a man to leave after impregnating a woman and it's not surprising that men leave and selfishly that makes the most sense - it's surprising and beautiful that they stay because they understand the long term game of family building.

The Wall - Appearances give information about health and fertility. RP means that, for women, our first impression appearance is important. We would be silly to demand that men "like me for me!" when our brains are looking for clues about health and fertility. And the bargaining power that women have is stronger the younger we are - it behooves us to find a partner earlier rather than waiting for our 30s. Humans take this to the extreme with body modifications of all sorts because the brain likes easy interpretations. In this sense, looks are not everything and it's silly for older women to try to continue to appear like a fertile teenager, but the importance of looks cannot be denied.

The Wall is where a woman's appearance clues about fertility decline. I've heard the peak is around 24 and The Wall hits hard a few years later.

The Wall is also where the horizons switch. Until the Wall, women have the upper hand in the sexual market. After the Wall, men's resources and status usually increase while women's looks and fertility decrease. A woman gives up her youth and opportunities with potential higher value males in return for long term commitment and resources from her man.

The Wall is extremely hard for women. For most women, we are used to getting attention when we are younger due to nothing but our youthful looks. This drops off as we age. For men, the opposite happens and they are tempted to give up their women and find preWall women. Women have to learn humility with aging acceptance and how to be mothers/coaches/mentors for younger women after the Wall. Women also have to learn to be sexually flirty even when they don't have the youthful power and appearance they once did. The Wall marks the pinnacle of female individual power and starts the transition to mother/family/wife power as the man's power increases and the children need support from their mother.

Modern/immature men do not entirely understand and accept the Wall either - demanding a woman take the shape of a teenage girl after motherhood is immature. Asking a wife to be sexually available is reasonable but asking her to look like a teenager sets everyone up for unmet expectations. Men are giving up access to youth for commitment to them and their children. If men don't want a family they can keep dropping women when they hit the Wall and get younger women as they age. They can do that but if they marry they are setting their children up for pain and desertion, they are breaking the commitment of marriage (which should mean something and is a contract) and I think they just shouldn't marry (and many, sensibly, don't.)

What Men Want - Sex and loyalty; the balance depends on their goals (many children with little resources given or devoted resources to a few children). Varied experiences and surprise/shock experiences drive up dopamine. (This is why pornographic images are so powerful and, I believe, dangerous - our brains can get overloaded with the billions of images of women and other sexually varied opportunities. I think men need to be responsible with their drives because there can be an intolerance to real flesh and blood women. I don't think this is immoral or bad, but I think if you want a strong relationship you should stay away from porn and just have lots of sex with your wife.) Men do want kids, but selfishly (and understandably) they don't want to risk themselves or their resources for children who are not theirs - they need to trust the loyalty of their women. Find you a loyal woman who is attracted to you such that she will consistently have sex with you.

Male responsibility: Be a man. Be logical and powerful and respectfully aggressive and a leader. It will feel "cold" in

the face of overly emotional women, especially when the male needs to push the child from the nest. Women want to protect and mother children (not only their own real children, but the inner child they see in everyone....which is why western politics gets more liberal as that overbearing caretaking is run amok)....and this mothering is great when children are young and need it. Once they grow and can walk on their own and mature, men need to push the kids out and teach them how to protect themselves. There is a wonderful nurture/challenge balance at play when feminine and masculine forces are in balance correctly. Be a man and your woman will be attracted to you. Modern women will probably give you loads of BS but their bodies will react.

What Women Want - Genes and commitment of Powerful Men for their children. Women are more attracted to men with higher testosterone when they are ovulating. (Do not date while you are on birth control as the hormones effect your primal ability to choose mates to whom you are genetically attracted.) There is a helpful model of alpha/beta traits when looking for men - it is simplified but all models are. Beta = bonding traits of caretaking, commitment, and love. Alpha = protective and testosterone traits. Find you a man who can do both. Women want the genes of masculine men and they will be hypergamous (be on the lookout and mate with men who are of higher status than they are). You will need to quell this urge and be happy with the man who has chosen you and you are attracted to. It is correct that the female sex drive is stronger than many would like to admit and this is why - because women can and will have sex with men who are above them, but that doesn't mean the men will commit to lower women. Hypergamy doesn't help anyone in the long run.

Female responsibility: Don't give up sex to many men in your 20s - commit to a man early and let him enjoy your youth. The cold exchange is that he will let you enjoy his resources and power as he ages - it's a tradeoff (I realize in the modern world of both men and women working this doesn't always make sense but it's a good general thing to keep in mind with the power of young female appearances). When you allow yourself to be hypergamous in your 20s you're throwing that off balance. I also believe that bonding is like the glue on stickers - the first time you stick it, it is strong and then it gets less and less strong. The more sex you have the less strong your bonding will be with each successive partner. Guard your sexual bonding and be careful who you choose to have sex with. Personally, even though there is birth control my rule was to not have intercourse unless I wanted to have children with that man. That helped me a lot and I'm glad I did that - it meant I wasn't sexually clueless with my husband but I was a virgin because I didn't want to have intercourse with the boys and I was so attracted to my husband that we had sex before we married. (If you can't wait, I think that's a good indication you are pretty darn attracted to a man.) Point out and revel in the masculinity he shows - you will be more attracted to him (against your "intellectual" modern sensibilities, but your body will respond to his aggression and dominance). Learn sexual submission. I think the advice I've seen of this sub to learn to be more flirtatious is wrong - don't learn to flirt with many men, learn to flirt with YOUR MAN and your man alone. You have to discipline your desire to have children with powerful men. Be loyal!!! Keep your word, don't gossip, and don't flirt. Women take for granted that we know our children are ours - men do not have that luxury and loyalty is huge on a primal level that we really can't recognize intellectually. HAVE REALISTIC STANDARDS. You are most likely not an agreeable, high status, beautiful 10 who will attract a perfect Prince Charming/Mr. Darcy 6figure-salary-doctor-with-abs-man's-man-who-puts-rose-petals-in-your-bath. That stuff is female emotional porn and it makes realistic (great) men look like losers to you - it is DAMAGING and women need to cut it out to have a chance to be happy. Learn the discipline to be grateful for what your man does and point it out often and vocally. This speech from Katherina in Taming of the Shrew is beautiful regarding recognition for the gifts men give to their wives and families:

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.

How do you have realistic standards? I suggest making a list of everything you can offer a man, and make the equal list of masculine traits. That is the best you will attract. Be ruthlessly realistic. Keep male preferences in mind and just embrace stereotypes even if they are unPC or unfair or whatever.

- You're a female 7 in looks? You will be lucky to find at best a male 7 in looks. You may end up with a 6 who has solid beta traits.
- You want your house to look a "certain" way, your kids to dress the "right" way, and your husband to adhere to cultural memes in fashion and trendiness (high status desires)? You may need to accept a man who demands you look a certain way too and you will need the discipline to keep that up.
- You can't submit or take someone's lead? You will probably end up with a man who can't lead out of fear or modern female conditioning - (this will be dismally unattractive to your primal female desire for masculinity).
- You have bad financial vices - you can't save money and you expect a man to take care of you financially? Then you will need to accept his leadership and not have much of a say if you can't add to the partnership.

However, if you are pleasant and have great friends (not gossipy partiers), you will attract a man who helps others and is responsible with his word.

- If you appreciate the masculine that your man brings, you will be attracted to him and he will stay with you
- If you are a good financial partner, you can help the family
- If you are high in looks, marrying early to a man who will rise in power (or is older and has power) but who is not interested in status will be stable for the both of you.

How to Balance Male/Female Desires: The solution most human cultures have come up with is marriage - a man and woman giving their equal respective sexual market bargaining power to each other and the family unit for long term good. The long term goal of family building is met, men get consistent sex and loyal women so they know the children they are putting resources into are actually theirs, and women get protection and resources to raise those children and their short term, life-threatening investment of creating children is matched with protection and resources for the long term. Marriage is imperfect but it is better in the long run for a stable society than going from mate to mate, creating children and raising them without the foundation of a committed partner. If men do not want their own children it makes no sense - while women are giving up their life potentially to bear children, men are giving up the resource and status improvement that happens as they age. They could have more women and children and leave each woman for a new one, but they do not. And women could keep having children with more and more powerful men but they don't. There are polygamous societies but this means that the top 20% of men get 80% of the women and it wastes the male potential of the other 80% and makes them sexually frustrated. War is an answer to ship off those young men but monogamy allows men and women to 1:1 pair off and more people are overall satisfied - if the women can keep their hypergamous nature in check.

Marriage is a legal contract. It is probably THE most important decision you will make in your life and it has huge consequences if the marriage doesn't work out. Your partner in life will effect everything in your life and your family. BE SERIOUS ABOUT MARRIAGE. In some sense, older generations don't do enough to coach the younger generations and I think that's why I'm on this subreddit. Not that I have all the answers, but I'm happily married and my husband is happily married and we have four young kids. Not everyone has that and I think RP has helped us keep the ship afloat and in the right direction. We are very satisfied with our lives and I wish everyone was this happy with their marriage.

Risks

Men:

- Modern legal system favors the woman - so women marry and divorce and financially rape and emotionally devastate men who have made commitments. *Solution: Prenups and clear expectations.*
- Women do not submit and they deny their husbands sex and/or manipulate with it. *Solution: Do not marry a*

woman who cannot submit. Do not dare marry a woman who ever "rewards" you with sex or withholds it illogically - she is playing games with her power. I suspect (real) dancing is a good proxy for submission and partnership - men need to lead and be confident and women need to follow. Don't knock it until you try it. Dancing with a good partner is glorious.

- Woman cannot accept The Wall and instead of celebrating others and putting energy into children, chase youth and destruction of others. This is just overall unattractive and unbecoming for the mother of your children. *Solution: Find a woman who has spent time with elders. For the woman: embrace mothering skills and tendencies without being overbearing.*

Women:

- Men do not value consistent sex while married (if they get it, I am apt to think if they get it they will be satisfied) and "trade up" for younger women, neglecting their children from previous marriages. Wives are usually financially ok but they are past The Wall and have a hard time negotiating for a new partner who will be as good as their previous partner. *Solution: Do not marry a man whose focus is on sex. Do NOT marry a man who is interested in pornography. Do not do sexual acts you disagree with but filter men who are focused on sex and not longer term goals. Consistently have sex and practice seeking out and recognizing the masculine in your partner so you want to have sex with him.*
- Men do not accept The Wall and demand unreasonable physical youthful appearance. *Solution: Keep long term goals in mind together. Marry a man who has spent time with elders. Marry a man who respects and loves his mother and whose mother and father have stayed together and are happy with each other.*

If married: Men do not act like Men (either their fault for not pushing despite female emotional tendencies and/or the women do not recognize and celebrate masculinity and instead attack and demean it) and women's attraction wanes, then sex drops off, man is resentful and withholds his responsibilities, woman is resentful and her hypergamy comes out, porn on both sides (sexual images for men and comparing her man to celebrity crushes/Prince Charming/Mr. Darcy for women), lack of trust and satisfaction....divorce/cheating....financial and emotional devastation as the entire structure of marriage breaks down. Both try again with bitterness.....or just date and the market is flooded with jaded humans.

That helps lay out a lot of my initial thoughts on RP. These are the ideas I want to teach my children.

(I'd like to reformat to be more structured and clear but hey, gotta start somewhere. This was a comment on a deleted post.)

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"The Husband Store"~A Parable Of Why Female Choosiness Leads to Spinsterhood

wingnut · 1 August 2015 · Archived copy · Reddit

This is an oldie-but-a-goodie that I thought needed to be shared

"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 81,456,012 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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Always Be Sure to Tie a Live Duck to Your Right Ankle.

Whisper · 29 March 2019 · Archived copy · Reddit

Whhhhhhhhaaaaaaaaaaaaaaat?

Exactly.

That's the experience of reading some of these questions. I'll be skimming along, yes, okay, dead bedroom, trying to do better, been reading RPW for a few weeks/months, boyfriend is like this, she is like that, yeah, yeah, looks familiar... and then, suddenly:

I've been trying to improve. Every day I tie a live duck to my right ankle, just like the red pill advises. It's hard, but I'm getting used to the quacking now. He doesn't seem to like it, though.

... or something only slightly less ridiculous.

What?

The red pill advises *whatnow*?

When did I write this? When did any EC write this, here or on TRP? Who wrote this? How on earth did you come to think this was any part of red pill advice?

As if we didn't already know.

Some of y'all been going to university, and listening to the freshman in the back of the class, who's straight of out high school, instead of to the professor's lecture.

Example:

Our relationship has worked up to this point because I worked the RedPill and part of this included hiding my fetishes with him so I would appear to be a quality woman.

This poor girl somehow got confused, listened to the newcomers in the cheap seats, thought it was redpilled advice because it was a comment on RPW, and thought that:

- Quality women don't have fetishes (What?)
- Quality women lie to their spouses. (Seriously?)
- Lying and hiding information from a man helps him to be a good and effective leader. (No. Just... no.)
- You can white-knuckle your way through life suppressing your own needs (I'll pass, thanks.)

RPW is no different than every other place in the human sphere... it's fulla people who love to hear themselves talk. Some of those advice comments are coming from people who just showed up here yesterday, and have never had a successful relationship in their lives. It's kinda dumb for them to be pontificating, but the mod team's not gonna ban them all, because that's like trying to hold back a glacier, and, hey, they need to learn, too.

So be careful who you listen to.

We invented the EC tag system to make this easier on you. There are some people you know you can rely on, with big, easy to read stamps on them for your convenience. The mods have vetted them for a long time, to make sure they know what they are talking about, and continue to watch them to make sure quality stays high. (Yes, tags have been yanked in the past, for bad advice, or losing the trust of the community).

Others, you might wanna ask yourself if what you just heard is really in line with the way we try to build healthy relationships.

And if you're trying some principle that just isn't working out for you no matter how hard you try, try asking yourself if that's really something we actually teach... or you just picked up that impression from somewhere.

And for god's sake, don't hide your kinks from your husband. (Eyeroll.)

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I don't want to be a housewife

JackoDaPotato · 20 April 2019 · Archived copy · Reddit

I wish to be a woman to my man. A queen to my king. I wish we can both stay at home, make a farm, work for our food together in our fields, raise our children in both female and male energy, climb every hill together, search wonders of the world and home.

I don't want to be at home all the time, waiting for him to come home. Him doing some work that is only bringing us money but no joy or time together. Him seeing kids a few minutes per day. Kids getting sad and filled with only female energy. I wish for him to be next to me and bring his field of male energy to make our home stable.

The modern society destroyed us. It wants to kill the loving family, making single moms mean, vengeful and with deep grudges and men chasing 18 year old girls, which are only good until they want to settle down and turn 20.

I have a dream and I work hard to reach it. And one day I will wake up next to him, kiss him and go get some coffee. Then we will open the doors of our home and enter in our workplace... the Nature itself. And then I will know. We found harmony.

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Stop judging other women

raisin_warlord · 20 July 2019 · Archived copy · Reddit

"Do not judge, or you too will be judged. For in the same way you judge others, you will be judged, and with the measure you use, it will be measured to you." Matthew 7:1-6

I say this for a couple of reasons but most importantly judging others harshly is not good for you or your mental health! Plus it's just ugly when women do it to other women. **Yes, this includes the feminists and SJWs.** I don't care how crazy they are, it's just not worth the mental/emotional baggage. **When you judge others you judge yourself.**

Shame drives women to judge each other. Shame is our fear of not being good enough. This could be in a lot of everyday things like our femininity and what it means to be a woman, how our body looks, age, social status among our peers, education or lack thereof, the number of people we've slept with, mental health, RMV/SMV etc. Some of these expectations are placed on us by feminists/patriarchy/social media whatever you want to call it. You do need to be aware of these silent expectations being whispered into your ear.

Now there's nothing wrong with having "standards" but there's no use in bashing other people or yourself with it. It's not productive and it's not helping you or the people around you.

When you find yourself judging another woman for her choices in life, ask yourself why?

It's usually it's because this woman is "triggering" one of your deep unconscious insecurity you have about yourself.

- Her n count is higher than mine/She's not a virgin, what a slut/ she rode the cock carousel who's going to marry her now. *(I don't feel so good about not being a virgin but at least my n count is lower than hers. I feel insecure about my n count, who's going to marry me now?)*
- She's a SAHM, she must be lazy/doormat/no-personality *(I wish I could stay at home and do something I really like. I need to have a job to seem interesting and be relevant)*
- She's a working woman, she must be a horrible mother/wife *(I feel insecure about my own parenting/wifing abilities so it makes me feel better when I judge her as being a worse parent/spouse than me.)*
- She's loud/rash/unfeminine *(I wish someone would accept me for the way I am. I wish I could speak my mind sometimes. I wish I could dress the way I want.)*
- ...

I have exaggerated some of them but you get the idea.

People use shame to change others or to protect themselves from confronting their own inner insecurities. And as we all know shaming people to change just doesn't work or bring any lasting change but It does damage your relationship with the other person permanently.

TLDR:

Why you should stop: Because it's not good for you or for the people around you. When you stop shaming/judging people your relationship with both the sexes improve. You're happier and more care-free and people will want to be around you.

How do I stop: Give other women the benefit of doubt, empathize, put yourself in their shoes. I'll cover more in another post if people are interested.

EDIT:

Since it wasn't clear before:

1. I am talking about a very **specific situation or instance** where women "judge" each others **characters/being/worth as a person** because of imo superficial traits like n count, age,sex etc.
2. I don't think it's productive when we hold women **outside RPW** to these standards, if riding the cock carousel makes them happy then who am I to judge. I'd rather keep my head down and just concentrate on myself.
3. I am NOT saying we can't hold people inside RPW accountable to each other.

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I really wish I could meet like minded women.

redandpearls · 6 August 2019 · Archived copy · Reddit

I'm just reaching a time in my life where my friends and I are growing apart due to different ideals and places in life, and I really wish I could make friends with some of you fabulous ladies.

I'm not too sure where to meet other young-ish (20s and early 30s, nothing against other women, I just think this is the group I'd have the most in common with) women who understand this way of being.

If only we could meet each other without the whole doxxing problem. :(

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Dealing with Hitting the Wall

notahappygirl211 · 26 September 2020 · Archived copy · Reddit

I'm 42.5 and been married for 20 years next year. Marriage is great and our only daughter is grown and will be getting married herself to a lovely young man very soon.

My mother died 11 years ago and I don't really have anyone to talk to about losing my looks and effectively turning into an old lady at this point lol. I could really use her words and wisdom right now but obviously I cannot summon those but I need some advice unfiltered on hitting the wall if you will.

I had a facelift when I was 39 and just had a breast lift this summer and my goodness my breasts are absolutely stunning and I'm so happy with the results. But I can't help but notice my face is changing. Just taking on that overall tired matronly look and my eyes are a little baggy and I just don't look like myself anymore.

In all honesty I look forward to getting older and I enjoy every aspect of my life, marriage, family life, financial standing, good health (knock on wood) and running our business has been great. I feel like there are some real benefits to getting older that I can appreciate more than other stage in my life.

But watching my beauty being ripped away from me has been psychologically painful. As a young woman it was part of my identity for so long and now it's slipping away. It's been bittersweet because now I like being an average woman but it's like watching yourself "die" and you're seeing your own mortality staring you in the face.

How have you/do you deal with hitting the wall? Do you have the support of your older friends? Do you keep having plastic surgery to stave it off? Does it matter to you and/or do you refuse to give in? Or do you just let nature take its course and understand this is a natural part of womanhood for better or for worse?

Thanks for reading and I look forward to any advice you can offer.

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How to avoid turning bitter when in the presence of women more attractive than you?

applepies4kittens · 29 March 2020 · Archived copy · Reddit

I'm a rather plain girl (22, slim, but trust me when I say I have a very below average face) and when I meet very attractive women, especially in social situations where many men are present like work dinners, I immediately turn bitter inside me and I become closed off, which ruins the feminine energy I'm trying to cultivate and sours my mood for the whole evening. I'm sure my negative energy in these cases does come across unfortunately. I guess it's because our value as women is 80% our looks, so I feel immediately threatened. Also the 80/20 is male projection on women and most men want the most attractive woman out of a group of women (look up "Nash equilibrium scene" from the movie "A beautiful mind"). So how can I stop the sight of an attractive woman from souring my feminine energy?

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I believe virginity is a beautiful gift that women are blessed with, which is why I choose to be celibate. [?] I strongly believe that people who attack women for their conservative views are sexist jerks.

TheodorePeterJames · 30 March 2020 · Archived copy · Reddit

A woman talking about her celibacy or virginity is not an open invitation to be rude and go on rants about social construction, self pleasure, and rude opinions that were not asked for.

Virgin women are attacked, stalked, harassed, and bullied for being a virgin. I've even received death threats and had people try to kill me.

It is disgusting, vile, and completely juvenile behavior. Virgin women should be openly able to talk about their virginity the same one sexually active women talk about their sex lives.

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I'm 21 and unmarried. What should I be doing right now to prepare myself to be a good wife and mother?

abyssinian-cat · 28 April 2020 · Archived copy · Reddit

As the title says, I'm an unmarried 21 y/o female who aspires to be a wonderful homemaker for my future children and husband. I want to know what skills I should be honing right now to prepare myself for this role.

My mother passed away from cancer when I was quite young so my brother and I mostly raised ourselves. Due to this, I never really got to observe and learn how to run a household as a woman. I want to set a good example for my future children and the best way to do that would be to learn and practice these skills right now so that I am prepared for their arrival. Any advice and tips would be greatly appreciated. Thank you!!

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Why not be a whore in this day and age?

NewStartOnceAgain · 27 November 2020 · Archived copy · Reddit

Ladies I feel that I need some reassurance. I was approached by a man who offered to pay me for sex. I refused of course. However, I then started to doubt myself.

In this day and age, prostitutes are celebrated and it's not even considered shameful anymore. It's considered progressive and hip to support sex workers and there's even a push to normalize the idea that men should date sex workers.

So I was thinking, why am I even doing all this? Why do I even try to follow some outdated morals ? If I started prostituting myself on the side, nobody would even have to know. And even if they did find out, so what? Sex work will likely be considered a job like any other 5 years from now with the way things are going.

I am not saying that I would become a sex worker, I think it would be harmful to me psychologically. I am just saying that I had a moment where I questioned my own sense of morality. We live in an age where people are literally trying to normalize prostitution as "just another respectable job". In this case, why even try? Why not make the easy choice?

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The Wall or never learned to compete for men?

ChrimsonChin988 · 28 September 2021 · Archived copy · Reddit

"The Wall" is a much discussed topic in TRP. And although there is truth to this concept, I think the root cause is not that female beauty rapidly decreases from 30+ but that most women never learned to compete (for HVM) in their 20s.

I'll elaborate: Women in their late teens/early-mid twenties are a very highly sought after 'product'. It's not particularly hard to get into a LTR with a decent guy their age, especially if you're a young woman above average in attractiveness you hold a lot of leverage in the sexual marketplace.

The necessity for women in this age bracket to cultivate other traits like femininity, cooperation, submissiveness is low because they don't need it to keep a man/men around. By the time they reach their late twenties/early-mid 30s their beauty starts fading and these traits become more important. (Men will gladly go down in looks to go up in cooperation) Not having developed these skills, suddenly they cannot hold the attention from the quality of men they dated in their 20s any longer.

At the same time men their own age start gaining more leverage as they become more successful in their careers, better social skills, more maturity etc. This is what TRP refers to as 'The Wall' the revelation that as a woman the quality of men you can get goes down as age goes up. To me however, it's more so about never having learned to compete for men, never having to have had put in effort to keep a man around. Not having learned to cook, massage, be sweet, cooperative, feminine, not having a good gym routine in place etc. These things are essential to learn in your 20s because *you want to learn things before you need them, not after.*

A question I think is worth pondering; *'How would I keep my man if another (objectively more attractive) woman set his eyes on him?'* You should have a good answer to that question differentiating yourself from other women if you want a high quality man in your life and keep him long term. (I can't find the post but it's an honey analogy which is a great read if you struggle to answer this question)

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I'm 15 want to be a housewife, I feel really isolated and everyone at school is bullying me

Laurag06 · 5 October 2021 · Archived copy · Reddit

Hey, I'm 15 and I feel really trapped in this society. My mom is a radical feminist and I just tbh want to eventually get married to a man and be a homemaker and that is what I want. But I feel really trapped and alone and there is no one to talk to and I told my best friend and she just laughed at me and thought I was joking and when she realised I wasn't she didn't want to talk to me anymore and she told everyone in my school and now everyone is laughing at me and bullying me and telling me to go back to the 50s. I don't know what to do and I really don't want to tell my mom or anyone really I am so scared of that I just don't know anyone who thinks the same and I feel so upset and isolated I just think it would be great to speak to some women similar to me and also if you've gone through similar that would be great or if you're my age. And just I don't know what to do

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My little love ♥

EquivalentHuman7658 · 6 October 2022 · Archived copy · Reddit

My little Pea as I call him sadly won't make it. I am going through an ectopic pregnancy and as sad as I am I suppose it's HIS will. I'm terrified of what this means . Me and my partner never used any BC of any kind and it took 3 years to get this chance and my body ruined it.

I want to try again but I'm extremely scared and heartbroken. My little pea was not even 7 weeks. So tiny . Any advice to make this part less painful? Should I just keep going ?

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7 Practical Steps to Be His Dream Girl / Unicorn + have him treat you like a queen (long term edition!!)

Exstntial-strawberry · 18 August 2026 · Archived copy · Reddit

Hi ladies! I'm back after a year and eight months of marriage to my dream man, and I wanted to put some of the best advice I've learned here into one post, along with my own take on it and what has worked really well for us. Some of this is stuff I learned here and some is stuff I've figured out from my own marriage / talking to my husband. I'll get right to it!

1. Give him your problem, not your solution

This one has been huge for me. Give him your problem, not the solution you already came up with in your head.

Like instead of asking him to carry your suitcase, say, "I'm worried about getting this suitcase through the airport by myself, it's so heavy and overwhelming." Or instead of "you need to call the plumber," say "I'm stressed that the sink is still leaking and I literally don't know what to do about it."

It sounds like such a small difference but it really changes the dynamic. You're telling him what is actually going on with you and then giving him room to decide what he wants to do about it. He gets to see the need and step in on his own. You feel taken care of because he chose to help you, and he gets to feel useful and trusted instead of like you're assigning him another task.

Also, his solution may not be the solution you already decided was the "right" one ☹️ Let that be okay. If the problem gets solved, who cares if he did it differently than you would have. This ties into #4.

And obviously read the room. If you're both scrambling through the airport carrying 900 things, carry your own suitcase lol. The point is not to become helpless or start speaking in riddles every time you need something. It's more about giving him a chance to respond before you automatically decide what his role is and tell him exactly what to do.

Same goes for being tired / overwhelmed. Tell him. You don't need to quietly run yourself into the ground and then get resentful that he didn't magically notice.

1. Be extremely generous with appreciation

When he does something you like, especially when he does it unprompted, tell him how it made you feel.

So if he carries your suitcase, I wouldn't just say "thank you babe!!" I'd say something like, "thank you so much for carrying my suitcase babe, it makes me feel so special and I feel so much more relaxed at the airport now. You're the best."

Be genuine obviously. But focus on the actual positive feeling / effect that what he did had on you. Sometimes it feels like overkill, but trust me it's not. It means a lot. Do it constantly.

Say please and thank you way too often. Thank you is probably even more important. Always ask nicely. And be specific with your thank yous.

Also random specific compliments. Not just "you're hot" or "you're the best" (but those are good too!!). Tell him the random little things you genuinely love about him. Men remember this stuff.

1. Don't make him the target of your bad mood

I try really hard not to be short with my husband. Obviously sometimes I am because I am a human lol, but I really try not to make it a normal thing. And when I catch myself doing it I apologize as soon as I realize / I'm able to.

It's your responsibility to regulate your own nervous system. That doesn't mean you have to hide your feelings at all. You can be sad, pissed off, overwhelmed, whatever. But your partner is so often the easiest person to dump all of

that onto because they're safe and they're right there.

I have definitely had moments where I thought I was annoyed at my husband / convinced myself he was the problem and then later realized I actually had something else going on that I hadn't processed at all (read - "the body keeps score").

Do as much work on yourself as possible to figure out what your triggers are and get better at noticing what's actually happening inside you. Then communicate that to him instead of just being curt, irritated, snappy, etc.

And if he actually did something that bothered you, absolutely tell him, but tell him calmly and kindly and not in an accusatory way. I just think it's so much better to say what the issue is than make him figure it out because your entire personality changed for 3 hours lol.

1. Don't correct him

This one is hard if you're someone who naturally has an opinion on how everything should be done ☹️

If he's doing something and you know a better way to do it, really try to just let him do it. Both men and women hate being corrected all the time.

If you want him to take ownership of things, you have to actually let him take ownership. You can't be like "can you handle this?" and then stand over him explaining the exact steps you would personally take.

Give him space to show you what he can do. He really may surprise you. He might even (definitely will!!) teach you something. And if he does it wrong sometimes, he will learn.

Same thing if he says he wants to do something a certain way or he cares about something. I try really hard not to immediately convince my husband out of things just because I personally think there is a better option. He is his own person. He has his own judgment and his own way of doing things.

Obviously you are partners and you are allowed to have an opinion lol. I'm not saying sit silently while he makes some enormous life decision that affects both of you. Use your judgment. But generally I try to lean away from "are you sure that's gonna work??" energy.

Constantly telling someone there's a better way to do everything eventually just makes them feel like you don't trust their judgment and will make them a shell of themselves or want to avoid talking to you.

1. Give him time to answer you

This is such a small thing and has actually made a huge difference for us.

If I ask my husband a question and he doesn't immediately respond, I wait. Even if it's like 5-10 seconds.

I used to fill that silence without even realizing I was doing it. Ask another question, start guessing what he meant, explain myself more, answer the question for him, move onto something else lol.

Now I just wait. I'll look at him nicely and wait or look away ☹️ but I stay engaged.

I really think a lot of guys just take an extra second to process things / figure out what they actually want to say. And when you give them the time instead of jumping in, you end up hearing way more.

Just waiting a few seconds and stopping myself from immediately following up after I make a statement or ask a question has led to so many surprisingly insightful and meaningful conversations with my husband. Like genuinely. And I think it also makes him feel like I actually want to hear what he has to say instead of just waiting for my turn to talk.

1. Accept that you may show love differently

This was a big mindset shift for me.

One of my favorite ways to show my husband I love him is rubbing his head the second I wake up, before we have even said good morning lol. I'll do it for however long I have the energy / time. Sometimes literally forever.

And I'm like... this is pretty sweet and romantic right?? Wouldn't it be nice if someone did this for me ☺

But he loves me in completely different ways. He cooks me amazing meals. He gets up and goes to a stressful job every day. He takes care of me emotionally and physically when I'm down. He does a million little things for me.

If I sat around waiting for him to show love exactly the way I naturally show love, I would miss half the love I'm actually getting.

Pay attention to his ways of loving you. Once you start noticing them you will see them everywhere.

1. Be very generous with physical affection + keep it sexual/flirty

Be super generous with physical affection. Ideally have as much sex as possible.

Obviously if you don't want to have sex, don't force yourself. But there are a million ways to keep the relationship physically and sexually connected even when you don't feel like having full-on sex that second. Oral if you want to. Initiate the next day. Lots of kissing / Randomly make out with him / Touch him when you walk past / Flash him your boobs lol.

None of this has to result in sex. That's actually part of what makes it fun. Just keep that sexual / flirty energy alive.

Something my husband has taught me is that sometimes doing something sexual where he has to do literally nothing can feel so loving to him.

I think men are expected to perform all day long in a million different ways. Work, family, responsibilities, whatever. And then sex can accidentally become another thing where they're thinking okay I need to last long enough, I need to make sure she finishes, I need to do this right, etc. Sometimes all that responsibility can suck the joy out of it a little.

My husband has told me he loves when I initiate sometimes and make it clear that he can basically just enjoy himself. Like he doesn't necessarily have to perform or make me finish that time. I think it can almost feel "wrong" to them at first to have sex without doing the work lol, but sometimes they're tired and they still want intimacy and they still want to get off. It means a lot to them for you to realize and acknowledge this fact.

And nonsexual affection counts too. Head rubs or literally whatever your man loves. My husband has told me he likes head rubs almost as much as oral sex, which is insane ☺ but okay. I will rub his head for hours sometimes, 5 minutes other times, or literally 10 seconds while I'm walking past him. I just try to do it a lot.

One way I personally think about sexual exclusivity is that if someone chooses to be exclusive with you, let alone marry you, you are each other's only source of sex. To me that means we both have some responsibility to actually care about each other's sexual needs and not treat sex like some totally optional side category of the marriage that doesn't matter.

That obviously does not mean either person is entitled to sex whenever they want it. But I do think if there is a libido issue, medication issue, pain, medical problem etc. affecting your sex life, it is worth talking about together and potentially talking to your doctor about it instead of just letting your sex life slowly disappear and never addressing it.

So, basically -

I think all of this really comes down to making your relationship feel like a place where both people are appreciated, wanted, trusted and taken care of.

Notice what he does and tell him when it makes you happy.

Let him do things his own way.

Be affectionate.

Have **fun** with him.

Tell him what's going on with you.

Give him room to show up for you.

I am absolutely not perfect at any of this lol. I still catch myself doing the exact things I'm telling you not to do ☹️ but the more I've practiced all of this, the better and better our marriage has gotten. My husband and I are truly so incredibly in love, and he feels like he won the lottery by marrying me (and vice versa!!) and I attribute a lot of these practical steps to that.

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Analogy for what men look for in women

sekoiasan · 10 March 2017 · Archived copy · Reddit

Hey everyone!

So my friend and I were discussing relationships and fantasizing about the ideal man. Then we realized how vividly we knew how the ideal man would make us feel, but had absolutely no idea how men want to feel in presence of their ideal woman. I write "feel" because all of the desired traits in a partner basically result in a positive feeling (warmth, comfort, passion etc.)

So women want to feel protected, small, coddled, adored in the presence of a man. The man is basically an ideal version of a father. So what feeling does an ideal woman inspire in a man?

The same feeling you get when you are petting your purring cat. Or dog. Or whatever animal that adores you and can express that affection in a way, that you can pick up and identify.

This is the perfect analogy for me and here's why:

After a long day, I come home and I honestly don't want to talk for the first 10 minutes. I lie down on my sofa, and a cat jumps on my lap and lies down. It purrs. It's warm. It's so cute. It's affectionate. It asks no questions. No "Can you do this for me?", "What do you want for dinner?", not even "How was your day?" I tell you, I don't even want to hear or answer considerate and caring questions right then. ALL I want in those first 10 minutes is to zone out.

Now the cat analogy applies for other moments as well. During depressing and hopeless times, I personally don't feel the need to TALK about it, and I don't think men do either. I even want to avoid talking about it, because there is nothing to say, and it hurts thinking about it. What I want is to FEEL affection and support from my loved ones. And that is expressed through touch, through vibes. The cat would just hug me, and not say a word. It would purr. And I'd be in a healing trance.

So when you try to emulate the ideal woman, and try to engineer an atmosphere that is most pleasing to your man, be the cat.

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I don't understand how Western men work

intp-doll · 17 July 2017 · Archived copy · Reddit

I'm a Russian immigrant who grew up in Germany. My family raised me to be "feminine" but apparently Western feminism has destroyed the value of that.

I was raised to believe that men and women are equal in the sense that both have to work hard, pursue higher education and get a good job. Soviet ideals, you know. But when it comes to relationships gender roles are essential: Girls have to look the best they can, it'll make them feel more confident and make her man proud to be with her. Guys have to demonstrate that they have what it takes to protect their families. Behavior that is gender-conforming isn't bad and no part is disadvantage. It's all about the psychology for women and tbh this approach is so much more powerful than the empowered feminist approach that assumes discrimination and oppression behind every word. In Russia the man's job is to protect but at home the woman makes the decisions.

But now I live in Germany where girls ask me if it's true that all Russian girls want is money because I don't dress like a lesbian. I wait for guys to approach me but the only ones who do are sleazy immigrants (No offense, it's just the truth.) Meanwhile, all the good guys get taken away by girls who put no effort into their looks and watch soccer with them. They tell them what to do and they obey. It's a disgusting sight. They don't commit and think that this compensates that they behave like henpecked douchebags. I don't want to just go up to guys and basically tell them to be with me but it seems like this is the only way things work here. Also I hate how things are about sex here while commitment scares them away like it's AIDS or something.

Phew, finally found a place where I can vent! I often feel like I'm the worst racist or whatever because I'm not celebrating this system where men aren't men anymore and everyone sleeps around. I just feel so lost and don't know how I can find a guy that can make me feel like a woman and support me like a real man without fear of things getting serious (because that's what I want).

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UPVOTES

Being redpill and being black

Jikira · 18 September 2017 · Archived copy · Reddit

I grew up as a young african american women. I had a dad and mom who were both heavily involved in my life. My mom made sure I only went to private school and my dad made sure I could cook and clean. However, my parents did not have a good marriage. Like most black women, my mom was taught to disrespectful towards men. They were taught that men were useless and dumb. My mom would yell, beat, and put my dad down at any opportunity that she had. My Dad side of the family wasn't better, he was raised in a women dominated family. The women brought home most of the money and put down the men constantly. The only thing men are good for is reproduction was my grandmother favorite thing to say. That was how I saw marriage, but even when I was young I thought this isn't right. I saw how sad my mom made my dad. By the time I got into middle school my mom started to change she started encourage my dad and as a result he slowly went from being a beta to being more alpha. However, she was never able to let go of the idea that is instilled in so many women of the black community. At that time, I decided that I would not treat the men in my family like the women did.

Then I came across an article Five reason to not date a black girl. As I read through this list I was not offending at all because this wasn't me. I was never loud, or rude, or a man hater, and I was definitely not sleeping around. For once in my life the traits I held so deeply ingrained in myself was actually praised. In high school, everyone made fun of me for having a soft disposition. I never tried to be one of the guys I could sew, cook, and dress myself up. though I was never the super girly type I valued my feminine traits. Something that is really frowned upon in the black community. My own father told me he hated how submissive I was to my boyfriend.

I just wanted to share this because, I have grown so much since discovering Redpill in high school. I am in a committed relationship and wouldn't have been if I had held on to the ideas of my community. In addition if it wasn't for Redpill reaffirming my thoughts I might have become just another stereotype.

tldr: Thank you! For reaffirming my ideas about male and female dynamics. Especially since I was raised in a community that look down on women who are submissive.

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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

My boyfriend is a feminist

kariasra · 29 May 2019 · Archived copy · Reddit

I was raised with traditional values, I don't sleep around, I don't dress provocatively, I want to find a good husband to be married and be a happy house wife. I cook and clean and I want a husband who takes care of me and who can be the leader in the relationship. But I live in a very liberal area where everyone is sleeping around and men are different from what my family raised me to expect. So me and my boyfriend have been together for five years and are starting to spend the majority of our time together. I noticed he is not very masculine and that has disappointed me so much. I just feel like what I have to offer as a partner is not being appreciated, I want to cook everything for him and be at his service but he seems uncomfortable with that, he doesn't treat me like a woman, I feel like one of his guy friends. In liberal circles (there are only liberals in my area) the advice I get is always to cut him off if he isn't what I want and I think that advice is so horrible, I don't want to abandon someone I love who loves me too. He knows what I want but he has trouble being comfortable with acting this way. He thinks it's sexist and unfair or mean. I need some advice, I don't know what to do anymore. I'm just starting to explore the red pill reddit's so I'm not sure if maybe I don't fit in here but so far I think we have similar values and I want to be a part of the community.

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UPVOTES

Why are attractive people less confident about their looks than unattractive people?

DarlingtonLove · 17 December 2020 · Archived copy · Reddit

WARNING: Generalisation based off my personal experiences

In high school: I had an extremely gorgeous friend in high school. I was friends with the guys and they all had secret crushes on her but were too scared to approach her. But when people complimented her or mentioned how good looking she was, she was incredibly humble about it and said that her looks didn't make her feel confident. She didn't have an ostentatious social media presence, which baffled me because if I had her face, I would've been all over social media with it. But it was always the average to slightly below average girls who kept plastering their selfies on Instagram or Facebook or whatever. The good looking ones kept themselves low-key (a few of them waited until after high school to start a social media presence) And it was always the average to slightly below average girls getting boyfriends (who all had a secret crush on my friend) because I suppose those girls seemed more attainable to them. My friend wasn't popular and didn't have a lot of friends, but a lot of people (both guys and girls) would gush about how good looking she was behind her back. The "popular" girls hated her though, probably because they would never be as good looking as her despite their popularity.

After high school: I have dated around, both attractive and (conventionally) unattractive guys. What confuses me is when an incredibly attractive guy opens up to me about his insecurities and how he wants to improve his appearance... like what?! You look like you could be a model or movie star! Why the low self esteem??? And these attractive guys are less superficial about their choice in women than the unattractive guys. They would tell me that they like women of all sizes, women in all sizes can be beautiful and a good heart is what matters. But the unattractive (or conventionally unattractive) guys I have dated have ALL been so confident and comfortable about themselves and how they look, to the point of arrogance. They would even confess that they are happy with how they look. They would tell me that they could never date an ugly or fat woman and have confessed that they are incredibly superficial about appearances. These men would warn me that becoming fat and unattractive is a dealbreaker. But like bro... have you seen yourself?! I mean it would make sense if the attractive guys I date had this attitude because they are attractive and probably want someone equal to their attractiveness, but it's never them - it's always the less attractive guys with this attitude. The attractive men doubt their attractiveness.

Besides being based on my anecdotal experiences, is there a science behind this?

Also apologises if this is in the wrong forum! I wasn't sure as to which sub to post this.

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UPVOTES

Some additional shower thoughts about sex and marriage and dating (oh my)

girlwithasidecar · 8 October 2021 · Archived copy · Reddit

Last week, the mods posted an old summary of the For Women Only – Sex chapter and I followed up with a post about sex and married life. There are comments hanging out there from those posts that I had the best of intentions to respond to individually. Kaos & Mae-Hem had differing opinions and, as usual, they won.

So here are a few shower thoughts for further discussion:

Of course there are times in a woman's life when sex is not sexy. We aren't men and we aren't trying to be. I was accused of being a young non-mother in my last post because I *obviously* couldn't understand what breastfeeding does to a woman's sex drive. But alas, I nursed both Kaos and Mae-Hem. I know the decrease in drive that brings. I know what it is to prefer sleep to all other things and to not want any more people touching your boobs.

So the question becomes: *what about duty sex*.

For Women Only tells us that surveyed men reeeeeeeally don't like duty sex. And it's not because of expectations from porn. It's because sex is not purely physical. But women are not men and hormones can screw up the best of routines so what do we do? And to some degree that is why I wrote the last post. But the sticking point for a lot of people seems to be the duty sex issue.

So the next question is: *what is duty sex*?

I've been wondering for a few days now if we are all working on the same definition of duty sex. In FWO the men tell the author that:

They feel better and life feels better when they are getting enough **active and mutually appealing sex** AND If you are responding because you have to, he knows it, and feels the sting of rejection. Remember that what he wants most is to be desired. If you agree to roll around in bed but once you get there, you aren't engaged, he isn't going to view it as something you do out of love.

To me duty sex is **not** "having sex when you lack a *proactive* desire". It's *agreeing to sex* and then *not engaging within the act*. It's lying there in silence waiting for him to be done. It is *acting* like you are not interested and doing him a favor.

Now look you guys, I'm not trying to pretend that I want sex all the time but when I agree to sex, I *act like I agree*. And when I really can't get into it, I don't pretend I can. And hey, when I was nursing and it just wasn't happening *no matter what*, I explained that to Guy. Because, you know, we are adults and friends and partners and sometimes it's best to just be upfront. It didn't break his heart or his libido. We survived.

I don't consider anything I do to be *duty sex* because I don't treat it like a duty. I don't treat him like he's a chore. I don't expect his gratitude by my uber submissiveness and gracious acceptance of his advances. And I'm not saying that any of you act like that either. I think maybe we're getting caught up on what "duty sex" means and talking past each other and missing the ideas in FWO.

BUT

I think there are women for whom sex **is** a duty. I don't know how to fix that feeling for women who are already married. I'm speaking now to the younger ladies.

This is why we talk about pre vs post commitment risk. Post commitment risk is the idea that you will not remain attracted to him over the long haul. If you can't retain the attraction, then sex can be an onerous task.

You have to lust him from the get-go. It should be *hard* to delay sex. You should want to jump him. And it isn't just physical because for most women, attraction is mental. He must push the right buttons. Personally, I have an "irreverent asshole" button and a "smarter than you and I know it" button. Beauty and muscles are nice but insufficient.

If you aren't interested in sex early on, or if the appeal of sex has diminished as you've gotten to know him, then I recommend you *seriously rethink* the relationship. I don't care how good looking or successful the guy is, if you don't want him, then you are going to feel like sex is a chore and the marriage will be less than it could otherwise be. "*I love him but I don't lust him*" is as bad as "*I love him but I don't respect him*"* from a vetting perspective.

In summation: marriages will go through seasons. It is unrealistic to think that you are going to greet him at the door in lingerie with a martini from 25 to 85. If you are attracted to him and show it *over the course of a lifetime* then you are probably over the target.

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UPVOTES

My partner always wants me to look good for him and I love it

kirbypuff_ · 11 January 2023 · Archived copy · Reddit

I'm so happy I finally have a place where I can share this. If I mentioned 1. How important my looks are to my man and 2. How much I love "pretty-ing up" for him elsewhere, I wouldn't see the end of it.

But yeah he loves when I wear cute dresses and perfume and "doll up" for him and he wants me to maintain my weight. He believes that me making myself desirable to him is proof of my love/respect for him. I have to agree. I like awakening his desire, in general.

Felt the need to share. XD

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UPVOTES

Got married at 22 thanks to RPW: a painfully honest sharing

22towife · 6 March 2021 · Archived copy · Reddit

I thought I would make this post because RPW has helped me so much. I've been a lurker here for a long time and made this throwaway (as you know, participating in this sub gets you banned from certain other subs, including offmychest, which is ridiculous).

Two years ago, I was obese and didn't take care of myself. I had short hair which I had cut myself, I wore men's shoes on purpose, and I lived in an apartment which was truly filthy. There was nothing in the fridge, since I never cooked. I microwaved meals from the supermarket but the inside of the microwave was covered in goop. I would throw away pots instead of cleaning them on the rare occasion that I decided to heat something up on the stovetop. I would literally pour salt on moldy pots that I couldn't even be bothered to throw out, in an attempt to 'kill the mold'. That's how slovenly and gross I was. I never shaved any of my body hair. I did wear makeup and dress conservatively, but only because I was insecure and a frump. I drank, swore, and hated men. I was on [/r/childfree](#) and made fun of stay at home moms to my friends, who were basically the same as I was. I spent all my time studying and watching movies and porn.

The wakeup call was when I fell hard for this guy. Now, he was not a good partner by any means. He had a history of cheating, he was rude to women but they fell for him anyway, he had frequent hookups, refused to commit. Pretty much followed the seduction advice of RP but I don't think he subscribed to that ideology. But he wouldn't hook up with me. He instead saw me as one of the guys, not surprisingly since I pretty much looked like the unattractive 'fat friend' in buddy comedies, and would tell me in detail about his hookups, ask for advice etc. And I gave him what I thought was good advice, though it ate me up inside. One day I found the courage to tell him that I was attracted to him, but he rejected me. He didn't even take it seriously, it was like if a frog applied to college or something, just a ridiculous unnatural scenario.

I cut him out of my life and embarked on a journey of self-improvement. I lost a lot of weight by calorie counting and admittedly obsessive exercise. I've not kept all of it off. I'm still a little chubby, and I'm working on it. But when I was at my skinniest, I decided to reclaim my femininity. I grew out my hair, changed my wardrobe, and deep cleaned my apartment. All this was very difficult and some days I would just lie in bed and cry. I went to a psychiatrist and got medicated for my depression and anxiety.

Then I did something I'm not proud of - I rode the 'carousel' as people might say here. I was constantly on hookup and dating apps, and probably became some kind of nymphomaniac. I contracted chlamydia and allowed myself to be assaulted and abused. One day I slept with five different men, going from hookup to hookup. I considered myself a liberated 'slut'. But actually I was still doing all this just to vindicate myself to the aforementioned guy. And I would tell him about my adventures. This phase lasted about 3 months.

But I realized that this was not sustainable. So I went on some travels, leaving my phone off and journalling my thoughts. This was a two-month concentrated version of 'nun mode'. I travelled to a country known for its beaches, thinking I would continue my campaign of debauchery, but realized something else. The married women here were conservative. The men were traditionally 'macho' and protective. People celebrated children and marriage - I saw many wedding processions in the streets, a source of joy. Women wore skirts and generally covered themselves up. There were few tattoos. Hookup apps didn't seem to be widely used except by foreigners.

And I realized that this, here, was the life I wanted. I returned home and started reading up on traditional femininity, which brought me here. I read *Fascinating Womanhood* and *the Surrendered Wife* even though I was single. I was intrigued by it all. And I stopped sleeping around gradually, and eventually got together with my husband.

From the outset I was honest with him; in fact he'd been a friend during the last phase of my slut mode, so he knew all the grisly details. I had 'friend zoned' him and was telling him all kinds of embarrassing details about my hookups, infections, and sex life. But I think he saw the good in me and I saw the good in him. He is not a RP guy

(in that he doesn't read any of the subs or the literature) but he is the living embodiment of what masculinity is. He is traditional, he wants to provide for us. He wants me to be a SAHM in the future. He is kind, and strong, and very articulate. He works in a traditionally high-powered career. He takes care of his body and his mind.

From the outset I was clear with him that I was ashamed and regretful of my previous lifestyle. I told him that I had changed, and I wanted marriage. We didn't sleep together until we were exclusively dating, and we didn't move in together until we were engaged. I do all of the cooking and cleaning and household management, and he is free to focus on his career. He does not 'abuse' this power in any way. In fact, when I am ill or otherwise struggling, he has always been more than willing to help me, just as I have helped him professionally in my own way, e.g. by setting up a home office for him and helping him choose a work wardrobe. But the main thing is that I treat him just as the books say. He is the priority in my life. He is never late for dinner, it is his home, our home, so dinner is served when he wants it to be served. I try not to 'nag' him. Whenever he expresses a wish that can reasonably be fulfilled, I fulfill it. This includes what you might consider silly things, e.g. he wants the bed made a certain way. I do it, because it's worth taking the extra five minutes a day to keep my beloved happy. I have never turned him down for sex, because his demands are not unreasonable, and I genuinely enjoy it. If he wants to try something new in bed, I will try it at least once.

And you know what? It's OK to make mistakes. I've realized that men don't hold us to as high a standard as we hold them. He doesn't get mad when I slip up and get emotional, or 'annoy' him about something that needs to be done. He understands my weaknesses. But he encourages me not to do it, because he knows I can be better.

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UPVOTES

Mod Announcement: Deleted Posts

pearlsandstilettos · 7 September 2022 · Archived copy · Reddit

There has been an increasing issue of post removal. Women come in, ask for advice and after receiving it, delete their post. This means we've all put in time to helping someone who disappears which is frustrating. It also means that no one else can gain insights or help if they have a similar situation.

This is against our rules but understandably difficult to moderate.

We have now updated the automod to copy the entirety of a new post into the comment section. This is done in other subs and we are hopeful that it will allow the content to remain even if an OP does not.

Finally, disappearing *is* against the rules. Most of the time when an OP deletes her post, we never see her again. However, going forward, deleting a post *will* result in the inability to post again.

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UPVOTES

The Real Reason So Many Women Are Doing OnlyFans | Lib Turned Red Pill Female Perspective

venatrix_wolf · 13 December 2023 · Archived copy · Reddit

Vtuber red pill vid

I don't hear this perspective often but I strongly believe a major reason so many women are turning to OF is because they won't admit that working full time blows (especially in this economy) and they'd rather maintain their stance on feminism (independence) but also get the benefits of staying at home by leaving their regular jobs to do OF.

Do you think my theory is on point or that I'm totally off base? Let me know what you think below :)

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UPVOTES

What is the female equivalent of "full stomach, empty balls"?

Appropriate_Pie_9839 · 29 March 2024 · Archived copy · Reddit

Hi ladies. After reading this post

<https://www.reddit.com/r/RedPillWomen/s/zrywaYK5yp>

I'm wondering what, in your opinion, the 2 or 3 simple steps for a husband to keep a wife happy are. Full stomach, empty balls, stroked ego seems to sum it up nicely for men but I'm having trouble coming up with universals for women, or even for myself for that matter. What I've come up with is:

1. full bank account Not necessarily an abundance of money but being able to rely on having enough plus a little extra and trusting that my husband is committed to doing what's necessary to bringing it in.

1. peaceful home A home without yelling or violence or chaos everywhere. A safe nest where we can feel love.

2. clear direction Some sort of future plan and goals with realistic, clearly communicated steps that we work toward together.

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UPVOTES

I gave an unlikely match a chance

merel-- · 30 October 2018 · Archived copy · Reddit

Ok... So I went on a first date this weekend. The guy send me a message on OkCupid, only reasons I responded is because he wore a plastic viking hat in one picture which cracked me up and he has a pretty good job. He wasn't attractive, at all really, not some extremely interesting bio or cool hobbies or whatever. We started talking and he made a lot of viking jokes and all of them were actually funny!

So, after a week or so of talking we went out for drinks. I went by bike to the pub we were supposed to meet and he sat outside waiting for me... He was even uglier in real life but once we sat down and started talking everything changed.

He has such a magnetism to him, I don't think I've ever been so instantly attracted to a man. He has a vibe that screams "Don't fuck with me", he was soooooo fucking confident, so intense. Also he was very clear about what he wanted, a soft and caring girl to be the mother of his children. He actually asked me how I felt about having children in the next few years... Who even says that on the first date?!?!?

I was just being my soft, receptive and slightly giggly self. Having fun, drinking my drink and at one point he leans forward, looks me straight in the eye, smirks and says he is going to tell me something shocking. I'm actually startled by this... He says he is going to kiss me at the end of the evening and there is still some time to run away if I don't want that to happen. Well... That made me a little warm on the inside to be completely honest.

So we kissed (which was great) at the end of the evening and I texted him when I was home. I told him I really liked spending time with him, he responded with asking if I also really liked him. I played it coy and said I liked him but wasn't sure if I really liked him. He responded that he was quite sure about that.

This guy... I swear to god... He really knows what he's doing. I went from being very neutral to doing a happy dance when he texts me. Now the challenge is making him work for it a little bit. He is ticking basically every box on my man wish list, except for physical stuff and I don't even give a shit about that with him!

So I would go out with everybody who seems slightly interesting on dating apps! Maybe he happens to be something very special even if you don't really expect that and if he isn't you can always cut a date short.

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UPVOTES

FR: The Mental Load: Why we shouldn't follow it and what to do instead.

stripethrowaway · 29 January 2019 · Archived copy · Reddit

There's a webcomic that pops up on social media at times called "You Should've Asked!" Whenever this comic has come up on this subreddit, many chock it up to bad vetting; however, I still believed there was more at play. I felt like women could be doing something different in these scenarios. I felt like this was a communication issue. I felt like it was all off, but I didn't know what or how.

If you haven't seen "You should've asked!" then here is a little run-through. It opens with a woman preparing a meal and trying to take care of her children at the same time, resulting in a kitchen disaster and a fight between husband and wife where the husband says "You should have asked for help!"

The narrator brings up this concept of "The Mental Load" - which, in short, is the belief that women are the "house managers" and are expected to be in charge of the home, even in the modern age of women taking on careers. The mental load is having to remember laundry, dishes, appointments, cleaning, and what-have-you. The comic proceeds to say this isn't fair, and men aren't helpful enough around the home, and when women ask them to do things for them around the house, men either don't do enough or they do it wrong.

Some of the scenes include a woman upset that her husband didn't do the dishes and he responding with "Well you never asked!" Another is three women complaining about things their husbands didn't do right. The next is explaining why it can take 2 hours to clean a coffee table because cleaning the coffee table entails so much more than just the coffee table, and if she asked him to clean the coffee table, that's all he'd do, and it would be messy again in a couple hours. After that, an example of asking her husband to get a baby bottle out of the dishwasher, and being frustrated that he didn't empty the dishwasher.

Take the coffee table example from the comic. She is distressed, and he notices, and instead of explaining her problem, she asks him to do one thing on a list of 20, so of course, her husband sees she's distressed and believes that all he needs to do is clear the coffee table and all will be fine. She tells him to get the bottle out of the dishwasher, so he gets the bottle out of the dishwasher, because she didn't tell him about the dishes or anything else she needed help with.

The comic fails at its core because it places the woman as the head of the household, declares her as the expert, and outlines her failures with communicating to her partner about her needs as if it is HIS problem. In other words, she's setting him up to fail and getting mad about it.

As a baseline, the entire concept is somewhat demeaning and insinuates men are so helpless when it comes to household economics that they are unable to think or do things around the home for themselves, and they only will do things around the house if they are instructed to. If that were true, no man ever in the history of society would ever be capable of living alone, or amongst other men. Another big fat red flag about this complaint is that the women in the comic expect their significant others to be able to read their minds, and then get upset when he doesn't do what she didn't tell him to do.

Okay, Stripe, so it's demeaning to men. These women just picked bad men. Get over it. *Right?*

Wrong!

I'm not going to lie, I toiled over this idea for a few weeks after the first time I saw this comic pop up on my social media feed. It didn't hit me until just a few weeks ago that much of the "mental load" problem outlined by the author is selling herself and her husband short, and here's how I figured it out:

My boyfriend and I came home late from the gym one night and I was getting ready to prepare dinner. I was just going to reheat some leftovers, but the sink was full of dishes, and the dishwasher was full of clean ones. The countertops had food debris from breakfast, and I noticed the floors were sticky. It was late. I was tired. I took a

deep breath and tried to figure out what exactly I *could* get done before the microwave timer went out.

“What’s wrong?” My boyfriend asked.

“I want to get to bed early tonight but the dishwasher is full of clean dishes and the sink is full of dirty ones and we won’t have anything to cook with tomorrow if I just leave it and the countertops are messy and I still have to make dinner.” I huffed. “I just wish I could be done with it by the time dinner is done.”

“But we’re eating leftovers.”

“Yeah.”

“And that’s going to take like 5 minutes at most.”

“Yeah I know, I’m trying to figure out what’s more important to me right now.” I told him, figuring I’d deliberate while I got things ready. I decide to take out the food to reheat, remember there’s something in the freezer I want to add, and I start prepping food and strategizing. Next thing I know, he tells me he’ll handle the clean dishes if I handle everything else. Can’t argue with that, right? So I got right to it, got out the broom, started replacing the clean dishes he’d just removed with dirty ones, and managed to get the counters wiped off in-between sweeping.

By the time my microwave went off, my boyfriend and I had completed everything I had wanted to get done.

After it was all said and done, I was overtly appreciative. I was blindsided by his kindness and generosity with his time. Work follows him home more often than not, and he just took time out of doing that to help me. This made a light switch go off in my head. What did I do here that was *so* different from that comic that my boyfriend was very in touch with my mental wellbeing in that moment and helped me *without my asking*?

I thought back to this moment through the night and through the rest of the day. I remembered like nine things from RPW literature somewhere. I used an I want statement, and I had let myself be vulnerable to him... what else did I do?

Ever since that first night, I’ve been experimenting with this. He’s the type to kick off his shoes and leave the living room covered with work related items, his bag, his coat, etc. One day, we were expecting company, and I said “I want to try to keep the living room area clear so we’re not scrambling to clean it every time you have guys night.” Next thing I know, he started putting his work things on his computer chair and desk in the bedroom instead. The second time I tried it, we were about to go out for drinks, but again, dishes and laundry! “I just don’t want to have to worry about our laundry rotting in the washer overnight but also I need to do dishes again.” Then he tells me he will handle the laundry if I do the dishes, and then we’re done and gone out for a night of fun in less than 15 minutes.

I shared my mental load with him, and he helped me alleviate my problem.

I ended up sharing these experiences with some of the fine ladies here, and we all debated on what was going on, what was at work, etc and I thought it worthy of a post.

Why does sharing your mental load instead of delegating tasks work?

1. You are bringing your problem to your captain. *The REAL problem, not just a task at hand. You’re admitting that sometimes, running the household stuff is hard work, and everyone needs help.*
2. You are putting your captain in a leadership position. *You tell him the issue, he decides what he is the most comfortable with doing and what he thinks you can handle. He becomes the delegator, not you.*
3. You are demonstrating that you respect his opinions and value his input. *He’s getting an opportunity to save the day and you’re cementing the fact that he is a respectable and needed member of the household.*
4. You are asking him for help without emasculating him or nagging him. *Everyone knows men don’t like being nagged. We are not his mother!*

So what does effectively sharing your mental load look like? First of all, this is not a way to shirk your responsibilities in the household. If you were playing on your phone all day, and suddenly you have all these things to do and you want his help, if he's worth his salt he's going to call you out on your time management, and rightly so. This also has potential to not work with certain captains, especially if the relationship is rocky and you're just starting out implementing RPW strategy. If you have an otherwise functional RPW type relationship, however, I think this has is a great way to attack the household issues as a team.

Here are the steps I've identified.

1. Use "I want" statements to explain the situation to your captain. Citing the coffee table example: "I want to get the groceries in the fridge but the laundry basket is full and the living room is a mess and I keep running into things that need done while I'm trying to do those."
2. Let him decide the best course of action moving forward. Respect his decision to help or not help, but if he delegates a task to you, respect him by doing that task. "Why don't you handle the groceries and I'll round up the laundry and we can figure it out from there."
3. Express your appreciation to him in the form of affection, compliments, etc. "My hero! Oh my gosh thank you so much! I couldn't have done it all without you!" If he has decided that you can handle it on your own and you felt that you couldn't. Tell him about it playfully. "I just did the dishes and the laundry and I cleaned out the fridge and deep cleaned the bathroom, vacuumed, got that stain out of Sally's shirt, and I'm dead tired."

With a little practice, this should come easy to you when high stress situations arise at home. Adopting the mentality towards "the mental load" in "You Should've Asked!" is an extremely unfair way for anyone to treat their significant other and avoiding this pitfall can easily improve communication in the household.

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UPVOTES

What do you offer?

Lemon-Blossoms · 18 June 2019 · Archived copy · Reddit

Hello! I have been thinking more lately about what I can offer a high value man to add value to his life, and while I do think I am a good person, I was at a complete loss as to what I can offer him as a woman to enhance his life.

A high value man would likely have access to beautiful women, great sex, money, a good social circle/friends, and stimulating challenges (in terms work, passion, school, etc.). I would think he would not necessarily need a wife unless for children or something she offered significantly helped improve his life. Something I was thinking was being great socially to help him network and find opportunities? I feel cooking, cleaning, looking hot, soft place to land, sexual desire, etc. are almost things a woman looking for a high value man need to have as basics to even be worth a glance because technically a high value man could just get any hot girl for sex, order food and/or hire a maid for cooking/cleaning, and turn to friends for emotional support/soft place to land.

So if you ladies do not mind sharing, what do you offer to high value men/your man? What are you working on to offer more of? If you could get specific, that would be great!

Thank you!

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UPVOTES

How often do you think about how your physical appearance helped you?

Sadsadsad6767 · 17 January 2020 · Archived copy · Reddit

Hello, I'm not exactly the target demographic for this sub but I read it anyway. I've been single for the vast, vast majority of my life. I'm also 6'7" and I have marfans syndrome. People frequently say stuff on here like, "Just be pleasant! Any woman who is pleasant and not a total naggy shrew can find a BF if she wants one!" Does anyone consciously think about how being an average looking 5'5" female probably helps in dating moreso than attitude? Like, if you were in my position, being that tall and having a disfiguring disorder...do you think that you could find a boyfriend just by being 'pleasant'? And I know that there are very tall women who get married, etc. But I feel like I constantly beat myself up when I read this sub because I'm like 'Oh I'm always single and don't want to be but I can't find anyone so it must 100% be my fault because I'm not pleasant enough.' I mean, I literally have faulty genes. Just curious what any of you would do if you were in my position or if anyone has any idea what it's like to look different from 99.9999% of the population.

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UPVOTES

[Advice] How to talk to an "alpha" guy and look cool while doing it.

christianlady_ · 28 January 2020 · Archived copy · Reddit

I was watching the netflix show the witcher and went on a huge Henry Cavill binge. While I did it, I found one video on Henry and one with Brad Pitt being interviewed by women who 1. just have a huge crush on them and 2. you can really tell by watching it.

The reason this imagery stayed with me is because I'm really low on self esteem and rarely show a guy I like him BUT when someone "alpha" come along I react exactly like these two women when in the presence of a high value man. It's so cringe for me to watch this because I do some of these things.

All The Things Henry Cavill Can't Do With a Moustache - The Graham Norton Show [0:54]

0:08-0:10 Only looks at his eyes and peacocks him. Laughs while he isn't doing anything funny (this is so me)

0:16-0:17 fuck me eyes * 1000

0:29 breaks barrier and touches him.

some comment from youtube:

"yeah but that woman looks like she is applying all the Youtube-dating-video-rules to Henry to get his attention. And it's not working at all "

"She's trying so hard to get his attention but damn he don't even look at her longer than a second"

"That woman is so obviously flirting with him she keeps looking at him staring at him trying to touch him and get his attention my man henry cavil so smooth when he turns around she continues to look at him to try and get his attention. At 20 and 32 secs most apparent"

My comment: I really feel these comments because this has been me trying but getting no reaction. Also everyone can see this so I have also humiliated myself.

How Does Brad Pitt Go Out Without Anyone Knowing? What He Says! [3:31]

0:03 breaks contact. Gets nothing in return. Stonewalls her.

The rest of the video is her interrupting him from excitement and them doing a dance of her getting to close to him and him backing off.

youtube comment:

"Here's a tip. When you're nervous and acting like a school girl, stop talking. Let the man actually speak"

I also cringe because I feel overwhelmed when talking to someone I'm crushing on. I'm too intense. Also I have done this at a work lunch so not only do I get "rejected" I also humiliate myself.

My question: Can anyone give me some advice on how to talk to High Value men and not embarrass yourself or make it obvious to other people. I have social anxiety so I blush really easily if I think someone is good looking but as long as my body language and the way I speak is good, I'm usually good.

Setting Your Initial Search Criteria

As we established in **Part 1**, the purpose of online dating is to cast a wide net. The more open-minded you can be in terms of your search criteria, the more success you will have. This is more than just changing the settings in your account-- you have to be open-minded and broaden the criteria you're holding onto in your soul.

You should think of your search criteria as 'first date disqualifiers'. If you exclude something from your search criteria, you should be comfortable saying to yourself, 'If I met this kind of guy, I wouldn't even bother going on one single date with him.'

That might sound harsh-- **it is harsh**-- but used correctly that's OK! If you want kids, why waste everybody's time going on a date with a perfectly lovely guy who will never want kids? It's OK to use that to narrow down your dating pool. This will keep you from chasing guys that you're fundamentally incompatible with.

It also keeps you from searching for frivolous things. 'If I met a man who wasn't taller than me, I wouldn't bother going on one single date with him.' 'If I met a man who was into any of that nerdy crap, I wouldn't even bother going on one single date with him.' Notice how petty and unreasonable those sound? These are NOT reasonable disqualifiers. **These are insignificant details that only matter when you're dreaming up a caricature, not when you're getting to know a real man.**

When you're snuggled up on a cold winters' night, are you going to get any enjoyment out of getting out the measuring tape and double-checking that your man's still over 5' 9"? When your car won't start and it's 5 degrees out and you need to get to work, is he gonna whip out a youthful, boyish hairline to help you? If Idris Elba took you out bowling, dropped to one knee, and pleaded with you to become the mother of his child, are you really going to say, 'No, Idris. I'm sorry, but you're really into RuneScape and you don't share my rapturous enthusiasm for Harry Potter'? If not, then why are you holding your dating prospects up to these weird requirements?

That being said, it is true that the higher your own relationship value is, the more stringent you can be with your set of criteria. An overweight woman will have to be open to dating overweight men. A woman that already has kids from a previous relationship will have to be open to dating divorcees/men with kids, whereas a younger woman does not.

Take a good look at the criteria you've been using-- not just the ones you explicitly built into your online profile, but the ones you're privately holding onto in your heart. Are any of them unnecessarily restrictive? **Could you be overlooking great men because you're expecting to be bowled over by how suave and debonair he comes across on a dating app?** Are you secretly, in your heart, expecting more from the men you date than you, yourself, can offer?

My personal list of first-date criteria was as follows:

1. **Looking for a 'long-term' relationship** as defined by OKC's search engine.
2. **Never married, no kids, but wants kids.**
3. **No smoking, no drugs.**
4. **Must have a skilled job** or imminent job prospects (like a man finishing his degree, etc.)
5. **Must live within a one-hour drive.** My rationale was that it was unlikely that a sustainable non-LDR relationship would develop outside of this radius. However, this is one criteria that I could expand if I wasn't getting enough 'bites'.

Choose 3-7 solid 'First Date Disqualifiers'. **Make a pact with yourself that if a man meets these criteria, and**

the opportunity presents itself, you will agree to at least go on ONE date with him.

Resist the urge to quietly scroll past a guy or reject a first date for petty reasons such as not liking his hobbies, his job in finance sounding quotidian and unsexy, or his online banter not being the crispest around. You have established that he factually, objectively has potential. You have no idea what he's really like until you've actually met the man in person.

It is your DUTY to your future self to get out there and meet these guys with potential!

Chatting

Your goal in this stage should be to quickly double-check whether meeting in person is warranted, and if so, to set a date in the immediate future to meet up.

- **Feel free to begin the chat yourself.** At this stage, there is absolutely no need to wait for him to send the first message. Try to give him a little something to work with-- don't just say 'hey' and then hold it against him when he doesn't fire back some astonishing witticism.
- **Try to keep on top of your messages.** Inconsistently checking the app, neglecting to respond to messages, and letting the conversation fizzle out with one-word replies all increase the likelihood that you will overlook someone incredible. If you start up a conversation with a great guy, and then quasi-ghost him because you're flakier than a fresh croissant, he'll quickly dismiss you and move on. Even if you don't feel like it that day, try to give it a shot.
- **Do not fall into the trap of endless chatting.** For our purposes here at RPW, until you meet up in person, you haven't really MET them. What you're actually doing is pre-forming your concept of them, and in some cases building them up in your mind. The longer you do this, the more likely you are to be disappointed when you do meet them. Furthermore, the longer you wait, the more likely it becomes that your relationship will STAY online-only.

'But u/zsadiist," the astute observer might protest. "I've been reading that generally I should let him pursue ME. How can I control how long we chat if I'm not supposed to be the one setting up the date?"

When you have decided that the chatting has gone on long enough, and it's time to Alluringly and Femininely Piss or Get Off the Pot, you can put the ball firmly in his court with "Hey, let me know if you ever want to meet up sometime!" You then free yourself from the obligation to continue the endless chatting. This statement is not a demand, but makes it clear that he can ask you out without being rejected. He is then free to WOW you by planning a fabulous date.

It's A Date!

Disclaimer: This post assumes you have a pretty decent grasp of RPW advice. All the standard advice applies. Don't sleep with the guy on the first date.

Your official RPW objective on the first date is to have fun.

- **Channel your inner Goddess of Fun and Light** (see any of Laura Doyle's books, which are standard RPW reading, for more info on this topic). If you're focusing on whether you want a second date, whether this guy seems interested, or any other 'meta' considerations inside your head, you will not be able to fully engage with the date or the man. Furthermore, you will come across as anxious or distracted. You can scrutinize all of these details privately later.
- **Be flexible.** Allow him to plan the date, but have a few ideas handy if he asks. This sets the precedent of allowing him to do things that delight you, rather than you calling the shots all the time (a desirable dynamic).
- **A date that includes a quiet, absorbing activity for both of you to do**, so that conversation can naturally ebb and flow, might be preferable to a dinner date that creates pressure to fill silences. Consider mini-golf, Paint

Nite, a drive-in movie theater, bowling, an outdoor flea market, or similar. Ideally there will be plenty of opportunity to talk, but no awkward pressure.

- **You can kiss him** if the opportunity arises and you feel good doing it, but someone who is concentrating on having fun would never feel obligated to kiss a guy if she wasn't feeling it yet. Because that wouldn't be fun!

When you get home, now is the time to debrief, unpack your feelings, and decide whether you want a second date or not.

- **If you loved it--** great! Text him and let him know that you had fun! That opens the door for him to ask you for a second date.
- **If you hated it--** good! It's over, you never have to see him again, and you did your duty to yourself by checking the guy out. You knocked out one of the dates that happened to be on the path to finding a great man. You are one step closer. Do some fun self-care activities and move on to the next guy.
- **If you are somewhere in the middle--** perhaps some more thought is required. First dates can be awkward. If it definitely wasn't love at first sight, but you had a pretty good time-- you don't have to, but I would encourage you to go on one or two more dates to see if you develop a little more chemistry. By the third date, you should have a better idea of what to do. If you still only feel lukewarm, this is probably a good indication you should move on.

Willy Wonka and Abundance Mentality

Abundance mentality is a concept that you might see discussed in the men's subs rather more often than the women's. If it is only discussed in the context of dread game, it can strike a relationship-oriented woman as bitterly distasteful. However, it is highly relevant to the modern female online dater.

You need to realize that there is no 'one' perfect man that you're looking for.

That might sound off-puttingly unromantic. But it's actually FABULOUS news. The truth is that there's many men in the world that you could build a beautiful life with, who have the potential to make you very happy. They only BECOME 'the one' when you build a life together. You only need to find ONE of these men.

There is no need to fear that you just missed the greatest opportunity you'll ever get when some OKC guy is slow to respond to that last text. There is no need to pedestalize one guy that's clearly just biding his time until his ex is available again. **The energy one might waste fretting over these guys should be invested in finding one that reciprocates.** It doesn't all ride on you finding one perfect needle in a haystack-- you just have to find ONE of Willy Wonka's several Golden Tickets.

If you obsess over the single chocolate bar in your hands, without ever unwrapping it or giving other chocolate bars the time of day, the probability is high that you are wasting your time. When you finally do unwrap it and it turns out to be a dud, you'll be disappointed. Similarly, you shouldn't spend endless energy stalking one guy's social media presence before you decide to meet him. There are tons of other men you should be checking out!

If you opened a chocolate bar and there's clearly no Golden Ticket-- If you've been on dates with a man and he's not that interested, but you stubbornly chase him and demand his attention, you're still going to end up disappointed. He's not going to turn around and suddenly have that Golden Ticket.

None of these behaviors increase the likelihood of finding a great man.

If you open lots of chocolate bars by going on lots of first dates, each date you go on might be that one you've been looking for! You might have an unexpectedly hilarious time that leads to a long relationship... which leads to marriage... But you'll never know from just browsing his online profile-- **you OWE it to yourself to actually open the chocolate bars and go on those dates!**

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UPVOTES

Red-pillled concepts and lessons from Groundhog Day (useful for red-pillled parenting)

CherryFlame76 · 20 July 2020 · Archived copy · Reddit

The other day my family watched the movie Groundhog Day, and I thought this film was a good jumping off point to discuss some red-pill concepts with my kids. Although films and fictional books are generally not discussed here, I think the culture around us is a huge force that shapes us with blue pill beliefs. For example, the character, Maggie O'Connell on the TV series *Northern Exposure* ruined me for years. Based on the sexual tension between her and the male lead character, I thought that men liked abrasive, sassy women, and that sweet women were boring doormats. It took years to rectify this misconception, and I certainly don't want my children to fall into this trap.

Also, picture is worth a thousand words. Film moments can convey to concepts in ways that reading words on a screen can't. So, having said all this, I'd like to explore some of the red-pillled concepts and examples in the movie Groundhog Day.

The premise is that Phil (played by Bill Murray) a weather anchorman is stuck in a time loop where he re-lives the same day over and over in a small town that he's visiting with his co-workers.

The love interest, Rita (played by Andie MacDowell) is a good example of a **strong feminine woman**. These are some of the things I want my daughter to cultivate.

- **She's kind, compassionate, sweet, and playful.** She may admonish Phil's bad behavior, but she is not abrasive.
- **She is a woman with a career, not a career woman.** She wants to do a good job as a producer, but she is not overtly masculine in the way she goes about doing her job, or overly aggressive. She gets it done in a feminine way. I also got the impression that she would want to be a wife and mother.
- **She has strong boundaries.** Although she is sweet and kind, she does not hesitate to put her foot down when Phil pressures her into sex. And when he crosses a line, she slaps him.
- **She also has a good vetting filter.** She is repelled by him when he is a jerk and suspicious when he games her. When he finally changes into a HVM, then she is attracted to him.

Phil undergoes his own transformation from a jerk to a HVM. Starting out as a cynical, not-so-nice guy, he looks down on the small town folk. Initially he uses the time loop to engage in debauchery. Then he tries to game Rita over and over, using accumulated knowledge from her to help his game. After being rebuffed repeatedly, he becomes destructive and tries to commit suicide unsuccessfully.

In the last stage, Phil decides to undergo a process of improving himself and to help the people around him. He begins to exhibit the traits that I want my son to have:

- **He works on himself.** Phil decides to take piano lessons, learns how to sculpt ice, reads literature.
- **He is internally motivated.** He's improving himself not to get some girl, but for himself. That is something I often see in MRP, where guys are embarking on self improvement to gain approval of their wives, only to be told that they need to refocus the frame on themselves.
- **He finds his own mission.** He decides to use his knowledge of what's going to happen to help the townsfolk. He goes around town changing a tire for old ladies, catching a kid who falls out of a tree, and saving the life of a man who's choking.
- **Rita is not his mission:** When Phil delivers a heartfelt speech during his news segment, Rita beginning to feel intrigued by him and asks if he wants to have coffee. Instead of jumping on that opportunity, which his old self would have done, he responds that he would love to but he has some errands to run. These "errands" are his mission of helping out the townsfolk. He has a responsibility and an obligation to do good, and that takes precedence over chasing skirts. He maintained frame.

At the end of the film he becomes a HVM. Rita finds him playing jazz piano at a party. People are constantly coming up to him and thanking him for something he's done. There is a bachelor's auction where Phil is auctioned off and women are fighting over him, outbidding each other. The red-pilled would immediately recognize that this is a demonstration of social proof: **women want men that other women want**. Seeing that other women are bidding on Phil, Rita outbids them all and gets him for the night. She is now intrigued and attracted to Phil. At this point, I casually commented to my son that chasing women and trying to convince them to be with you is a weak strategy. Rather, it's a much better strategy to become an amazing man, and then women will more attracted to you.

All in all I was surprised at how much I enjoyed the movie. I hope you get a chance to watch this with a red-pilled lens and see if you can apply some of these concepts to your life. I certainly will.

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UPVOTES

If you and your man are going through hard times, there is hope- just remember to choose him and choose love. You may end up closer, stronger, and better together because of it.

roygbiv103188 · 20 May 2022 · Archived copy · Reddit

Today I had an experience that triggered me to think back to an extremely dark time in our marriage 4 years ago. In short, my husband was in a very serious car accident, out of work for almost a year, severely depressed and suicidal, injured, in pain all the time, you name it. It was probably the worst time in my life, in his, and in our time together as a couple. Thanks be to God and to his incredible doctors, counselors, PTs, SLPs etc he has since made an almost complete recovery and he is doing much better today.

It made me come face to face with reaaaaaaally painful memories but also, memories of healing, physically and emotionally. Memories of seeing tiny improvements in my husband's well being and health. I remembered our long, emotional conversations and also entire days of silence because my husband was too upset to speak. I remember feeling like the weeks filled with appointments would never end, but they were so necessary at the time and they did eventually dwindle down. Most importantly, it made me reflect on how far we've come since then and what we fought our way through together. We felt like we'd be in a hole forever and that giving up was inevitable, but we worked our asses off and got through it. I felt so filled with gratitude and pride knowing that we not only survived those hard times but also it made our bond stronger and encouraged us to grow. While it was an awful time in our lives, it taught us so much and made us strive to be better versions of ourselves.

At the same time, this whole situation got me thinking about how often I genuinely reflect - on my self, on my marriage, past experiences, family life, life in general - and I realized that while I recognize how important it is, I do not do it nearly enough. Because.. you know.. life moves fast, we've got kids, friends, jobs, activities, all of the things, all day everyday. The physical and mental exhaustion is a lot. My tiny roommates are constantly hollering or dumping containers of wooden objects or running around, and I get distracted. But I think we all owe it to ourselves to reflect more and take a good look at how far we've come.

So, if you're going through it right now with your bf/fiancé/husband, my advice would be to simply remain by his side throughout whatever you're facing. Choose to love him intentionally - I hate the overuse of the word intentional these days but its fitting here. Choose to be his biggest supporter. Choose to be affectionate, kind, and patient - it will be hard and will feel impossible at times but it is so worth it. (Obviously none of this applies to situations where any form of abuse is present but rather uncontrollable hardships in life)

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UPVOTES

Identity Crisis (recently red pillled) (20F)

ss0369 · 11 March 2019 · Archived copy · Reddit

TLDR: Spend my whole life being told that I could be just like men now I'm feeling ashamed and lost because I've recently realized I've been lied to

I've been heavily denying my feminity since I was 14. I feel every decision I made since then, most noticeably my choice of major, which is in STEM, have come from a place of wanting to be like a man. I'm in my third semester of college (not very happy with my major btw) and fortunetly in my country university is free so I'm seriously thinking of taking a break this semester to figure myself out and reevaluate my life.

I feel so embarassed that I was lying to myself all these years and made HUGE life decisions based on feminist idiologies. Also, I feel very ashamed of my feminity (the psychological side of it) and I still feel an urge to hide it, despite being red pillled now. I know I'm still young which is better than if I only had this awakening in ten years time but still... I can't shake away these feelings

Sorry if this is messy, I just wonder if anyone else ever went through this? What did you do?

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UPVOTES

How I flipped the roles in my marriage.

saliabey · 10 August 2019 · Archived copy · Reddit

So backstory, we had a baby in January and I initiated separation from my awesome husband. Crazy right? I had no idea about post partum depression.

(Sorry if this is all over the place)

My husband is very relaxed kinda guy. You couldnt pay him to cash the winning lotto ticket. Hes a dreamer and the creative type. Very manly and hands on... problem? Some how I had become the mom in our marriage. I'm a solid type A worked as a store manager bringing home the cheese and my husband did the at home dad home schooling our 6 yr old.

I got to the point where I was over talking my husband tuning his conversation out when he didnt get to the point fast enough. Things like this so no big suprise that he never initiated sex right?

I had had it up to HERE with his so called shit. So I split from him. (Really shitty of me) just up and called a separation. I was on maternity leave and our baby had colic and HIM i couldnt take it. I needed out. Really i was depressed. I had no idea. My husband was accommodating through it all. I didn't cook? No problem order out. I didnt clean no problem he came home from work and did baby duty and cleaned. I some how convinced myself that HE was the problem. So in may I pulled the strings. In June I realised i FUCKED UP. After moving out of our house I got my own place and took some serious stock in myself and realized I Me. Was the problem. I was quick tempered. I always brought my jobs stressed home and most of all I was tearing down my husband for not being as ambitious and type A like me. Immediately I wanted him back and he said NO. I dont blame him. I talked to a therapist and really went to work on myself and why I was like that. The standard post partum depression but there was more. Having grew up in the foster care system I learned to only look out of myself I had no parents so I had NO IDEA what a healthy marriage looked like. I begain working on marriage therapy solo. I realized my husband needed me to LISTEN . Not just wait for him to be done so I could talk. Acknowledge him. Acknowledge his love language. Therapy has helped me so much and I cant believe how much motivation I've gained back. I went on a mission to not only change the roles in my marriage but to WIN my husband back.

1. I stopped talking all the damn time
2. I found his love language and used that to my advantage
3. No demanding sex (has been since may)
4. No over talking
5. Greet him when he calls or comes over.
6. Develop hubby's.
7. Quit my job
8. Speak more kindly.
9. Give him genuine compliments
10. Thank him for the things he is already doing.

And BAM yall. My husband wants me back. I'm so so so so grateful for having an awesome man who understood me enough to set boundaries.

Now, hes being all assertive. He is taking the lead roll I am playing support. My husband is passive but he needed that right bit of femininity to bring him to a roaring lion.

I'm so happy I stopped trying to be the boss. Because when I think about it, I didnt really want to lead. I just didnt know how to LET him lead ME. It's not easy. I still have to tell myself to shut up and dont speak when hes speaking. But tonight when we ended the call he said I love you babe. And I said what do you love about me?

His response: the way you love me. You loved me enough to get help and I see all the changes you've made. I know it wasn't easy.

Ladies. I just wanted to say that with some inner work it can be done. Your passive husband can be a leader if you let him.

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UPVOTES

Feminine vs Masculine energy

kittycops · 19 February 2021 · Archived copy · Reddit

Which one do you embody most? Pulled from [TheFemininewoman.com](https://www.thefemininewoman.com)

- Feminine: Free-flowing, full of life energy. 'She' is like the ocean.
- Masculine: Full of direction and purpose. A linear and rigid energy.
- Feminine: Stimulated by praise.
- Masculine: Stimulated by challenge.
- Feminine: Feminine energy is moved by love and emotions in intimate relationships.
- Masculine: Masculine energy is driven by his own direction. It is impersonal and goal oriented without feeling.
- Feminine: about existing in the body and its sensations and feelings.
- Masculine: about transcending emotions into awareness.
- Feminine: Makes small things big.
- Masculine: Makes big things small.
- Feminine: Hangs on to everything.
- Masculine: It is easy to let go.
- Feminine: Feminine energy is about flow; there's no such thing as interruption.
- Masculine: Masculine energy is compartmentalism and focuses on one thing at a time.
- Feminine: Looks for love.
- Masculine: Looks for a problem to solve.

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UPVOTES

You Cannot Change the World - You Can Only Change Yourself

SunshineSundress · 6 October 2021 · Archived copy · Reddit

There's an old Asian folk tale that I often heard when I was younger. I've adapted it a bit to make it more relatable to us as RPW. It goes like this:

Hundreds of years ago, a young woman named Mei-Ling got married to the son of a wealthy family and moved into her husband and in-laws' home, as was customary in those times. Shortly after she began to live with her new family, Mei-Ling realized that she couldn't get along with her new husband at all. They had completely different views and personalities, and Mei-Ling often felt angry at the way her husband acted. It didn't help that her husband constantly criticized and judged her for the things she did.

Days, weeks, months, and years passed. Mei-Ling and her husband never stopped fighting and arguing with each other. But what made the situation worse for Mei-Ling was that, according to ancient tradition, Mei-Ling had to submit to her husband and defer to his wishes and leadership. All of the anger and the unhappiness in the house was causing Mei-Ling's children and her in-laws to feel great distress and uneasiness.

Finally, Mei-Ling had had enough. She couldn't stand her husband's bad temper and dictatorship any longer and decided to do something about it! Back in those days, divorce was very taboo, and would not result well for her or her children. She had to do something that would keep all of her family taken care of. So Mei-Ling went to a good friend of her father's, an experienced herbalist named Mr. Zhang. She told him about her entire situation and asked if he could sell her some poison so that she could solve her marital problems once and for all.

Mr. Zhang sat in silence as he contemplated her situation. After a while, he finally said, "Mei-Ling, I will help you solve your problem, but only if you listen to me and do exactly as I say." Mei-Ling, desperate for a solution, quickly replied, "Of course, Mr. Zhang. I will do exactly what you tell me to do!" Mr. Zhang disappeared into his back room, and after minutes of shuffling around, emerged again with a packet of herbs.

He looked at Mei-Ling with a serious expression, and told her, "You cannot use a poison that would get rid of your husband immediately, because the people around you would immediately suspect you. Therefore, I have given you a very complex blend of herbs that will slowly build up as poison in his body over time. Every day, prepare a delicious meal for him and put a spoonful of these herbs in his food.

"However, you must be very cautious so that no one suspects you of murder. From today until the day of his death, you must be extremely mindful to act very friendly and caring towards your husband. Do not argue with him or undermine him. Defer to his every call. Treat him like a king."

Mei-Ling was ecstatic! She finally could get rid of her dictator of a husband. She thanked Mr. Zhang profusely and went home with a skip in her step to plot the murder of her malicious husband.

Days, weeks, and months went by, and like clockwork, Mei-Ling served her husband a delicious dinner with the herbs mixed in everyday. She kept what Mr. Zhang said about avoiding suspicion in mind, so she bit her tongue and controlled her temper, deferred to his judgment, submitted to him without pushback, and treated him with love, care, kindness and respect. After a year had passed, the entire household had changed.

Mei-Ling had practiced biting her tongue and controlling her temper so much that she realized she stopped feeling angry or upset at all. She hadn't had an argument with her husband in nearly a year because he seemed so much kinder and easier to get along with. Her husband's attitude towards Mei-Ling completely changed, and he began to love, care for, and cherish her like how she always dreamed a husband would. He kept telling his friends and family that Mei-Ling was the best wife that one could ever find. Mei-Ling and her husband were now treating each other like a real husband and wife. Their children and her in-laws were very happy to see what was happening.

One day, Mei Ling ran to Mr. Zhang's shop and begged him for his help again. She cried, "Please Mr. Zhang, I'm

begging you to make an antidote to keep the poison from killing my husband! He's changed into such a kind and loving husband, and I love him with all my heart. I don't want him to die because of the poison I gave him!"

Mr. Zhang smiled and gave her a handkerchief for her tears. "Mei-Ling, you have nothing to worry about. I never gave you any poison. The herbs I gave you were vitamins to improve his health. The only poison was in your mind and your attitude towards him, but that has been all washed away by the love that you gave him."

When I first heard this folk tale, I thought, "What a load of BS. Why does Mei-Ling have to be the bigger person? Her husband also contributed to their shitty relationship and dynamic! What if he started it? Why doesn't HE treat HER nicely instead?!"

And so I brushed this story off as a way to get young women under the thumb of their oppressors (I would have said tHe PaTrIaRcHy, but the original story was actually about Mei-Ling and her mother-in-law. I adapted this story for the RPW toolbox for a reason you'll see in just a sec). But then I found myself in a string of relationships marked with mutual contempt and disrespect, similar to Mei-Ling's in the beginning of the story. I hit a low-point in my life where I started to question if I could ever find love at all if the world was filled with mean and evil assholes.

Then I found RPW, and my entire love life changed for the better. One of the biggest lessons that I've learned from RPW is that **you cannot control or change the world**. I cannot somehow force people to stop being selfish, or mean-spirited, or straight up assholes. They will not simply stop just because I expect them to. **The only thing I can control is myself**. At the end of the day, it doesn't really matter who started it. What matters most is how *we* act and react, because that is the only thing we can actually control. I realized that how well you treat others is usually exactly how well they will treat you. I became the change I wanted to see, and it worked.

There is an old Asian proverb: "The person who loves others will also be loved in return."

And of course, a disclaimer: this is not a justification for abuse, addiction problems, or violence. **Those problems are VERY much beyond the scope of RPW** and need to be handled by a professional, not strangers on the internet. This is simply a reminder of a very important tool we have to take accountability and take effective action to get what we want.

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UPVOTES

Why doesn't sex ed teach young women about their fertility?

Pansy9000 · 10 January 2023 · Archived copy · Reddit

Not to get all tin foil hat here, but the schools are probably worried that women would make very different career choices if they knew the truth about peak fertility. I was lucky to learn the truth about the biologically ideal time to have children when I was around 18, so I had time to change my career trajectory from foreign services and the defense industry to GIS, a field which is much more easily personalized or made remote/freelance. It makes me really sad when some ladies don't realize until it's becoming too late.

One of my college friends literally said she wanted to wait until at least 40 to have a kid and "live her life first", and she didn't believe me when I told her about how dangerous that is.

Imagine if high school girls were taught that the ability to get pregnant, give birth, and have a healthy baby plummets after a certain age. They might not pick out the "go getter" jobs that the market-minded want to shove us into.

It also makes no sense why we aren't taught about ovulation and the fertile window. I totally understand that a sexually active highschooler should stick to condoms and has nowhere near enough responsibility for the Creighton method, but it isn't just about getting pregnant. We learn absolutely nothing about how our bodies change throughout the month, and how we can best nurture those changes with the appropriate diet and exercise. Being in tune with your cycle is one of the most powerful ways to boost your overall health and wellness.

Did anyone else feel like fertility and ovulation were totally absent from their otherwise-decent sex ed programs? I sure do. All we got was "don't have sex or you'll get pregnant. Here's a gory video of a screaming birth with a perineal tear!". We learned absolutely nothing about the importance of fertility care and menstrual awareness. Why do you think this is the case?

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UPVOTES

Repost: Who Wants to Marry a Millionaire — A Guide to Marrying Rich

ArkNemesis00 · 28 November 2024 · Archived copy · Reddit

NOTE: I found this post on vindicta and got the OOP's permission to repost here. OOP has stated she does not plan to interact with the RPW sub.

Hey gals! I really enjoy when people do deep dives on this subreddit, so I wanted to add to the resources here. One topic I see a lot of interest about is leveraging pretty privilege to “marry a rich man,” so I put together a loose guide on how to make that happen. Let’s jump in!

What do I mean by wealthy men?

I am not going to attempt to teach you how to marry the absolute 1% of the 1% in wealth, because frankly I have no idea how. These people mostly marry each other. No, today we are talking about men who make somewhere between \$200k and \$1 million a year. Men in this cohort tend to have jobs in medicine, tech, finance, consulting, and law (in no particular order), though there are also some engineers, salesmen, specialized technicians, tenured professors, entrepreneurs, and others in this group as well. They tend to be highly educated, marriage-minded but marry late (the median age at first marriage for a man with a graduate degree is about 31), seldom divorce, live in urban areas, and come from well-off, intact homes. They are disproportionately white and Asian. They are in no way the end-all be-all of men, or of life goals. **My point is not the everyone should want to marry these guys, but a lot of women do** and are curious about what that would take.

Hopefully I’ve painted a good picture of the kind of man I’m talking about. But what kind of woman does he marry?

Assortative Mating

Overwhelmingly, he marries a woman who is like him. Assortative mating, or the tendency of people to marry those with similar traits, including socio-economic status, educational and family backgrounds, and even physical traits, is one of the most robustly documented effects in sociology. High-status men have access to lots of beautiful women who are ALSO high-status, so why would they choose someone who only has one of those two things?

People of different social classes also live in completely different worlds. They have different values, political and religious behavior, even different hobbies. They eat different foods. They increasingly live, work, and study in different places. They rarely interact beyond a superficial level, and anyway, most people want a partner they can relate to.

So, assuming you aren’t yet a member of the upper class, how do you show a wealthy man that you are that kind of person?

Costly Signals

Costly signals are a concept originating in evolutionary psychology. They are actions that communicate something about you or your intentions and are difficult to perform or fake. These signals are trusted more as sources of information about a person, precisely because of this difficulty.

Here’s an example. There are more people who want to *appear* upper class than there are actual upper class people. Middle class people who want to fake being upper class might buy relatively cheaper “luxury” items (like fancy cars, or a designer purse), but they likely cannot afford to (for example) have an equally “upper class” house or hire a personal nanny for their children. If you heard someone had a row house in Brooklyn, you’d be far more likely to believe they are actually wealthy than if you heard they have a Birkin or a Ferrari.

Practical Suggestions

Now that I’ve covered the theory, let’s jump into a few practical recommendations. I’m going to alternate things you

do and don't need to do as much as I can to keep it interesting.

You *DO* need to get an undergraduate degree.

As I discussed above, most wealthy men are very well-educated, and educated people marry educated people. The wives of high-earners tend to have at least an undergraduate degree (and often a graduate degree). School and work are also two of the top places where people meet their partners! If you want to meet a lot of men with medical degrees, the obvious places to look are medical schools and hospitals. You don't have to be a doctor yourself—you could work in a hospital as a nurse, or get a different degree at a university that has its own medical school, for instance.

You *DON'T* need to graduate from an elite university.

Look, if you get into Harvard, you should probably go. But even among the very well-educated and wealthy, elite degrees are rare. And a potential spouse having a degree tends to be a much bigger factor than exactly where that degree is from.

You *DO* need to be financially stable on your own.

Wealthy men are less worried “gold diggers” than men who make less, but on the flip side, they are more likely to assume that the women they date will have their own money. This is because almost everyone they know is well-off! They are used to women who are not impressed with their income. Also, although many wealthy men are happy having a wife who is SAHM, many of them actually prefer she works. Not every man who is wealthy is traditional.

You *DON'T* need to be a high-earner yourself.

Though they tend to be well-educated, the actual salaries of wealthy men's wives are all over the place. Many are doctors and lawyers themselves, but there are also a substantial number who are teachers or adjunct professors, social workers, psychologists, nonprofit employees, graphic designers and other educated and high-prestige but comparatively lower-income careers. You don't have to resign yourself to hundred-hour weeks to marry a doctor (thank God!).

You *DO* need to cultivate a wide and high-quality social circle.

You could be the most eligible woman in the world, but if you don't put yourself out there, you won't meet enough men to find a good match. If you want to ensure the men you are meeting are high quality, it's better to use social avenues that come with a built-in filter of some kind. That means school extracurricular groups, alumni clubs, social groups at your workplace, clubs and hobby groups in your (nice) neighborhood, that sort of thing. Many schools even have their own online dating sites that you can only access with a school email.

Most people let a lot of their social connections lapse. But every friend and acquaintance is a potential avenue to meeting new people. Stop being someone who never texts first, and keep track of people whose company you enjoy on social media!

You *DON'T* need to have a massive social media following.

That said, you don't need to be an influencer. Other posts on this sub have talked before about how this is a whole separate industry, one with significant overlap with sex work. There is nothing wrong with wanting to be an influencer (or indeed a sex worker), but the wives of wealthy salarymen tend not to have humongous Instagram followings. The pursuit of social media fame for its own sake is a distraction.

You *DO* need to look polished.

Physically, the wives of wealthy men tend to be thinner than average and fitter than average. Anecdotally, I have also noticed that women in the social strata tend to have very polished hair, perfect-looking teeth, and good skin. These are the costly signals of health, and health, and the language of “wellness” tends to be how upper class people talk and think about beauty. I can do a separate post deep diving into this if there is interest.

People with high socio-economic status tend to be better looking than the average. Some of this is likely genetic (the result of generations of beautiful, successful people marrying each other). The rest of it is the result of being able to afford a healthier, lower-stress lifestyle, often combined with deep knowledge of personal grooming (among women, at least).

If you weren't born into high social status, pretty privilege is one of the best tools you use to fake it, since the halo effect leads people to assume beautiful people are higher-status than they actually are.

You *DON'T* need to dress the “old money” aesthetic or wear designer clothes.

It's an open secret at this point that actual old money people do not dress like the TikTok micro-aesthetic. Not to mention, at this point “old money” is so played out as a trend that it basically means shopping for plain t-shirts and jeans at fast fashion outlets like the Gap. People who are well-off can afford quality clothing, and aren't insecure about showing a bit of personality.

That said, you also don't need a closet full of big brand labels. This is likely to come across as a fake signal of wealth, because while designer clothes aren't *cheap* at all, it's still an example of overcompensating within a smaller purchase category. This is why people often perceive this as “trying too hard” in a distasteful way.

You *DO* need to adopt an abundance mindset.

High-status men tend to avoid desperation and insecurity like the plague. You don't want to communicate with your body language or manner that you think he is better than you are, or that this is your once chance for happiness in life. You need to have your own thing going on, and build true confidence that if a relationship isn't working for you, you can walk away and find another great partner.

You *DON'T* need to become the embodiment of femininity.

Similar to the influencer economy, most “femininity gurus” are either sex workers themselves, or stealing tips and tricks from sex workers (whose influence they often refuse to acknowledge). You do not need to behave like a high-class escort to marry a wealthy man. Most wealthy men do not marry their escorts. Again, I am not trying to shame escorts here, but they are pitching a particular service to a particular customer base. Their advice works best within that context.

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UPVOTES

Spoiling Him & Being Spoiled

Normal_Front6927 · 19 December 2025 · Archived copy · Reddit

Here I am with a nice field report as we move into the holiday season!

My fiance and future husband has been spoiled ever since he proposed to me. All the things I locked behind "wife" I've slowly been implementing in our life to make sure I'm well practiced after my last name changes.

For more context, we have lived together since 7 months into our relationship. I would cook meals occasionally. I'd tidy, do laundry, and clean, but we'd split chores a lot. Other romantic roommate type things.

However, now I wake up and make him breakfast. Make him freezer meals he can take to work to warm up. There is ALWAYS food ready when he gets home from work and sometimes a dessert too. I always have his work clothes laid for him and laundry done (80% of the time lol). Kitchen is always clean when he gets home and I always put in effort into my appearance before he arrives home from work just to show I care more about looking good for him than the world. All things I've learned from RPW through the years.

And he's felt the difference. Many times he's been on his way home dreading finding a meal to eat and pleasantly surprised by dinner being ready for him or tired and groggy in the morning but motivated by the smell of breakfast. He'll ask about work clothes and is shocked they're already ready for him. Coming home to a clean home, warm hugs, and a fiance that's happy to see him relaxes him. It sounds so simple typed out, but in today's culture, I've been spoiling him.

And as a result I've been spoiled in return! Random bouquets of my favorite flowers (promises of getting 2 bushels when I looked like not enough to him). Long hugs and we have a lot more fun in the day to day. He brings my baked goods to his friends and peers (I love to bake so this feels great!). Late at night or randomly this week I've wanted some things and he went out of his way to make sure I had them. Any little problem I have he is eager to solve it and he sometimes is like a cute puppy when I'm doing a task and he asks if he can help me. (Something else I learned in this journey is say yes more than no to this question. Men just want to be our heroes). He's always been a gentleman with doors and such but I feel he's more earnest now. Maybe it's in my head that part, but it doesn't feel that way.

Honestly, I feel like a princess. I giggle with my best friend who is also a spoiled wife about how blessed our lives are.

You get from the red pill what you take from it, and I've gotten a very happy present and bright looking future.

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UPVOTES

A thank you of sorts, or recovering from a "feminist" marriage

rpwhelped · 27 August 2015 · Archived copy · Reddit

I made a post here a long time ago that I unfortunately cannot find now. I had found RP a few weeks before. I considered myself feminist. First, I was angry. Then I realized the more I read this sub, the more things made sense. I posted because I was worried about my marriage. I could not figure out how to get my husband to take the lead. I had been the type of woman who was proud to make more money than my husband. I would brag that my job was high pressure and that I didn't have time to do domestic things. He had settled for a terrible job that totally demoralized him and he lost all ambition to do better with me taking the role of the breadwinner. We stopped having sex. We would go out to eat and I would always pay because I'd tell him he couldn't afford to pay for dates. I fell into a mother role where I would constantly nag him. All he did was play video games. When I posted, the vast majority of the ladies who responded said I had basically ruined my marriage and that it was over. I was angry. I tried to forget about RPW.

Then something amazing happened. My husband lost his job. In the past I had expressed that I thought if he lost his job, he would simply stay unemployed because he was so unambitious. But the moment he told me he lost his job, something clicked. This was our opportunity. I immediately told him that I couldn't wait to see how he would do in his next job, that this was great news and it was time for us to make a change anyway. I *didn't* suggest that I would support us on my salary alone(which I had always said in the past). The first few days were really hard. He had a hard time looking for a job. But I gently made suggestions and then pulled back, and eventually he came to me with ideas, thoughts on what his next steps were, etc. I was unequivocally supportive. I told him how smart and capable he was and that I knew he would be able to get any job he wanted. Every time he went to a job interview, I told him how proud I was and made sure to shower him with physical affection that I had withheld for so long. He works in a very in demand field, and within two to three weeks he had a job for double his previous salary.

We went out and he bought all new clothes -- dress shirts, nice pants, etc. His wardrobe had become basketball shorts and video game t-shirts prior to this. I started ironing his clothes for him before work. I felt the urge to complain, and I didn't. I would make sure he had food to take to work, which I "didn't have time" to do before because I was so busy with *my* job. Within two months, he had gotten a raise. He was excelling at his job, and his confidence was through the roof. I gave him all the support I could at home to make sure he only had to worry about his success, as he had lost many potential career advancement years while we were stuck in a rut.

Anyway, this has been stressful at times but I had kind of naturally fallen into this better pattern and did not really think of RPW again until recently. I was passed over for a promotion, in favor of a male colleague. I was very hurt and upset. I worked harder than him. I'd been on the team longer than him. Then I stopped and thought, "I have worked so hard, sometimes at the expense of neglecting my husband, and where has it gotten me?" I pulled back from work. I stopped checking my email outside of work hours. I stopped being available for every emergency.

I put more of my focus into my marriage and self improvement. I exercise almost every day. I dress better. I clean more often. I make sure we always have food prepared, I'm always trying new recipes and making sure his favorite foods are onhand. What prompted this post is that I found myself ironing our sheets before work today, and I felt happy. It was almost meditative. I had always enjoyed "domestic" activities before, but I felt ashamed of it and like I had to be a strong woman who could support herself and didn't have time for frivolous things. Here I am now, giddy at the thought of my husband coming home and seeing our bed made up with our new mattress, sheets, and pillows that I set up while he is at work. I can honestly say I have never in my adult life been happier.

These are some of the things that have happened:

- Our sex life has improved immeasurably. I stopped treating him like he was a monster for wanting me. I would snap at him all the time before when he wanted sex. Now even if I am not in the mood, I am open to it. But I find myself in the mood MUCH more often anyway due to the improvement in our marriage.
- He has expressed pride multiple times in the things I do for him. For example, he told me when people

compliment his shirts he thinks about how I always make sure they are ironed and ready for him. I feel so happy when he tells me this. Knowing that the things I do for him are present throughout his day and make him think of me is very gratifying. There was no equivalent to this feeling before when I was the "breadwinner."

- He takes me out on dates. He's taken me shopping. I can enjoy these things guilt free without complaining that he can't afford it. It feels so good to get dressed up and be treated by my man. We hadn't done this since pretty much the first year we were dating.
- I feel so much more attracted to him. He dresses nicely even on the weekends now. Basketball shorts are no longer regular attire. This also motivates me to dress more nicely. When we walk into a restaurant or a party, I feel a sense of pride and feel good about our image as a couple. I'm sorry if that sounds shallow. But I used to want to disappear, I felt bad about myself and about him.
- I make time to exercise and take care of myself now. I'm running a 5k for the first time in a couple of weeks. I feel awesome! My husband tells me all the time how proud he is of me for sticking to my running routine.
- We almost never fight anymore. This is the big one. Before we would fight almost every day, to the point that I started to avoid interacting with him. I was so lonely I would just lay in bed and cry, feeling like I was so far away from my husband and that we couldn't interact without being ugly towards each other.
- With stress from the marriage gone, home has become a place where he can retreat from a stressful day. In the past, during really bad fights, he stated he didn't even want to come home because I just stressed him out. The difference is night and day. Now I am the place he retreats after a hard day.
- Edited to add a major one I forgot: I had always said I was childfree. Now with the stress of overworking myself gone, and with our marriage being in such a better place for almost a year now, I actually feel open to having kids. We have already had talks about it and are planning our travel over the next year or two so we can get our pre-kids bucket list done and then get started. I actually... feel happy about the idea of being a mom, which was a totally foreign concept to me, but I feel even more excited to see my husband be a dad. When I see him with our niece I just picture our kids and how wonderful he would be with them.

There are other changes I'm sure I'm missing and this is already a little bit rambling, but just overall my marriage is amazing now. It's everything I wanted. And I know he is so much happier too, because he has said so more than once. I never would have thought this was possible, but it's like RPW planted the seed I needed to make these changes and I was able to undo years of nagging, abrasive interactions. When we disagree on something now (something that doesn't matter to our marriage, like our opinion on something political that doesn't affect us), I gracefully change the subject, where before I would hammer my opinions into his head. I would rather be happy with my husband than be right.

Anyway, my reason for posting this is two-fold. First, as a thank you to this community for giving me the ideas that helped me steer my marriage in the right direction. Second, for any other feminists out there who lurk here and like me have molded their personalities to what we are so often pressured to be, which is essentially to act like a man. If you are having doubts, take some of the advice from this sub and apply it to your relationship. It can't hurt. You're not compromising yourself. You're not betraying other women. You're not being shallow. You are not a "bad feminist." This was a big concern for me at first. But in the end, you have to do what is right for you. You can believe in equality and accept that things work better for you when you fall into a certain role. It's okay to reject the current wave of feminism that encourage promiscuity and having 1000 partners (I feel embarrassed when I think about fights I had with my husband because he was "slut shaming" someone, when he was just observing destructive behavior). It's okay to do things to help your marriage, and there is hope even in situations that are seemingly not salvageable... my marriage is proof of that.

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UPVOTES

The Direction of RPW.

redpillschool · 4 April 2016 · Archived copy · Reddit

As many of you may have noticed, some of our mods have quit recently. I wanted to address that here, and discuss a little bit about our direction.

First, I'd like to let everybody know, they left on their own accord, we didn't force anybody out. Second, I'd like to say that the sub will benefit greatly from this move.

There are a lot of rumors going around as to why the mods left, and I wanted to clear that up so there's no confusion.

Ultimately it was a disagreement between them and me.

When I founded this sub, I founded it on one of the main principles that guide every subreddit in the red pill network: Value truth above all else. There was even a small image in the corner that said "It is better to be slapped with the truth than kissed by a lie."

Unfortunately, the old mod team were not living up to this standard. Rather than embrace truth and encourage open discussion that has made the red pill network subs as popular and successful as they are, they decided that a small clique of women had the one and only strategy to happiness, and anybody who disagreed with them should be banned. That includes a lot of very good contributors, and women who had simply come here for help and understanding.

And by clique, I really mean it. Watching behind the scenes, it played out like the movie Mean Girls. The discussions that took place between myself and the mod team were less about facing hard truths, and instead about who was on who's side and who said what to whom. It was a cat fight.

My original intention was not to disrupt the flow of this subreddit. I never disagreed with the clique on their strategy of marriage. It's a great goal to aspire towards for women. That said, there were some questions about the changing sexual landscape that were being censored. When honest discussion from a red pill perspective is being censored, that's when we knew we had trouble on our hands.

I did my best to appeal to the mod team, but at the end it didn't matter. They did not want to work with me towards the very goals this subreddit was founded upon, and it is my responsibility to the subscribers here to ensure that those principles stay in place.

Everything I feared in my introduction post ended up coming true:

The problem I've seen with female-based sexual strategy forums is that they inevitably focus on what's politically correct. They focus on tempering the message so as not to offend. Because ladies, like it or not, our entire culture currently revolves around not offending you. Seriously. That's today's culture. This forum will embrace truth first and foremost, sensitivity be damned. While I encourage people to remain positive towards each other, plain insults are discouraged, I understand that sometimes the truth will seem like an insult.

What's Not Changing

We're not starting up a Red Pill men explain sub here, this is a sub for women and female sexual strategy. The moderation policy will always be focused on positive female sexual strategy.

The accusation that we want to encourage a "plate school" is nonsense. Men who come to push their agendas (to benefit themselves) will still find themselves kicked out.

Per my original announcement:

RedPillWomen is not the place for men to show up and spout nonsense. We have an unofficial rule on

/r/theredpill that basically amounts to: don't listen to women about sexual strategy. It's not that we don't like women, it's that women really have a hard time seeing past what they like to understand men have a different palate. The same goes for men, perhaps even worse so. Men, being the less discriminating gender, are more-or-less programmed to find women sexy.. no matter what. And when a woman says, "I like to eat pie with my fingers" you'll have sex-thirsty guys line up out the door willing to say anything for female validation. "I love women who eat with their fingers."

The goals

Our goals will be identical to **my announcement post** when we started. Finding long-term sexual strategies to maximize one's happiness and success. This hasn't changed.

We had a radical idea- what if men and women learned about their natures and took proactive control of them, came up with a compromise that made both parties happier in the long run?

We're a cooperative species, and great things can be achieved when we do. Women, you have the ability to find happiness when you embrace the reality of your biological urges and impulses. You have the ability and the requirement to become the optimal mate for your optimal mate. Do not believe the hype that you are good enough how you are, and realize that in life, the only things worth having take work. That's for men and women.

RedPillWomen is self-improvement and long-term goal setting to maximize your personal happiness.

I'm saddened that things had to play out the way they did, but my responsibility remains to you, the subscribers. I apologize for letting you down, and we will not allow this same culture to take over again.

For the next week

We will be working on reinstating the sidebar and stylesheets, as the old team saw fit to try to destroy anything they could on their way out, claiming that it was "theirs" rather than the community's.

We have a few RPW members who have stepped up and are committed to maintaining this vision. We are vetting the members now for the mod team.

And discussion will continue, business as usual.

Thank you.

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UPVOTES

Keeping your nails done

Ruinedgirl22 · 4 October 2018 · Archived copy · Reddit

I used to think that manicures and pedicures were meaningless wastes of money. “No one’s going to look at my hands or feet!” I thought.

I didn’t realize that I unconsciously did just that. Whenever I talked to a woman (and especially a man but I’ll go into that another time) and saw that her nails were clean, cut and painted, my opinion of her seemed to rise. It showed that if she takes care of “meaningless” things like her nails, she very likely takes care of herself as a whole.

Ever since I realized this, I’ve kept both my hands and feet done. I don’t always go to a salon; I mainly purchase those insta-dry Sally Hansen polishes, clippers and filers and do them myself every week. The effects that doing this has had on my self-confidence is insane. I feel sexier, more feminine and even cleaner. I’ve definitely noticed others glancing at them when we talk (and often complimenting me) and I feel good knowing what this could imply.

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UPVOTES

"How to inspire protective and manly feelings in your man" or "How to be sweet, submissive, and get laid like a dirty whore"

MrsStrom · 9 January 2014 · Archived copy · Reddit

TempestTcup touched on this recently, ~~women~~ girls who just don't seem to get it. You can be a better version of you and still be you! You can still be you and attract/keep a high quality man. While we RPW talk about being sweet and submissive, we don't often go into detail on how this is accomplished. So, I give you a how-to-guide in inspiring the man in your life to throw you on the bed and ravish you in a few, TRP endorsed steps.

First and foremost, **be sincere**. If any of this sounds stupid to you and you can't do something with genuine intent, don't try it. When I surveyed TRP about this, sincerity was the overwhelming theme of all the responses.

Do: Give compliments freely. You can comment on his physical prowess, size of his muscles, manly skills, or even his dick, but remember that sincerity is key! Just find something you really like about him and tell him about it. Having a hard time being sincere without feeling silly? /u/neurosis74 suggests, "I know it's silly, but that was kind of hot". Said while you're actually feeling silly for saying it, and you've got a recipe for swollen, manly pride.

Don't: Air your dirty laundry in public... and don't tolerate others airing it for you. This seems to be a difficult thing for many women to grasp, because it's not just about what you post on Facebook or what you say to your mother. I'm not entirely sure why, but when groups of wives/girlfriends get together, the tide of conversation almost always drifts to the husbands/boyfriends. And the conversation inevitably turns ugly. When your friends start bashing their men, at the least, refuse to participate. If you are taunted for your refusal, set the battleaxes straight. Your man is your Captain and you will not be guilty of disloyalty or sedition. If this is too difficult for you, then follow Thumper's father's rule: if you can't say something nice, then don't say anything at all.

Bonus points: Make your girlfriends jealous. Brag about him. Before the conversation gets nasty, get dirty. You don't have to go into torrid details, but you can tell them about how hot he looked swinging the hammer while he was hanging the cabinets in the kitchen... and how when he got done the two of you played "carpenter". You got hammered and he nailed you. If you get as flushed as I just did typing that, you'll make the ladies blush. The next time they see your man, it will show on their faces, and then he'll know you were *talking about him, if you know what I mean*.

Do: Be sexual. Though I'm constantly telling sluts to keep their legs closed, when you're in a committed relationship, open your legs wide. It's not slutty to enjoy your man's more amorous talents.

Anyone can get sexy and wild on a chance encounter, but to do fun sexy things for your husband consistently and on a long term basis is not something a person can be caught up and swept away in the moment with. When practiced in a LTR it takes on meaning because of the sheer honesty it takes to find intense pleasure in repetitive sex with the same person.... I can tell if a woman loves me during sex. I can tell if it's lust or love or performed like a chore. ~ /u/trudatness

Don't: Starfish. A corollary to the last point, I first heard of starfishing over at marriedmansexlife.com. Don't know what I'm talking about? Imagine lying perfectly still, ignoring him, while he pounds away at you, slowly killing himself inside. Do this and you will kill his love for you. You will kill *him*.

Do: Let him be your White Knight TRP talks a lot about stupid blue pill White Knights and blah blah blah. Guess what? They all do it. Without thinking. It's built into their DNA. So let it work for you. Let him kill the spiders, reach the highest shelf, and open the pickle jars. In return be his Princess Daphne. This is something else **Anthol Kay taught me**. Read the link, watch the video. It won't even matter if he knows you're doing it. Mr. Strom knows, and doesn't care.

Bonus points: Game him. Feign weakness and be obvious about it. Get silly with it. Giggle. Blush. Ask him to open

the pickle jar and pout out your bottom lip while you ask, because you're *just a weak little girl*. Grip his biceps and tell him how *strong and powerful* he is. Rub his chest in wonder and awe. When the jar pops open, let out a faint "oh, my!" Now would be a good point to drop something on the floor in front of him so you can pick it up and wiggle your tushie for him.

Now for the final "Do".

Do: Respect him Without respect, everything else is empty. There is no love, no trust, no lust, or companionship without respect. If you don't respect him, why on earth are you with him? Think he's an idiot who can't make decisions for you and your family? You're the idiot that's with him. Think he's a woman hating philanderer? Who hates women more? You're the masochist that's with him. Did you marry a real man, who pays the bills, cleans the gutters, and would lay down his life to protect you and your children? Then say it out loud, right now. "I have an amazing man that I'm lucky to have, and I respect him for all that he is and all that he will be." Repeat this every day. Internalize it. Feel it. When you've finally given up on protecting yourself from the wonderful man who will protect you from your family, his family, burglars, bears, and rabid dogs, it will show in your deference to him. The respect he deserves will show in your eyes and in your smile, in every movement.

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UPVOTES

Thank you

Espressosaur · 9 May 2019 · Archived copy · Reddit

I just want to say thank you to all the active users on this sub. I'm not someone who tends to post often or comment very much around reddit, but this has been a sub I've spent some serious time lurking on. As a young woman living in the Pacific Northwest I was always surrounded by leftists and 3rd wave feminists. I was in a long term relationship with my boyfriend of 1.75 years last January when he left for USMC basic training, and we certainly had some issues. While he was gone, I decided to open up my mind to the political spectrum and listen to speakers and visit subreddits in order to understand why people think the way they do. Through this, I got red-pilled, and ended up really finding a mental home in this community of lovely ladies. I also decided to go to the gym every day and begin eating right, which caused me to lose 30 pounds and hit my goal at which I am very happy at. Through this tough time I became a much more self-confident woman, happier, and content with living a simple life. Once my boyfriend got back, it's like the two of us just fit together much better. I've taken a LOT of advice from this subreddit and explored my own femininity, which I blame for making my relationship solid through and through. You all inspired me to get in shape and dress very cleanly and feminine, as well as understand the mental differences between women and men. You've all taught me how to better take care of and love my boyfriend. I cannot thank you all enough, you've made me into a very happy woman.

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UPVOTES

What are some unwritten rules you follow in your home for the sake of your SO?

AnnaAerials · 11 April 2020 · Archived copy · Reddit

1. I never wash the dishes while he is on the phone. It's annoying for anyone and I like to do these things to show I'm being considerate.
2. I always ask when is a good time to vacuum instead of just starting! Or at least give him a heads up.
3. I make sure at the very least there is no mess near the front entry of our place, so when he gets home he isn't greeted by mess.
4. I never say "no" to intimacy, if there is a real issue, I say "later" and always make it up.

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UPVOTES

Getting to the ring in less than a year and a half

upside-down-11 · 9 June 2020 · Archived copy · Reddit

Hi everyone,

I've lurked here under various accounts for years and I've learned a lot, so I thought I would tell you my story.

In addition, I wanted to share some advice on how to navigate the relationship period in between dating and engaged. For me, this felt like a very long time when I couldn't find much RP advice on how to deal.

My background (feel free to skip)

I went to a women's college and was a hardcore feminist in the past. I spent my 20s focusing on my career and moving around and being an introvert lone wolf. I found RPW in my late 20s and first came here to mock it, then came here to learn.

I had to admit to myself that yes, I did want a husband, I did want to have babies, and I even would love to stay at home with the babies. I spent time in nun mode and did a lot of RPW reading (Fascinating Womanhood - both books, Laura Doyle's Surrendered Single, this sub, etc).

My man and I met each other through OkCupid last January, when we were both 31. We connected right away. Even though we met so late, we feel like we are high school sweethearts because both of us were inexperienced before this. So, I doubt my story is typical, but it can happen.

At my age, this felt like my last chance. I have some advantages that helped me still have a high SMV at 31:

- A baby face. I look young and still get carded. I recommend getting a good skincare routine down. I'm obsessed with Korean skincare for that youthful glow.
- Low N-count.
- Good body (Normal BMI range).
- Naturally feminine and childlike.

Skipping ahead, he proposed a week ago and I'm still feeling that just-engaged glow. We moved in together in October and I was emotionally ready to get engaged then. So that was 8 months of waiting for him to pop the question!

Here are my tips for navigating the period when you are very committed but waiting for the ring.

Let him decide on his own terms that he wants to marry you.

You want your man to feel like he is deciding to pick you. It works best if he is leading the relationship and you are submitting.

Let him bring up engagement if possible.

If your man is high value and he loves you, he should not shy away from commitment. My man first said something like "I could see spending my life with you" and later, we talked more concretely.

If you move in together, make sure you are on the road to get engaged.

I know moving in before marriage may not be very RP, but in these times, men may expect to do so. My man was ready to move in before I was. When we had our conversation, I made sure that we were planning to get engaged before I agreed to move in.

Never be a nag.

If you man wants to be nagged, he can call his mother. Never fall into a nagging, motherly role. You are the fun and cheerful girlfriend.

Especially don't nag about a ring. Discuss engagement and marriage as little as possible. Trust that he remembers the few, special conversations you have about it. Give him the space and time to make these decisions.

A few months (yes, months!) after you've established that you want to get married 'someday', have a talk where you establish your expectations on a timeline.

Around the winter holidays, we had a discussion about when we wanted to get engaged. I told him I wanted to in the next six months.

Both of you agree on the timeline. Make sure he knows you will be disappointed if he doesn't meet this. Be high value and know what you deserve, which is to be engaged and not waiting years for a ring!

Trust your man.

Imagine he was the captain and you were the first mate of a real boat. He told you that you were headed to Engagement Island within a time frame. Would you constantly harass him wanting to know if you were still headed there and if you would make it in time? No, you would trust that you were on course.

He should come to you to discuss your ring preferences too! And that's when you can reveal your secret Pinterest board detailing exactly what you want (lol).

This time takes a lot of patience.

Do not lose hope. Be patient. Manage your own anxieties and mental health. Journal out your feelings. It is feminine to be flexible and go with the flow.

As Laura Doyle puts it, be the Goddess of Fun and Light.

The more feminine and playful you are, the more he is drawn to you. Be a tease. Be fun. You want him to daydream about you at work and smile to himself.

Keep expressing gratitude and joy. This way he is fully confident he can make you happy, and making you happy makes him happy.

Stay the course.

Even if you are moved in together, don't get complacent. Keep up your beauty routines. Cook for him. Keep your sex life active. Find time for cuddles. He is getting a preview of marriage with you, so make sure he likes this preview.

Let go of certain expectations.

Do not get set on it happening in a certain way, on a certain special date. If there is anything that Covid-19 has taught me, it's that you can't predict what disasters may strike.

Around January my man told me he would take me to Hawaii for a dream vacation in March. I knew he would propose then and we were both excited. He even hired a photographer for the big moment. Obviously, the trip was canceled.

If you need to do so, reiterate how important engagement is to you.

Men view engagement completely differently than we do. The truth is, you may have to bring up engagement if you sense he is not leading. Approach it as a problem that he has to find a way to solve.

After our trip was canceled, I didn't see any sign that he would still propose, and I was really down. Well, one day I let him know how I was feeling. I cried and was very vulnerable. I told him he could ask me when he handed me my morning coffee as I didn't need any fancy trip. I told him engagement meant a lot to me and the state of 'not

being engaged' was stressing me out.

After that talk, he proposed within a month.

This period can be really tough, but most RP advice still applies. If you've properly vetted, your man should step up and get you two there.

Good luck. <3

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UPVOTES

My idea of what being a woman is seems to get so much hate

Davidoff24 · 24 November 2020 · Archived copy · Reddit

I have always been the withdrawn type, but as I grew older (now 26) it's gotten more pronounced. I don't like to be this super active woman out there, you know the type, engaged in all sorts of classes and all that jazz. I feel very comfortable and happy in my micro-universe which consists of my immediate family, my church and my home. I like to be a bit mysterious, not easily penetrated by this world's curiosities or ideologies.

When it comes to a relationship, well...I don't know anymore. I don't know if I should be reading others' opinions on the Internet because it depresses the hell out of me. I want this beautiful traditional setting where the man provides for us all and I do my best to keep everything together, like educating the children (I want four by the way), cooking from scratch, taking good care of myself and keeping my husband happy. I do hold a degree, I was very successful in school, I loved studying, but... I feel this strong inner call to be a housewife and be tied to my house and my inner world. It seems that people frown on this setting nowadays. The majority wants it to be 50/50 in a relationship and go against traditional views and makes me wonder if I am dreaming something that does not exist. Which makes me cry.

If I wanted to, I could go out there and build myself a successful career, but I feel I would automatically have to borrow some masculine traits, such as competitiveness, aggression, little to no emotion... I know this is the case, because this is how I used to play the game when I was studying for my degree. I always wanted to be the best and I had to be tough, strong, bold, stand out, a bit masculine... Which I absolutely do not want. I don't want any masculine energy in me. I want to be a woman, feminine, a bit hidden and protected from the brutal outside world, wanting to be validated only from a very masculine man. I don't need to prove anything to the outside world. I want to be fragile and feel his strong arms around me. I want this explosive and unique dynamic between masculine and feminine.

It's been 5 years now on my own and I am beginning to worry that I'll not find a man interested in my way of living life. It depresses me and makes me think that the only other way of me living my dream is becoming a nun. However, I do want children and a man to love deeply.

Sorry if this transformed itself into a vent. It has been bugging me for a while and it feels good to let it out.

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UPVOTES

How popular is anal really? [?]

darth_galadriel · 4 June 2022 · Archived copy · Reddit

So this guy (39M) I recently dated for awhile (great chemistry, life just didn't pan out otherwise it'd be a thing) said that anal wasn't his preference or rather, it was his "third favorite hole," LOL so my question is, who else doesn't favor anal?

I personally really like it when it's done right and I'm in the mood. Like the orgasms to me can be so much more powerful from anal than regular penetration. Does anyone else feel this? Is it a dealbreaker for any of you if they do or don't like it? How have you convinced your partners to try it?

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UPVOTES

embarrassed to say that I left the man I was trying to build a future with

kokoremu · 1 March 2023 · Archived copy · Reddit

So I realized I didn't vet him right as I could have but this hurts a lot. Found out that he was sexting transgender women and seems to have a preference for them which broke my heart. He told me he wanted to monogamy and marriage with me but turned around and told me he wasn't sure what he wanted, after 2 years. We were happy together and we're genuine best friends. I'm low-key embarrassed because I use to write on here to be a better woman for us, to be healthy for us, communicate better, etc and all it did was hurt me. I never saw this coming honestly but I have to move on I guess. I will still apply everything I've learned from here for a better relationship but mostly for a better me. I realize he never deserved my kindness

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UPVOTES

I tried something from “For women only” and it works!!!

[deleted] · 2 September 2022 · Archived copy · Reddit

Hi everyone I posted a couple of days ago that my fiancé seems really irritated with my questions about his new job. Some of you suggested I read this book so I started and the first chapter regarding men preferring to feel unloved than disrespected really struck a chord for me, so I tried something simple and just texted:

“I respect you”

his response was

“Awww 🥰🥰🥰 thank you that’s so nice to hear from you I respect you too bb 🥰🥰🥰🥰🥰🥰🥰🥰🥰🥰🥰🥰”

I was not expecting an Aww and all of the emojis hahaha! Some good news I thought I’d share!

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UPVOTES

I'm 20 years old and I dream of being a 100% traditional and submissive wife

Pure-Investment-8150 · 20 March 2026 · Archived copy · Reddit

Hi everyone, I need to vent because this is really getting to me, and I don't know who else to talk to without being judged or told I'm crazy.

I'm 20 years old, and for quite some time now (I think since I was 16 or 17), I've had this almost obsessive need to find a man and live for him and only him. It's not a passing whim; it's something I feel deep down all the time.

I want to make him breakfast every morning, have a nice, tidy home, raise whatever children he wants, and take care of everything around the house without complaint. I'm willing to give up my independence: let him choose my clothes, my outings with friends, my hobbies... even forgive infidelity if it ever happens, just so he's happy and I feel like I'm truly pleasing him.

Obviously, my only firm condition is that he be a provider. I'm not looking for a millionaire or a life of luxury, just someone stable, with a decent job, who can provide us with a comfortable life without worrying about debt or not having enough money for the basics. So that I can focus on being HIS wife and homemaker without having to work outside the home.

I know it sounds extreme, very "1950s," or even toxic to a lot of people today. I'm embarrassed to admit it because on social media and with friends, it's all about "independence, never depend on a man, etc." But honestly, this is what I truly desire. I imagine that life and feel at peace, as if that's where I belong in the world.

Sometimes I wonder if I'm broken or if I internalized something wrong, or if I'm just like this and that's it. Has anyone else felt this way? Or are you already living it, and how did it go? Or are you going to tell me it's going to go badly and why? I saw a similar post from another girl who wanted something traditional, but hers sounded more "normal" and balanced... mine feels much more intense and extreme, and that makes me wonder if I'm really okay or if this is something I should work on in therapy or something. I don't know.

Translated with [DeepL.com](#) (free version)

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UPVOTES

AMA I'm a SAHM married to provider that's makes 1.8 million

LinkCommercial9508 · 24 April 2026 · Archived copy · Reddit

I'm 32F and my husband M42 is surgeon we have two kids (ages 7) together and have been married for 8 years. My days consist of Volunteering/supporting women & kids in need once a week, Going to the gym or yoga/Pilates classes everyday, Spa, beauty appointments, or wellness treatments, running errands (Target, Whole foods), going shopping, enjoying quiet alone time, reading , meditation, or just relaxing

AMA

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UPVOTES

Modern women choosing traditional masculinity

vanBeethovenLudwig · 21 May 2018 · Archived copy · Reddit

Discussion topic.

Women marry up, men marry down. In modern times, it becomes increasingly difficult for women to settle because women nowadays want a man who has higher level education, higher salary, higher social status.

I have noticed a trend in a handful of my girlfriends. They are attractive women who have postgraduate degrees, working in white collar jobs with middle to upper middle class salaries, and they have chosen to marry/date a man with traditionally masculine qualities.

By traditionally masculine qualities I mean that these men may not have as high of a salary or even the same level of education, but he has physical strength, street smarts, hands-on skills, social skills, athletic ability, a sense of protection. Typically these men can be found in jobs of law enforcement, military, emergency services, aviation, vocational trades or sports/fitness, essentially jobs that are not so academic but require a different set of skills. They tend to be more "rough and tumble" types of men. They have jobs that utilize their testosterone - jobs that require physical strength, aggression, stoicism, or adrenaline.

I have also noticed with these more traditionally masculine men, they could care less about women's intelligence and appreciate her femininity, domesticity and companionship. For certain modern women, this can be a relief in a world of feminized, neutral gender roles - she can utilize her womanhood and not feel like she has to compete with a man, because **he doesn't care and he is not with her because he expects her to keep up. He treats her like a woman and only expects her softness and feminine qualities.**

And for some women who feel the pressure to be masculine because of "equality," this is a relief.

Has anyone noticed this trend? It could be among more conservative cultures, but I find there are some liberal career women who DO choose a man with more traditional values, because she actually wishes for this gender dynamic.

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UPVOTES

Frustrated about the college hookup scene

desib27 · 8 October 2019 · Archived copy · Reddit

I came into college a virgin, and going into my second year still am, but it frustrates me to no end seeing how others engage in the hookup culture. Pretty much every single girl I know (hot or ugly, party girl or girl next door, religious or not) has had some sort of casual sex experience. All of the girls I live with (suite style apartment on campus) have had one night stands and fwbs. I recently saw a guy from a nearby school (so attractive, tall, witty, well built, Ivy League) but came to the harsh realization when he stopped messaging me that he was probably only in it to get into my pants.

I don't want to have sex for the first time with some stranger, but seeing all my friends get action while being sexually frustrated and horny myself but without any sort of relationship options has just made me so jaded and full of despair. A friend told me I'm a relationship girl, and I think I am, but it seems like all of the guys I find attractive aren't interested in relationships at this age (and probably won't be until their late 20s), and the guys who are interested in relationships are those who are unattractive, and I don't say this just to say that they're ugly, but that they also haven't quite developed into men who are sure of themselves, and likely won't for several more years.

I just don't know what to do, I'm feminine, kind, caring, pursuing a feminine career and I know that I am at least above average visually. I just can't get the guy id been seeing off my mind, and it's not like I'm head over heels for him; I'm scared that I will never be able to be with a man of his "caliber" unless it's in a casual sex situation, and while I want to experience it I know that that just opens up a Pandora's box that should remain closed.

Please, please knock some sense into me.

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UPVOTES

Married women, what has surprised you the most about your husband since you married?

Kara__El · 13 December 2019 · Archived copy · Reddit

I suppose this is mostly a question for the women who didn't live together prior to marriage, however, if you did and there were still surprises after "I do," good or bad, what were they? Or maybe these things developed over time. How has he changed?

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UPVOTES

The Risk of "Panic Dating"

Kara__El · 7 January 2020 · Archived copy · Reddit

2020! This is the year you start reading more, get to work early every day, eat out less, and most importantly, find love! That was my goal every year until January 1st, 2015... and every year, I engaged in what a friend once dubbed "panic dating." I would go on as many dates as possible, often talking to several men at a time, struggling to keep the details straight, determined to find love. Ultimately, I'd burn myself out on the whole thing by March, when I would retreat to my single girl apartment watch *Yours, Mine, and Ours* and cry because I didn't have time to have ten children. A credit to my younger self, retreat was the right response to dating fatigue and one I'd encourage, as we go into the new year.

While we all just want to find our person, it's natural to find times in your life, when dating just isn't a good idea. Perhaps a loved one has died, or you've gone back to school, started a new job. Maybe you're just exhausted by the whole thing. Time and time again, I read posts and comments from women asking if they should go into "nun mode" or keep trying, despite their disinterest and discomfort. At this point, however, the fear of being alone sets even the most sincere dating efforts to panic mode. However disengaged, *you're not getting any younger and must find love now!*

The problem with this line of thinking, is that dating doesn't only require *your* energy and attention. It demands it from *another human*, as well. It seems obvious, but with the ubiquity of online dating, it's easy to forget that the message you ignored came from a real man. He likely felt hopeful when he sent it, whether it was an introduction or part of a continued conversation. He might have even been excited about meeting you, if you'd begun to discuss it before you decided that you didn't have time, he must be bald under that hat, an hour away was just too far...

Just before I met my husband, I read the book *Marry Him: the Case for Settling for Mr. Good Enough*, by Lori Gottlieb, which opened my eyes to some of my less reasonable deal breakers. I cannot tell you how irrelevant my husband's height is in our daily lives or how little it matters that he's losing his hair, especially as we get older and *all of the men are losing their hair*. It was soon after this literary discovery, that I sat thumbing through all of my matches on my dating apps, only to realize that... *I'd dated all the men*. That's an exaggeration of course, but just about any profile I came across, belonged to someone I'd already messaged or even met in person. The guys who were left didn't meet my requirements, however reasonable they might have been. That's when I realized that the number of eligible men, especially as I was reaching my late twenties, really was finite.

Just as Gottlieb had warned me, the reason they say all the good ones are taken, is because eventually, *it's true*. I thought back on the men I'd nexted and reconsidered whether I was justified and fortunately, felt confident that only one or two might have been worthy of another date. I breathed a sigh of relief at all the times I'd taken genuine breaks from dating, instead of talking to men, only to brush them off... because those were the men that were left when I returned in better spirits... and there weren't many of them.

Of course, I didn't owe anyone anything after a few messages, but it was on our third date, that my now husband informed me that he'd sent me a message a few months before receiving mine. I *genuinely* did not remember this, nor did I recall why I didn't respond. I could have been talking to someone, not seriously dating, or just nexted him based on distance, before realizing I'd dated the greater Metro area and expanding my radius. Luckily for me, he still responded to my message, because while I didn't remember ignoring him, *he* remembered being ignored. Being a man, living in a rural town, he didn't get as many messages as I did and that brush off didn't fade into dozens of others.

So I caution you, as you go into the new year, with renewed enthusiasm for dating, to remember that the decent men in your area truly are limited, even if it feels like there's always a better match. Even if you *do* look like 22-year-old Blake Lively, time is going to pass. If you're ghosting and nexting good guys, because they aren't Ryan Reynolds, or you just don't have the energy right now, you're quite likely to find yourself thumbing through the discards and reconsidering, in time. Don't only concentrate on vetting for more important qualities, such as faith

and politics and interest in marriage and family, but decide whether or not you're actually *interested* in dating right now. If you just got home from *the worst date ever*, and you're crying because he mocked your Catholic faith and called Jesus a *biscuit* (true story), it's okay to take a break. It doesn't need some daunting title like "nun mode." It doesn't even need a time limit. But *stop dating* until you feel hopeful and excited again, because the men out there *will* remember being blown off by that woman who messaged them on Bumble, only to message again six months later, when she's actually up for this dating stuff. Don't run through all the good guys out of obligation, panic, or even boredom.

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UPVOTES

Am I just a practice girl?

loveydoveylilac · 15 June 2020 · Archived copy · Reddit

I am not sure if this is the right place to post but I am in need of the harsh truth from a group of great girls.

I (19f) lost my virginity to my boyfriend (27m) of 9 months. He dumped me for his close female friend of 9 years. Before I had sex I told myself I wanted to wait for marriage and the right man because I knew I would get my heartbroken. I have no idea why I did a complete 180 on my beliefs but it just happened. Lo and behold I have been pumped and dumped by this man who on several occasions thought of me as a teenager in an adult's body.

I have heard the term practice girl which refers to a girl who men 'practice' sexually on then move on to another girl to marry. Am I the practice girl?

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UPVOTES

RP Success Story from an initial skeptic! Thanks gals

Significant_Mango_74 · 10 January 2022 · Archived copy · Reddit

Hi guys, first time commentor here, frequent lurker! I usually never post on this kind of personal stuff on the internet, but I'm over the moon these past days and had to share.

Before I stumbled across this sub, I began a relationship with a man who I have always loved deeply and respected. He is the most upright, responsible, and devoted man I have ever met, very high value, but I never had the tools to describe him exactly. In the beginning we had many problems and lots of fights. Cue a few years in and I felt so stuck. Both of us knew we loved each other so much, so we couldn't end it, but it also seemed like we were stuck in a cycle, where we would constantly make the same mistakes. I began to think we were fated to be stuck in a problematic relationship that couldn't grow more profound - actually, it is a lot like most of the relationships I see around me. (We all know those couples don't we? In relationships for years, but unable to move forward into the happy realm of marriage.)

Well, enter stage this sub! While I don't agree with everything here, the relationship advice seemed to match us so well I couldn't ignore it. He is a masculine man in heart and character, and I am sometimes an emotional wreck with perfection and control issues lol. He would always accuse me of not trusting him and overriding his decisions and never having his back. He felt like I was always making everything else in my life a priority above him. How could I not, when every corner tells us that our self-care and career should be priority for the sad plights of historically abused and used Woman? All the advice I heard in person and online (not from RP) was telling me that as a woman, I held every trump card. I didn't have to address the issues he had with me or change for him - he should learn to deal with it. So why didn't it work for me? Why couldn't I make this high value man commit to me fully? I was always sad and so deeply confused.

Since actively trying the advice from this sub (truly listening to his problems and concerns, stopping nagging (for god's sake), doing more for him and submitting to his decisions, retooling myself as a soft place for him to land, etc.) we are so much happier. I saw every effort I deliberately put out to him returned a thousand fold. I never wanted to do "too much" for him because the women around me would see that as weak and submissive, but it's not true guys. When I began doing sweet things for him and helping him deal with stresses of his life better, he began doing even more for me too. Pretty fairytale stuff folks :)

In an absolutely surprising gesture, he proposed to me a few nights ago!!! We have been dating for years, so of course we had talked about it, but it had always ended with him saying he didn't think I was ready for marriage, and he couldn't do it until he saw I was as committed to him as he was to me. Well, seems like I got good enough ladies, and so much thanks to this sub! LOL

I'm more happy than I ever thought I could be about this. It's so fulfilling to find, develop, and keep the love of a wonderful man, despite what corporate media outlets want women to think. Love you guys, you smart and successful women, and thank you so much!

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UPVOTES

My boyfriend said he's going to marry me!

LoveWitchXo · 13 June 2022 · Archived copy · Reddit

This came up when we were out to dinner together yesterday. This weekend we went on vacation to a theme park and we truly had a great time!

I love my boyfriend so much. He has a good job, he's sweet, and an amazing provider. Our relationship is amazing and this is the best relationship I have ever been in and it's thanks to red pill.

Sometimes I catch him just smiling at me, in the morning I will wake up before him sometimes and when he wakes up he will smile at me and cuddle me. Im so happy and when he said that last night my eyes just lit up!

Itll be in the future and we have a while to go before marriage because im still in school but I am happy, how can I contain my excitement and not push the subject of marriage?

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UPVOTES

I think I misunderstood what RPW means (not hating just confused)

die_for_dior · 24 May 2022 · Archived copy · Reddit

I consider myself a traditional woman. I'm not a feminist because I feel like the things feminism preaches is totally disadvantageous to women.

It seems like a lot of women on here are being encouraged to be doormats to men who have not committed to us, in HOPES that they'll commit. I thought being RPW was about being good girlfriends/wives to men who have *already* committed. And showing you how to get men to commit while keeping your standards high.

I thought being a RPW was about having standards and having a traditional approach towards dating and marriage. However, there seems to be a lot of nontraditional advice on here; encouraging women to go 50/50, sleeping with men who haven't committed, settling, reversed gender roles etc.

Would someone please explain what RPW is about since I am very confused by the advice on here?

Edit: Please understand that **I'm not judging if you want to be in a 50/50 relationship, or have a stay-at-home-husband etc.** It's just that I thought that these were more feminist ideals than RP ones.

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UPVOTES

Get in the mood if you aren't.

LoveWitchXo · 16 August 2023 · Archived copy · Reddit

To get straight into it—I quite literally had the best sex ever yesterday with my fiancé! Right as soon as we got home he started to kiss me in that amazing “craving” way. Now—the old me would’ve freaked out about not having had a shower (it’s very hot in the south don’t judge). Would’ve worried if I smelled funny or whatever nonsense like that. If I had pushed him away yesterday that would be rejecting him.

Because he wanted me in that moment and was vulnerable enough to show me so. A lot of women including me find it hard to initiate. How would you feel if you built up the confidence to initiate and you were told “later” or “not now” and brushed it off. It’s hurtful.

My fiancée shows his love through having sex with me and making me feel good. Enjoy it, if you aren’t in the mood get in the mood! Stop viewing sex as a chore and something for both of you to enjoy. It’s a way of connection. We went at it like crazy yesterday it was the best we were able to do what we want and enjoy the moment as a couple. I couldn’t be happier about it. We were so tired afterwards but we were damn happy. I felt desired and very sexy and I want that more.

Get in the mood, an orgasm will lift your spirits and make you feel more connected with your man. I sure do!

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UPVOTES

The Fear of the Wall and Why I'm Sick of Hearing About It

MsSadieDunham · 27 January 2017 · Archived copy · Reddit

There has been way too much talk of “The Wall” and a ton of misinformation and half formed ideas flying around here from people who haven’t done thorough research or don’t fully understand what it means. That ends today, I hope.

Definitions and Explanations

The Wall: A metaphorical term for a physical manifestation of a woman’s gradual or seemingly overnight decline from her sexual peak.

The Rational Male defines it as

the threshold at which most women realize their lessened capacity to sexually compete with the next generation of women in their ‘actualized’ sexual peak (22-24).

We all can agree that this is the loose definition most of us use, yes? So if you define your peak as 22-24, it makes sense that many would (wrongly) assume that 25+ is The Wall. Not so. In fact, RM goes on to describe what I believe is a much more important factor in The Wall for women and defines their fear of it:

However, there is a male part of the Wall equation that needs to be understood. 30 is also the general age at which men (should) become aware of their own, longer-lasting sexual market value and potential. This affects women’s interpretations of the Wall. Once a Man is aware that he has the capacity to attract the sexual attentions of the younger women he’d previously had limited access and understanding of, his actions and imperatives define the Wall for women who are approaching that threshold.

Notes From a Red Pill Girl explains it well when she says,

What is taboo to say in society today (but women should know) is that a woman’s most valuable assets are her beauty and youth, not her education, money, or career (that would be men.)

What This Means For You

Is there a wall? Yes. Will you hit it? Yes. Should you be aware of it? Yes. Should you obsess or be afraid? *No!* If you obsess about The Wall or are afraid of it, you will most likely settle down with the first chump that comes along because you’re afraid you won’t get anything more. Now, recently the argument was made to me that ugly girls have to settle and that marrying for love and passion is a new-fangled thing. Wonderful. Follow your own advice and enjoy your boring and stale marriage, plus the fact that you most likely will be divorced when your chump realizes there’s a woman out there that will love him the way he deserves. I’m aware there are ugly people. This isn’t a post about that. I’m talking today about The Wall.

Things that accelerate your ETA to The Wall

- Excessive drinking
- Smoking of any kind
- Being a single mother
- Being overweight
- Sun exposure or tanning lights

I tell you these things not to scare you but to motivate you. Don’t delay in looking for a husband. Don’t settle or marry the first guy that doesn’t repulse you. But look for a man while your SMV is at its peak. This varies woman to woman and your SMV, depending on what a man likes, will vary man to man. However

GENERALLY you're at your highest 22-25. You have the greatest chance of attracting what you consider to be the highest value male when you are also at your highest value. Find out what makes a high value man to you, keep yourself in top condition and go after it. Stay fit, stay healthy, dress feminine, up your girl game, hone your skills. These are all highly controllable things we can all do (pre or post wall) to ensure we land the highest value male available to us.

Preparing for Impact

Save it. We all know there are exceptions. We all know women who have gotten pregnant in their 40's (Michelle Duggar, anyone?) or women who are 35 and crazy hot. These are *general* rules which is why I hate to see ladies obsess over The Wall.

I want to see you ladies stop saying "I'm about to hit The Wall" when I see from your flairs or your posts that you're 22, 25, 23, NINETEEN. You never know when or how badly you'll hit The Wall. If you've taken care of yourself, you'll wake up one day and realize you're past your prime. If you haven't, you'll most likely smash into it and you'll be the chick everyone is looking at TimeHop photos on Facebook of and laughing about how good you looked 2 years ago compared to the train wreck of today (Tara Reid, anyone?)

If you're married, a fantastic added benefit of your matrimony is that you will no longer fear The Wall. As *Notes From a Red Pill Girl* states,

Married women who are happily so will benefit from 'wife goggles' which is a term that means her husband's love blinds him to how his wife is aging and he still sees her as in her youth. You want those wife goggles firmly in place prior to the wall.

My MIL is 55 and my FIL is so in love with her and smitten by her he's never even aware of other women around him. She treats him like a king, and he is obsessed with her, five kids and thirty-one years later.

Post Wall

What if you've hit The Wall and you're still single? There's still hope for you. You can still find a man, he just won't be as high a caliber as you could have snagged if you were 20. You aren't doomed to a life alone or a life of unattractive shlubs and bad sex. You still have worth. I think that is something a lot of women feel is that after The Wall they are worthless. Not true. There are men that don't want children or who have children from previous marriages and don't want more. Your fertility won't matter to them. Maybe it will be an older man. My dad is 59, his girlfriend is twenty years younger than him but is still over The Wall.

The Wall is a thing and should be taken seriously but don't let it rule your life. And for God's sake, *stop saying you're about to hit The Wall*. Women my age and older, when we hear you lament about it are literally rolling our eyes and I'm worried mine will fall out of my head the next time I read it.

If my post is lacking in a specific aspect or if you have a comment or suggestion to add, please do so below. I like to have my posts be as complete as possible so people reading them are completely informed. Any and all discussions are welcome, obviously, but please let's be mindful and courteous of one another.

All the best,

~Sadie

Edit: 999 edits to get formatting correct

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UPVOTES

'For Women Only' - Men are Visual - Chapter 7

girlwithabike · 22 July 2018 · Archived copy · Reddit

First, check out the introduction post [here](#) before you get started. Also, if you haven't read the summary for Chapter 2 on Respect, Chapter 3 on Insecurity, Chapter 4 on Thought Processes, Chapter 5 on Providing, Chapter 6 on Sex you *may* want to do that as well. This post will assume you've read them.

*Disclaimer: this is a summary of Chapter 7 in the book **For Women Only** not my own thoughts, feelings or research.*

Let's get started.

TL;dr: It's impossible for him to not look and hard to forget what he's seen.

When we say that men are visual, this means that men are instinctively pulled towards live and recollected images of women. As a woman it might be hard to understand this. **Regardless of whether or not they want it, the wiring of the male brain creates a instinctive pull to visually consume the image of an attractive woman. These images can be live or recollections and are just as alluring either way.**

This comes up for men in two ways. The first is when a woman who is dressed to show off a great body. This woman is an eye magnet and it is difficult for a man to avoid noticing her. Even when he he doesn't look, he is *acutely aware of her presence*. The second is through mental image files that every man keeps. Even when an eye magnet woman is not *present* every man has a mental file of images that can intrude without warning *or* be called up at will.

What every woman should know about the visual wiring of men.

Both looking and remembering are related to a type of brain wiring that is almost universal among men (*some women may have it too, but not most*).

A man's brain structure and chemical mix wire him to be visually oriented. This makes him more likely to perceive attractive images as sexual. **It triggers an initial reaction that is instinctive and automatic.** From there he can chose to apply willpower on how he will behave.

The response comes from the part of the brain that controls unconscious processes such as digestion and breathing. It is the part that lights up when you are hungry and see a buffet. In this scenario, you will notice and be drawn towards the food on a gut level *then* your conscious thoughts and will power kick in *from a different part of the brain*. Clinical studies show these same processes at work when a man sees a woman dressed in an attractive manner. **He will be automatically drawn to her before having the conscious thought to pull away.**

This is hard to understand because women do not activate the same part of the brain at the sight of an attractive man. When *we* see an attractive man, our *thinking* centers light up. And we *think* "he's an attractive man". From the onset, ours is a *thinking* response. This makes it difficult for women to understand the automatic and reflexive nature of a man's response to sexy stimuli.

Compulsion One: A man can't *not* notice

From the surveys: Imagine you are sitting alone in a train station and a woman with a great body walks in and stands in line. What is your reaction?

98% of men respond that they cannot **not** notice. While only 4% say that they will openly stare and drool, 76% are drawn to sneak a peak and 18% are acutely aware that the woman is there and struggle not to look. Only 2% of men have no reaction.

These results are the same across demographics. **Nearly all men describe having difficult not looking when they are exposed to a sexy woman.**

Compulsion Two: A man has a mental photo file of sensual images

We know from chapter 6 that men think about sex a lot. What we might not realize is that they aren't thinking about this in words ("I'd like to have sex tonight") rather they have a sensual picture in their head.

These pictures can be of us, their loving wives and girlfriends but not always. Sometimes, these can be images that are burned into their brains from what they've seen out in the world.

At times these mental pictures can be memories of you. Other times they are memories of a woman he saw walking down the street three weeks ago. Still other times it can be a Playboy magazine he read three months back. *One man claimed to have an unending supply of pictures in his head stretching back to his teens.*

From the surveys: Many men have a set of sensual images that rise up or can be conjured up in their minds, does this apply to you?"

Only 25% of men say that they do not have a set of mental images. The remainder claim that they do have those pictures in their head and they can either be recent or from years gone by. **A full 87% of men say that these images regularly pop up in their minds.**

This is so different from how women experience the world that the author's husband didn't believe her when she told him this doesn't happen to her. He thought she was embarrassed to admit the truth, and couldn't believe her until a group of women shared her denial. *We truly are wired differently!*

Why these pictures pop up

There is a shortcut for certain types of memories that bypasses the thinking centers of the brain. It is traced to the amygdala which is the part that acts as a repository for the memories that are tied to gut level responses. The instinctive reaction to a provocatively dressed woman is exactly the sort of gut level memory that is stored away in the amygdala. **These visceral images are able to bypass thinking and simply pop back up in his mind.**

We, women, might experience something similar with emotions which is what our brains are wired to process. If you've had emotional memories pop up unexpectedly (or unwantedly) then you understand what these picture-memories are for men

Now, imagine what the sex saturated culture must be like. The act of living today can be a minefield for a man who doesn't want these images in his brain or a smorgasbord for a man who does. Husband listened to this chapter with me and jumped in at this point:

Yes! It's all over. I mean, YOGA PANTS! And at the gym, some women don't even wear underwear!!

Men told the author that these sexual thoughts or images barge into their brain *all the time*. Of course, we want to know what "all the time" means and one man describes it like this:

If you are talking about a teenage boy all the time means **all. the. time**. It can be every few hours and last for a

half hour before the thought passes. For a 20 something man it is still pretty frequent. Once men reach their 30s an onward it is less frequent and more often triggered by something. Once those thoughts are triggered, the man has to make a great effort to tear them down if he wants to. The longer he entertains the image, the harder it is to get rid of.

These thoughts are both normal and have no bearing on a man's devotion to his relationship.

How it works

Step 1: *For every man sensual images & thoughts arise involuntarily.* Men have the thoughts whether they want them or not. If the stimulus is there so is the response. It might not even register to the man that he had the thought until a second or two after it occurs.

Try this thought experiment to understand how it works.

Imagine walking into a classroom and seeing these words on the board: *Don't Read This*

I tell you, "no really, don't read it, just look at the letters". Did you not read it?

That is what it's like for a guy. His brain reads "Nice Body" just like you read "don't read this".

Step 2: *Every man's involuntary physical impulse is to enjoy the feelings associated with the thoughts and images.*

Because men are hardwired to be sexual hunters, every thought & image associated with that pursuit comes with powerful feelings.

When a sensual image enters a man's mind, it brings a rush of temporary pleasure. This initial physical sensation is involuntary.

The author relays a story. When her son was 4 years old, he stopped in front of the Victoria Secret store and he stared in awe. When his parents asked him what he was doing, he pointed and said "*I like those ladies, their bare tummies make my tummy feel good*". At four, he was *obviously* too young to understand sex, but he still had a male brain and thus the same reaction as all men.

A married man describes the physical sensation to the author:

When an image plays on a man's brain or he gazes at an attractive woman, it's not just pure lust. There is a thrill there. A man can go back to that adrenaline rush by entertaining those images.

The feeling is both enticing and difficult to resist.

Step 3: *Every man can make a choice to dwell on the images and thoughts or dismiss them.* Many men make the decisions to strike down these unwanted mental pictures. The biggest factor in whether a man made this choice was whether or not he regularly attended religious services. Because religion's demand mental purity, those men disciplined themselves to stop looking.

Reassurances for the wives and girlfriends

- **ONE** He probably wishes he could reserve his visual nature just for you. Most men said they enjoy being visual but would reserve it entirely for their partners if they could. They don't love the distraction that today's images

regularly throw at him.

- **TWO** He can see a beautiful woman without *sexual* temptation. The temptation to look often isn't sexual. A lot of it is about admiring beauty.
- **THREE** Every man is different and discipline makes a difference. Each man experiences a different level of temptation. For some it's a small nuisance and for some it's a stumbling block. Have you ever struggled to not eat a piece of cake? Some women will have an easier time turning away while others will have an internal struggle.
- **FOUR** It's not because of you. Some of us may wonder, *What is wrong with me? Am I not attractive enough?* This truly is something that every man experiences and has little to do with you. Love your husband as a man. This is a part of what makes him a man. Even if you were a model, your husband would still experience these images.
- **FIVE**. This doesn't impact his feelings for you. The biological temptation has no impact on a man's feelings for his SO. There is no competition between his wife and the woman who catches his eye. It is truly just an observation of the other woman.

What's a woman to do?

In short, nothing. Do not be alarmed and try to change your man. Do not hound or punish your man for his wiring. Just as we expect our men to not dwell on these thoughts, he should be able to expect us to not dwell on our insecurities. If you feel worry rising up remember that this is one of the elements of male-ness. **You will not find a man who isn't wired this way.**

A churchgoing man speaks: "I wish my wife would accept the struggle I have with lust and encourage me rather than freak out and conclude the worst about me. The more I can reveal my weakness without being judged or accused or without a major crisis in our relationship resulting from my transparency the more I know I am loved for who I am and not for who she wants me to be".

Do we love the men in our lives for who they are or for who we want them to be? Do we want to support our men or change them?

The only person you can change is yourself. If you find your man noticing other women, handle it with maturity and grace *even if it makes you uncomfortable*. **It is destructive to become hurt and suspicious when it's not warranted. Be a support and a soft place to land.** If you aren't safe to talk to, he won't talk to you.

Notice and appreciate his efforts to not look. If you pay attention, you'll see how often he is exposed to attractive women and sexy images. Love him for the effort he makes not to look. Sometimes, commenting on the woman ("*Hey, she was pretty*") will relieve his stress at the effort not to notice.

The author, coming from a Christian background, recommends that now that you understand how men view the world, you consider respecting *men* by dressing in a modest manner. Men find it hard to believe that women don't realize what they are doing when they dress in a provocative manner. Because our brains are not wired in the same way, *many women do not realize*. The images in men's heads come from somewhere and we can help not provide those images to men who do not want them. We may think we look cute but he's instinctively picturing us naked. Religious men in particular struggle to keep their thoughts pure and you in a short skirt isn't helping.

While *I* don't personally ascribe to her beliefs, *I do* believe that if you are going to dress in a sexy and attention

grabbing manner (and ladies this includes anything from downright trashy to the pencil skirt that hugs your butt at work), then you *cannot* get upset with your man for taking a peak at another girl on the street.

Love and understand your man rather than letting your own insecurities punish him for something he cannot control

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UPVOTES

How RPG helped me become a better woman

synneax · 19 May 2019 · Archived copy · Reddit

Let me start off by saying that I am somewhat unconventional for this sub.

I didn't really start to seriously want a committed relationship and family with children until I was about 26. My n-count is not low, and I enjoyed short-term and casual relationships in my early twenties. I also happen to have a very high libido and other somewhat masculine traits, like high ambition and high intellectual curiosity. Despite this, I was nowhere near emotionally ready to have a mature relationship with a man and I was deathly afraid of real connection and commitment.

I moved to East Asia at 19 having no cultural or ethnic ties to the region simply to learn the language and experience another country. I was also quite nerdy and enjoyed debate and critical analysis on a variety of topics. I got highly educated and am learning how to code to bring it to the next level. I was a successful, interesting, free-spirited woman who couldn't get a man to commit to her.

I was also, of course, a feminist, reblogging feminist memes on Tumblr and in general being pretty angry at the world and having a low opinion of men.

I started reading TRP and later RPW when I was around 26, and it changed my perspective of the world.

It wasn't instantaneous, and it took many years of reflection, living life, and debate with friends to reconcile what I had learned with my lived reality, my personality, and my biological realities.

I learned to accept that men and women *are* scientifically different, and there is no point in trying to deny it. It makes no logical sense, with all knowledge we have on the way hormones affect everything from your physiology to your personality, that men and women with such bodies should function the exact same way. From there on, RPW opened me up to become the woman I am today.

I am still unconventional. At 31, I just now met a man that I fully want to commit to, think is a good match for me, and is as into me as I am into him. RPW has helped in giving me the confidence that I can be a good mate to him: it taught me that it is not weak and stupid to want to provide for your man. Stomach full and balls empty are the basics, and there is absolutely nothing wrong with it. Luckily he is a very giving, caring person who also genuinely enjoys pampering me in turn. I use my feminine charms to delight him and make him express his masculinity, and I don't care anymore if anyone thinks that's sexist.

I learned that sexual loyalty is very, very important, and that women should not have casual sex to express their independence when it is jeopardizing what they really want. Our relationship was LDR for a brief moment and we weren't an official couple yet, so it would've been okay for me to go on dates and sleep with other men "in the interim." I chose not to. It was absolutely the right decision, and he appreciates my restraint and investment in us. I've been very honest with him about my past and he is okay with it; we both run in liberal, very left circles so he's used to "strong women owning their sexuality." But he appreciates even more that I now feel that my sexuality should be for him only.

I am happier than I could have ever been, and wanted to say my thanks to the community. I am not like many of you who figured out they wanted marriage and children in their teens or early twenties and made it happen. I admire the fact you were mature enough at that age and that you already knew what you wanted; I was absolutely a lost child in my early 20s.

So once again, thank you, RPW. There's so much value here for women who didn't follow the SAHM route. The principles remain the same and for me, it has made my life and my relationship immeasurably better.

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UPVOTES

How should I handle my insecurities about my husband being unattracted to me?

RoxyGiggles · 8 June 2019 · Archived copy · Reddit

I'm a 31 year old reasonably attractive woman. However, there is a looming issue in the background of our sex life being on the decline, and us trying to work on this in sex therapy (including me reading FW).

My husband and I were at the beach the other day and he pointed out a sexy woman. We point out attractive people to one another occasionally, men too. She was young, thin, big boobs in a red bikini. I agreed she was attractive, but I felt very vulnerable at that moment. I asked him to reassure me I'm attractive to him too. He answered, "your swimsuit is nice".

I don't really know how to process this and would love your opinion.

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UPVOTES

I'm clumsy, absent minded, and "behind" compared to other women my age(28). Boyfriend gets upset at my lack of common sense.

datqtanon · 8 October 2019 · Archived copy · Reddit

So I was raised in an emotionally abusive home where my narc mom never let me do anything on my own. Cooking, cleaning, hobbies, anything productive was always monitored closely by her. Nothing I did was ever good enough so she would swoop in every time I tried to do anything on my own and do it herself, her way of course.

Basically I'm an anxious people pleaser as an adult. I have have no genuine hobbies of my own or personality. I feel hollow inside, filling myself with the wants and interests of others, primarily my bf. People describe me as "nice" or "sweet" which is code for doormat.

The only time I've lived on my own was in a dorm in college where I met my assertive, super smart boyfriend (we are now both 28) and depended heavily on him, basically living at his place.

After we graduated from college, I was always hand wringing about our relationship and future together. I didn't have a driver's license, worked part time, and lived with my parents. I was also bordering on a little chubby for my short height. He did all the leg work, the driving, and logistics for the relationship. I thought "deferring" to your man meant agreeing with everything he says and letting him take charge of literally everything. Dead wrong.

I issued a marriage ultamatium one day and he dropped me on the spot. A year passed by. During that time he moved down state for a programming job and would contact me sporadically. During this time I:

- Dropped 20 pounds. I now weigh a solid 115.
- Became debt free. Being debt free is one of my few genuine values.
- Got my driver's license as well as bought and paid off a car.
- Got a full time job at a large university

Long story short, he went through a major job loss, moved back to my area, and decided to give me a second shot due to my improvements. I supported him through his unemployment, and now he's back on his feet and just signed a lease agreement for a new apartment, which I will be helping him move into this month.

We've had a few fights regarding my continued clumsiness and lack of common sense adult skills such as :

- throwing used batteries directly in the garbage
- pouring cooking oil down the drain
- not following directions when helping him and getting flustered and giving up, such as grabbing him the wrong tool for the job or not knowing how to operate basic around the house tools (lawn mower, vacuum, etc).
- Leaving his small dog outside all day while we were at work
 - Doesn't know how to sew, fold pants, or towels properly
- Not washing my hands before cooking. Cutting vegetables on the same cutting board used for cutting raw meat

I was never taught any basic housekeeping skills and it makes my boyfriend skeptical that I'm a good pick for a wife and the mother of his children. Eeek! This is the one thing holding me back from the relationship progressing.

Since I have never had my own lease before, our plan is to have me live on my own for year, and thus develop some sense of wrangling the day to day tribulations of life before moving in together and getting engaged.

What housekeeping/common sense living resources are available to help me both assert myself as a human being and deal with my learned helplessness?

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UPVOTES

You don't have to be perfect!

Mewster1818 · 30 October 2020 · Archived copy · Reddit

Especially with holidays coming up for many of us, a lot of us are going to feel more pressure to show off our home-making skills. I already see the occasional post where women are fretting over the lengths they need to go to in order to perfect themselves, and I just want to remind everyone that the expectation has never been that you are perfect!

Men do not love us because we are perfect, they do not love us because we're the best cook in the world, the best at decorating the house, or the best at anything. You do not have to measure yourself against those glossy magazine spreads of beautifully decorated houses and complex, fancy dinner spreads. Self-improvement is not about being perfect or living up to standards that are honestly unrealistic for most people, it's about being the best you that you can be.

1. You are not better or worse at cooking because you get stressed out at long, complex, "fancy" recipes. No one will love you less because you decided to buy store-bought pie dough, or you stuck to easier recipes. If you love cooking and enjoy those masterchef recipes, then by all means go right ahead, but don't feel like you're not doing good enough if that's not for you.
2. You do not have to color coordinate your house with this season's most fashionable decorations. If you aren't very crafty and you can never get your centerpiece to look quite right, or you skip the centerpiece altogether that's perfectly fine.
3. You do not have to run yourself to the bone trying to get everything "perfect". No one is going to notice if you don't make custom soaps for the guest bathroom, or if you have cute, individually packaged hot chocolates laid out decoratively next to the coffee maker.

Your family and your SO like you for who you are, just as much as they appreciate you for what you do. You do not have to run yourself into the ground fretting about details, and you don't have to compare yourself to pictures from people who PAID someone else to style their house for them. All most men care about is a warm meal, clean house, and a loving woman waiting for them. Don't let the cooking, cleaning, and decorating become so much that you can't enjoy the time with your family or give them the best of you! There is nothing wrong with doing things simply and quickly so that you can spend your time with your family rather than stressed out over a turkey recipe that requires basting every 15 minutes and whether or not your homemade rolls have risen enough or if your decorations are classy and pretty enough. Those things are all icing on the cake, and you're the cake!

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UPVOTES

My husband sent me poetry today.

Fieryirishplease · 4 February 2020 · Archived copy · Reddit

Like many women I am sure, I am a sucker for romantic gestures. It doesn't have to be flashy, just from the heart. He had a bit of time on his hands during lunch today as he was out of a service area.

My dear, sweet husband spent his lunch break composing a poem for me about us, and how at peace and safe he feels in our relationship. "Our us is what gives me peace." We have an inside thing, we call each other "My you" hence the "Our us". Now this poem already had me in tears and I read it over and over.

After reading it enough times I finally saw that the first letter in each line spells out "I love you (my name)" And I am supposed to be the writer in this family! I suppose the saying really does ring true sometimes, "Distance makes the heart grow fonder".

With him being away like this we have both seen much more clearly how much we value the other. We have realized just how muddled our shows of affection have been lately with the day to day grind.

I miss him dearly but this time has given me much room for deep self reflection and ideas of how to be a better wife when he gets home. We have our squabbles but together we are stronger and there is no better feeling than knowing he feels the same about us. That he loves me this deeply is a gift I treasure.

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UPVOTES

Experience: Traditional roles in household emergency

hidinginahippo · 13 February 2020 · Archived copy · Reddit

I wrote this experience out in a comment, but I thought I would expand on it a little and share it with the group incase it helps others, since I feel it is perhaps a decent illustration of some of the benefits of feeling more comfortable within more defined gender roles in a relationship.

A few months ago we almost had a fire in the home. It was a small incident but the reactions of both of us has played on my mind since. I immediately went to find what he needed to resolve the situation as well ensuring the safety and comfort our child and pets out of the space efficiently. This means that my husband could sort the problem out without worrying about everything else. My husband dealt with the incident in the kitchen with a level of cool headedness that I greatly admire in him. He is very logical and always fantastic in moments of crisis. Afterwards we laughed off the stress of the situation and both commented on how well we worked together, and how disastrously it would have gone had we not fallen into those roles. Had I been trying to sort the potential fire out, I'd have been a total mess. I'm not good in that kind of stress. And if he'd been rounding everyone up, he'd have been worrying about me, whether I was able to sort it or not etc. In that time of crisis we leapt into clearly defined roles and worked efficiently together.

Afterwards, I kept thinking about it and about the gender differences that often we choose not to accept or actively try to override. I also thought about a university lecturer who told me he was fearful of lecturing about sex differences any more because of reactions from students in the face of peer reviewed psychological research. Despite the current societal mood towards equality regardless of cost to mental or emotional wellbeing, I began to wonder what it would be like if I leaned into those differences. So far, it feels less stressful and more satisfying. I'm a great second in command. That's where I thrive, and that's where my family thrives from me being most. It was always the position I enjoyed most when I worked too - so long as I respected my manager and felt like they valued me. I have no issue with others who wish to live and love in other ways. But for me, reverting back to more traditional roles felt like the right choice for our happiness and peace of mind.

The idea of submission is weird to get your head around, but I think the key points are that you would only do this with someone you greatly respect and trust, it's not something you just switch on either. It takes time and it's practiced through small increments. My husband steers our family in the right direction and I trust him implicitly in that. But I also know that he deeply values my opinion and experience, so if I raised an objection, then he would listen and take it into account. Maybe he'd act on it, maybe he wouldn't, but I know he would listen and take it into account when he made a decision. My husband cares and protects us fiercely and would do almost anything to make me happy, so I am always mindful of how and when I might choose to raise concern, or express my wants or desires. I would never want to take advantage of him or reach a point where he is looking only to me to decide on what to do next. Our relationship feels stronger and much more satisfying since I've allowed him to lead and stopped trying to take over all the time. Both of us appear to be less stressed as well, since we have clear areas to focus on, meaning that relationship, home, family and work all feel much more harmonious and enjoyable.

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UPVOTES

I've been trying to increase my femininity. I wore perfume for the first time two days ago, and my male friend commented on how nice it was.

squideye62 · 24 February 2020 · Archived copy · Reddit

I am definitely wearing perfume again! Every time I go out!

Me (20f) and my two friends were planning on grabbing a late lunch together a couple of days ago. One of my friends, 19f, was late, while the other, 19m, was waiting with me (he had driven me there). Earlier that morning I'd put on the perfume that I'd been gifted for my 20th birthday. I've been trying to get more into femininity and that type of thing so I thought I might give it a go.

Call me stupid, but I thought that perfume/scent wasn't really a big deal. I thought people wore perfume just to say "oh, I'm wearing Gucci perfume today" and not to actually smell good.

Anyways, I was standing by the store with my friend and he suddenly leans over and says, "Wow, you smell really nice." I smile and say "thanks" because I'm kind of surprised that he even noticed it. Then he walks around, stands in front of me, puts both his hands on my shoulders and leans in right by my neck and says, "Wow. What's it called?" I tell him the name of the perfume and who it's by. He says, "I love it. It's very *you*." And then he says, "there's this perfume I love called [perfume name]. If a girl wore that, I would literally fall in love." I laugh with him and we chat until our other friend finally arrives.

It was a real motivation for me to continue trying to embrace my feminine skills. I am still so surprised that the first-ever time I wore perfume, a guy noticed, and commented on it. Ever since then, I haven't left the house without it, no matter how much of a hurry I've been in. I'm also allowing myself more time to get ready before leaving the house. I don't wear much makeup at all, I've never used foundation. But I am putting on lipstick more often now and I love it! Makes me feel so girly. I also have three casual dresses that I'm planning to wear more often.

I'm so happy I found this sub tonight, and excited to continue improving on this. :)

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UPVOTES

So how are you and your man holding up during these tough times?

stevierose789 · 8 April 2020 · Archived copy · Reddit

My husband is very good at putting on an act that nothing is bothering him, but I have learned to pick up on the clues that he is worried sick about something. It is no mystery why he is worried sick now: The stock market, the future of his business, the future of our married children, his parent's well being, and the political climate.

My first clue was when he stopped whistling or humming, something he always does when he is relaxed and absorbed in something. My second clue was his desire for sex tapered off. And my third clue was he became very impatient and short with me when it was not merited.

Now my first inclination was to let the hamster free because I too was worried about all those same things that he was dealing with. But no, I couldn't let it stop there. I had to triple my anxiety by adding some more worries: Was he tired of me? Did he no longer find me attractive? Was I terrible to be around all the time?

I am happy to report that I caught that damn hamster and got it back in the cage before it could do any harm. But it was a close call. Anyone else dealing with this? How are your men handling their worries?

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UPVOTES

Pray for me sisters.

Deedee554 · 15 January 2021 · Archived copy · Reddit

Hello ladies,

I hope you are doing well during these uncertain times. I am 20 yo and have been with my SO for 2 years or so...

Recently I had a ultrasound and another (internal examination) due to some pain in the lower abdomen. I have had a great amount of fertility anxiety over the past 2 years. So potentially I have cysts on the left side of my uterus... however as the scan was apparently so close to my period that may affect the results of the scans. My worst fear is Endometriosis. This diagnosis would be long term and potentially could affect my fertility...

I have been booked in due another appointment on the advise of a doctor. So I'm praying. My SO was rather quite for a while after I had told him of the news but he aimed to reassure me.

I have wanted nothing but to be a mother for the past 2 years. My dream is to be a mother. I know that there are other options but I hope that I can carry a pregnancy and give birth to my baby.

Pray for me ladies... other than my SO you are the ladies who know. Thank you.

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UPVOTES

How to deal with extremely blue pill advice from my parents?

lovelysummernights · 12 February 2021 · Archived copy · Reddit

Hi all, I'm a 24 year old who hasn't had much experience with dating and I love this community of feminine ladies. I have recently graduated and have been working for the last year at an alright job, and I am now focusing on self-improving and hopefully dating (when this corona thing dies down a bit).

However my parents are pushing on me loads of blue pill advice (they want me to pursue a Master and climb the corporate ladder, they are trying everything to push me to become a career woman, they have been insiting since I was a teenager to never marry before age 30), when they have the most red pill relationship and marriage ever (my mother is 20 years younger than my dad and my mum was 24 when they started dating, she was a high school drop out while my dad had a PhD and a prestigious job, my mum was a stay-at-home mum and even now she doesn't work and just focuses on her hobbies). It's also fair to say I am an only-daughter so maybe that's why they focus so much on me.

Are there any resources or articles to put some sanity in their minds? Even now when I mention online dating they plead me not to do it and to wait to date and have kids until I'm 30...

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UPVOTES

Would you be interested in an online magazine/blog that focuses of femininity, girly-girl, old Hollywood, elegance tips, beauty, etc? I figured that this would be a good place to ask. If so...what topics would you like to see in it? Thanks!

killintime1999 · 10 July 2021 · Archived copy · Reddit

[/r/RedPillWomen/comments/oh9sx8/would_you_be_interested_in_an_online_magazineblog/](/r/RedPillWomen/comments/oh9sx8/would_you_be_interested_in_an_online_magazineblog/)

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UPVOTES

I've never gotten a marriage proposal from a man, it feels sad

InSingwoman · 31 December 2022 · Archived copy · Reddit

I'm 35 years old and have never in my life received a marriage proposal from a man. That's why my username here is InSingwoman, which means involuntarily single woman.

I never wanted to be in this position. I'm unmarried, not out of choice. The 2 past bfs I had wouldn't progress things. I could never get past the dating stage, the "eternal gf". I've been lovebombed with the "you're the love of my life" lines but then he would extend things, make excuses and suddenly had a radical change about how marriage is just a piece of paper (by then I had invested too much time) and what matters is love in the relationship, how that's already commitment and more garbage.

I had enough of giving my heart, kindness, cooking services and complete devotion towards just mere bfs, temporarily partners that can leave anytime and by the time they leave, they've already wasted my time. It's contradicting how when a man claims you're the love of his life and says "I love you" but won't marry you. So you're not the love of his life, he doesn't love me and everything was a lie.

This position feels emptiness and sadness, as if I'm not good enough or ugly. I wonder how many other women find themselves an InSing too.

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UPVOTES

Why do men today prefer to be chased?

SantaRay1 · 17 February 2023 · Archived copy · Reddit

So I 28F have been coming across many men (a few years younger, same age and older) who usually want to or end up dating women who ask them out. These men also describe themselves as shy and say they're more certain of a relationship when a woman makes the first move. So am I missing something? Whatever happened to men wooing the woman of their choice and asking her out! Can anyone help me understand why this is a common situation with a lot of men today?

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UPVOTES

I'm trying so hard not to resent men but the internet is making it difficult. I'm starting to regret ever standing up for them as a conservative woman. How do I get over this feeling?

Altruistic_Fuel7332 · 17 February 2025 · Archived copy · Reddit

I don't even consider myself a feminist. I'm religious and hold mostly conservative views. I always wanted to get married and start a family, but now the mere thought of being with a man sends shivers down my spine. Everywhere online, I see not just misogyny but outright vile and dehumanizing rhetoric about women.

I used to sympathize with men's issues and defend them, I was pretty outspoken about it that I was often called a "pick me." and that kind of stuff. But I can't do it anymore. Not after seeing their true face. Not after seeing what so many of them truly think. Not when I know that, to them, simply being born female makes you less human. I no longer want anything to do with them frankly.

What finally pushed me to write this was a post where someone argued that women should be treated as slaves or else they'll "forget their place," followed by another claiming domestic abuse was legal for most of history "for a reason" and should be reinstated. And these are just few tame examples compared to what I constantly see every day.

And if you think this is just an Internet thing then you're wrong. I see it in real life, coming from men close to me. My brother for example is a staunch supporter of Andrew Tate, pays for his courses and all, and all he ever does now is spew dehumanising things about women such as how he'll cheat on his girlfriend and get another girl once he becomes a millionaire (spoiler: he won't, he's lazy and he can't even hold a minimum wage job for two months.)

I'm still conservative, but I don't know if I can bring myself to stand up for men anymore. I don't even care if I get called an angry feminist. Apparently just saying that women should be treated as human beings makes you a feminist to these people. I'm starting to think maybe the feminists were right all along if this is what men are really like.

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UPVOTES

What if women treated jobs like they treat marriages and other long-term relationships?

Whisper · 1 August 2013 · Archived copy · Reddit

- I'm not going to build my resume. The right company will come along in the fullness of time, probably when I least expect it.
- I'm not going to look for a job, or read the ads. Companies should come and find me.
- I'm not going to dress up or wear makeup for my interview... I want to work with people who appreciate me for who I am, not my looks.
- Why should I have any job skills? Going out of my way to be useful to my employer sounds oppressive. It's more important to find a personality match, anyway.
- No matter who or what I am, I am some company's ideal employee.
- That last company I interviewed with had a problem with me having 27 jobs over the last 3 years. What a bunch of jerks. I want a company that values my varied work experience.
- If this job doesn't work out, that's okay. I'll just quit and take them to Professional Court and get an order for them to keep paying my salary for the rest of my life.
- I'm not going to get a job until I'm older. There will be plenty of time for career building after I've spent my twenties backpacking around Europe.
- Established Fortune 500 companies that want to hire young workers are creepy. It's much more sane to work for a garage startup that does something cool.
- I used to work a whole bunch of short-term temp jobs for minimum wage. But now I realize how foolish I was. I'm going to insist the next company hire me as a senior manager and pay me six figures.
- How come everyone thinks that a company that hires thousands of new employees every year must just be rich, but an employee that works for a new company every month must not be able to hold a job? It's a double standard!
- Companies should be impressed by my relationship skills, and want to hire me!

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UPVOTES

Back to the basics - men are the gatekeepers of commitment.

loneliness-inc · 25 April 2018 · Archived copy · Reddit

Back to the basics - women are the gatekeepers of sex

The natural state of women

At her core, a woman is a someone. A person of worth who deserves to be cherished, loved, sustained and taken care of. This isn't objectively true. However, it is the way women view themselves and the way men view women. Women deserve to be treated well just for existing. Thus, women are human **beings**.

Women value emotional reality over objective reality, feelz over realz. Your feelings are 100% valid even if you're objectively wrong. Whereas men tend to evaluate the objective reality and tell you to stop feeling the way you do because you're being ridiculous, women tend to validate your feelings first even if you're being ridiculous from an objective standpoint. The premise behind that is - I exist, therefore my feelings are just as real as the reality of the world around me.

When mommy is happy, everyone is happy and when a woman is in distress, everyone comes to her aid. Both men and women reinforce her sense of existence.

Female bonding desire

If a woman is a full on something, what more can she need? The answer is - some of the male's nothingness. A core need of women is to pair and bond with a man.

Men begin from a position of nothingness and need to achieve to become a something, women begin from a position of being a something and need a man to imbue them with a sense of nothingness. Female sexual desire includes being dominated by a strong male (hello fifty shades of gray, a best seller book!). Female relationship needs include men who are decisive and who can lead. Women date up, marry up and have sex up. One way to look at the common thread in all of this is - women need to feel smaller in the presence of their man. They need to feel more nothingness.

This feeling of nothingness before her man does not contradict the feeling that's at the core of her being - that of being a something. She will always see herself as an inherently valid something who wants to lose herself in the strong arms of the best man available. Thus, she wants a man who will cause her knees to turn to jelly, not a man who will actually turn her into an actual nothing through abuse and the like. Therefore, women are extremely picky with regards to men. Only the best men are up for consideration.

Gatekeepers of commitment

It's therefore no wonder why men hold all the cards when it comes to commitment. If a man's worst fear is being a nobody, a woman's worst fear is being all alone. OTOH, unlike men whose default is to be sexually attracted to all women with the exception of those who turn him off, a women's default is to reject all men except for the ones who make the cut. This means that most men aren't even in the running, but if you're from the few who are, you decide on the degree of commitment.

This is as true once the relationship is well underway as it is true during that first day of commitment. While the man may feel like he committed to her forever, she certainly doesn't feel that way (just like he doesn't feel sexually desired forever). His commitment to her is something for which she needs constant reassurance. A woman will be plagued with self doubt that boils down to - am I still lovable today? And therefore - **will he still commit to me today?** When a man expresses his love and desire or makes her feel special, he signals his commitment to her. Just as he needs constant reaffirmation of his sexual desirability, so too does she need constant reaffirmation of her worthiness for commitment.

The problem is when expressing his love for her and commitment to her decrease her sexual attraction to him. This

is like a self destructive autoimmune disease and will be discussed in a future post.

Conclusion

The natural state of the woman is to be a deserving someone, her fear is to be alone. What she craves is for some male nothingness to be instilled in her heart by the strong arms of a powerful man. She feels secure when her knees turn to jelly in his presence. She needs constant reassurance of his commitment.

Unfortunately, most men don't measure up. This part of female nature is cruel to men. Those who do measure up hold the keys to commitment.

Cheers!

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UPVOTES

“Whatever you think is best” really works

bambiliftsweights · 9 May 2018 · Archived copy · Reddit

Just wanted to share a little win I had today.

Currently on my honeymoon and my husband and I were scheduled to have dinner with another couple (friends of ours) in a Hawaiian town about an hour from where we are staying.

He didn't really feel like going and it was also an hour away (super inconvenient for us to Uber there) and, although I was worried it would be rude of us to cancel last minute, I remembered what I had read in *Surrendered Wife* and just said, “Whatever you think is best.”

He decided to cancel it and then we find out that the other couple is having an insanely busy day themselves and secretly didn't want to host us either.

Can you imagine if I had insisted we go because I was worried about being rude? Not only would it have caused a mild disagreement between us (and loss of intimacy) the other couple would have equally not wanted us there, resulting in four unhappy people.

Now, we get to surf late tonight, get drinks and dinner whenever we feel like it and enjoy a carefree night.

It was a little win and I wanted to share it with you all!! I feel lucky to have found this space.

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UPVOTES

The last week or so, I was being a red pill woman without realizing and it has been wonderful.

cl3ophatra · 28 May 2015 · Archived copy · Reddit

Dear ladies,

I have a pretty great relationship. We just moved in together. The only "problem" sometimes is my higher sex drive. For a long while, I thought the solution to this was basically letting him know any second I got that I was always ready to have sex and would pout and whine whenever he wasn't in the mood. Probably the most emasculating thing I could do. This wasn't working, why wouldn't I try something different?

Anyways, I didn't think I could get anymore feminine than I already was but I realized some things I wasn't really happy with and decided to change them and I'm oh so happy I have, because I already see changes.

For example, my boyfriend works from morning until until 7pm and if it were left to him I don't think he would have the energy to cook a quality meal. But, I was rarely cooking even though I had much more time as a student who was home a lot. When I did cook, I would ask him to do the dishes a lot because well, I cooked and that was supposed to be fair game, right? Wrong. While sometimes I think I'll allow him to if I'm ever cooking for a large group and it's a weekend, I've been down right refusing lately when I realized it probably sucks to work 10 hours and then have to do dishes because I claimed to be so worn out from the dinner I just cooked.

Then, while I never considered myself to dress frumpily in any sense, I wasn't wearing my very cutesy-sexy pajamas as much either. I decided to start doing that too these past few days. And looking good at home, because him seeing me at my best was something I realized was more important than presenting myself to strangers at my best. I put some mascara on, some cute and sexy things on and cooked dinner that was new, delicious, and super fresh. Nothing frozen, nothing pre-made. He asked if he could do anything and I ordered him to go relax and not worry about it each and every time.

When he asked if he should bring anything to cook from the grocery store the other day, I told him to bring an empty stomach and flowers never hurt. I think he's been slightly confused but very much enjoying it and him buying me flowers and coming home to a cooked meal while I'm looking sexy has done something. I think he feels like a man and I feel like his woman. On top of all this, I experimented by absolutely stopping to push sex. Don't get me wrong, I was flirty and suggestive, I hinted at it..but then went about my business walking in my cutest home outfits and acting like I couldn't be bothered and enjoying touch without anticipating sex. I realized we must have both been on edge every time he touched me because I was watching him like a hawk to see if he would initiated. Horrible. I just let us touch without turning into something sexual immediately.

He has initiated way more than usual just this past week. He usually is the opposite of me in that when he is tired or stressed from work, his libido shuts down and he also needs more days than I do to "recharge" and be horny again. But despite him being obviously tired and it just being a day since we last had sex each time..he has initiated quite a lot and very enthusiastically. And more in control. I'm loving this. I'm excited that even small changes could improve an already great relationship in such a short amount of time.

I thought I would share my little story and I'm looking forward to being a part of this little sub of women who know what they're doing.

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UPVOTES

Woman offers a threesome with my husband and I.

JillTheJinx · 4 September 2019 · Archived copy · Reddit

My husband [40] and I [29] are newly married (just celebrated our 1 year anniversary last month). He is handsome, firm, decisive, treats me wonderfully, is great in bed, and rarely am I ever told 'no'. Our only disagreements have only ever been about petty things (which I have been working on keeping my mouth shut about).

As one of my hobbies, I play games online, which is where I have met a woman who lives nearby. I was talking to her about a situation where another man was trying to come onto me and I turned him down, where I followed up by humblebragging about my husband and how I would never be unfaithful to him. She stops talking to me over voice and immediately writes to me over text that if we ever wanted to have a threesome, she would be willing and that she was just going to leave the offer on the table. I brought the idea up to my husband who didn't seem interested, assured me that I was more than enough for him, but wouldn't turn it down if it was something that I wanted to do. After further thought, I decided it was best that I just left that offer where it stood. Besides, her timing came off as.. odd?

I haven't talked to her about it since she brought it up. We met for the first time (a couple of weeks after the offer) this past weekend. We decided to have a playdate with our kids. It was a good time for the kids, but it made me wonder if she actually had any interest in being my friend or if she just wanted to sleep with my husband.

She couldn't find the store nearby, so I offered to take a ride with her. She goes on to tell me how beautiful my house is and of course, I thank her, but mention that I would like to get a smaller place. She tells me that she hopes I appreciate what he has given me and that new places are expensive. It seemed like an odd response, but I explained to her why and shrugged it off.

She knows my husband is a musician and a talented one at that. She kept singing throughout the entire day here and it was VERY obvious that she was trying her best. This was not someone just singing along to music or having a song stuck in their head. It felt as though she was attempting to show off for my husband.

I also felt that she was overstepping her boundaries in my role with my kids (undermining me, telling me that I was being too harsh, etc..) in front of my husband. I felt that everything I said or did with the kids was being nitpicked, which was aggravating since her own children have both been removed from her home and only see her EOWE.

When there was a moment where it was just the two of us again, she told me how she likes to play stupid when it comes to men because they are more inclined to help her. Fast forward to me making us all dinner - she and my husband were in the kitchen with me. She goes on to playing stupid about how she doesn't know how to fix certain things up around the house. Seriously?

Later on, we were sitting in the living room, listening to her complain about her childrens' fathers, only for it to lead up to her saying that her kids needed a strong man like my husband.

My husband didn't say or do anything that made me feel uncomfortable as a response to her. He was quite respectful towards me and I really appreciated it.

Does this sound like someone who is after what I have? Is this just in my head? Should I just cut contact with her now and move on? I was excited to make a new friend, as I live in an entirely new place where I don't know many others outside my home, but I am not sure if this is someone I should even attempt to be friends with anymore.

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UPVOTES

Offering support instead of advice

Curiouslyyix · 5 September 2019 · Archived copy · Reddit

Good evening beautiful ladies!

I just wanted to add my experience as a new member of the community, especially since I had such a strong immediate reaction!

I've been lurking for a bit but I just borrowed a copy of 'Men are from Mars, Women are from Venus' from a friend and am 4 chapters in. I was incredibly surprised about how the author described the male mind in response to female actions and honestly if everything I read is correct no wonder I haven't been getting the relationships I want. Anyways, in the first few chapters the author suggests to women as an exercise not to offer unsolicited advice to men and observe how your responses change.

Honestly, I was skeptical... like how big a difference could that make, if anything it sounded less helpful. But I committed to trying it and had the first opportunity last night.

A few friends swung by a bar we were at to say hello and goodnight since they thought they would make it out but weren't able to. I had a moment with a male friend where I asked him about his day, and he described his frustration over a computer problem he was having with the WiFi. I'm currently in school for computer science and immediately I wanted to strip his brain and offer as many solutions and "we'll have you tried..." as possible. I literally started to question him, before shutting my mouth, thinking for a second, and saying "well you're smart, I'm sure you'll figure it out".

Ladies. My lord. This man IMMEDIATELY lights up with a grin and his whole demeanor picks up. Literally his energy switched like a light from exhaustion to inspiration. He thanked me right away and seemed so flattered! And then in turn I felt so appreciated that I made such a difference!!

I've been having the same problems in my relationships where I always feel like a mother, because I want to make sure everyone is safe, happy, and taken care of, but this experience showed that there's multi ways to take care of someone and that I don't always have to be the problem solver. Also, in the wise words of my friend "No one wants to fuck their mother".

Anyways, I just wanted to give everyone a little update about how well this has worked for me, and maybe even encourage someone to at the very least give these ideas a shot!

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UPVOTES

What are your best tips for overcoming feelings of jealousy/envy towards other women?

applepies4kittens · 16 January 2020 · Archived copy · Reddit

One of my new year resolutions for 2020 was to become less jealous of other women, especially those women who just seem effortlessly beautiful. Looks wise I'm not stunning but I have something going for me, I'm a petite and athletic brunette with long hair and decent style, but I can't help feeling intimidated and insecure when a stunning woman walks into a room, and then I can feel my mood turning sour. I really don't want to be that toxic person though, because there will always be a more attractive woman. One tip I've been trying to practice is to take inspiration from beautiful women. What is your advice?

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UPVOTES

Giving vs Taking

cknyakina · 26 December 2020 · Archived copy · Reddit

Who has the most power in a relationship? Universally most people agree that the one who is less committed to the relationship, controls the tide of the relationship. In sociology there is The Principle of Least Interest which is the idea that the person or group that has the least amount of interest in continuing a relationship has the most power over it. In the context of relationship dynamics, it suggests towards which party the balance of power tilts. In sex, the one who wants more sex gets to be at the mercy of the one who doesn't and emotionally, the more invested you are the more engaged you are in the relationship. This principle is universal and applies mostly where more than one party involved.

I didn't think much of it until I got into freelancing. Two years in and my mentality changed, perhaps there was something else in play to determine who held the power in relationships. Now you are wondering what freelancing has got to do with the red pill but I will get there in just a second. When I began freelancing years ago, all I wanted was clients, people to pay me in exchange for the services I offered. There was one problem though, when I began, I had close to zero experience and I was in desperate need of money. I was more than happy when I landed a gig. The pay was low, even for a country I am in. And the client was abusive and basically controlled me but I was unable to say no to him, I basically did whatever he wanted, when he wanted it, no matter the circumstances I was in. I wanted the money and in that mindset I never thought that I was offering any value. All I saw was a person giving me money and saving me from my dire situation financially. It was an abusive relationship and it was clear I had no power in it.

As my skill improved and I began attracting better clients, my confidence increased and my sense of self-worth began improving too. I knew I was offering something. I wasn't taking as I had initially thought. What I was doing was just as valuable as the money they were paying me. Initially I had thought that what I was offering was not as important as the money they were giving me and that put me in a "taking" position and my clients as the "givers". We know for a fact that people who give and offer value are valued. In the workplace, the people who offer solutions are promoted, people who are always happy to help without any hidden motives are liked and attract a lot of people. In healthy relationships both parties give and offer value to make the relationship work.

Something clicked. I was offering value. I knew the worth of my value, I wasn't 'taking' their money anymore, I was offering my services and the incentive was the pay. I went back to my first client who we had worked with for a long time despite the working conditions and told him I was going to increase my prices and they'll have to match them or we would cease working together. I was ready to walk away, by this time he knew he had been underpaying me and his working conditions were brutal. He agreed but his behavior was still not professional and so three months later, we ended our relationship. I simply understood that my value was important and I deserved better than what he was offering me given what I was offering him.

Now back to relationships, are you a giver or a taker? What are you offering in the relationship? Most takers think in terms of what they'll lose if the relationship comes to an end. Think to when you were desperate in a relationship and chances are, it's because you felt that your partner was offering more than you and losing the partner would be a blow and so you cling on hoping it goes on. When you are in the giving mindset, you are not in the mindset of "afraid to lose" but in the mindset of "Cherishing what you have". That's what a healthy relationship is all about. Giving because you see value and being given because they see value and not a single person thinking that they offer more than the other.

The one who gets in a relationship because he/she is afraid of being alone is taking from the other person and will always be afraid to lose their person and will do anything to stay in it. If you get into a relationship with an ill intention, you are a taker and you will be a slave to it as long as the other person has what you want and you are not offering any value. You will always be worried about losing them. You don't cherish them, you do the bare minimum to keep them around which is selfish. When you are giving, when your self-worth is healthy, you believe

that you are worth as a person and a person being with you is not by mistake but because you are just as valuable. You won't have to resort to manipulation tactics to keep people around. It all comes down to how you feel when you are in a relationship, do you feel you are a valuable person worth deserving of love or do you feel they are doing you a favor by being with you because you feel you are not offering something or have nothing to offer.

Of course I am not disputing that being less invested emotionally won't give you an edge, but that is taking rather than giving and it means you are afraid to lose hence the manipulation tactics. This is just a theory and would love to hear more from you about this.

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UPVOTES

What RPW has done for my relationship

sweetdovely · 7 December 2021 · Archived copy · Reddit

Hello ladies!

Obligatory “long time follower, first time poster”, though I did occasionally comment here and there. I am also on mobile so please bear with me regarding formatting.

I (24f), have followed the RPW sub for a little over a year, but only recently began practicing it over the last 6 or so months in my relationship once I felt I had a solid enough grasp on the theory to put it into realistic practice. I have been working on my femininity and submission in general for the last 3 years I would say, but this sub has been extraordinarily helpful in offering these ideas as tactical behaviors rather than just general concepts and ideas. I wasn’t coming into a lot of RPW theory cold, but it was a refresher and a wake up for a lot of things. Some of what I’d been doing in previous relationships and dating I had thought was the way to go and had been wondering why I wasn’t getting the results or as strong of a reaction as I’d been hoping. All of it had been well intentioned, just a bit misguided.

I started practicing RPW at the beginning of my new relationship (he is 25m). We have been together for about 6 months now. I had spent the 6 months before that vetting him and learning, as stated previously, before determining he has the qualities I was looking for in a Captain. A big part of my takeaway from RPW is the recommended idea of “take what works and leave the rest”. My Captain genuinely prefers a bit of sass from me, lighthearted teasing, and feistiness. These traits of my personality are actually what attracted him to me in the first place. He loves /earning/ my submission to him occasionally instead of me just offering it outright on a silver platter. But as with all men, this teasing and sass is never done in public in front of his friends, coworkers, or other men in general, and it’s important to know when to bring this out and when he needs loving deference.

Onto the big parts of theory I’ve decided to put into practice.

The art of STFU. Many times in my life I have found it difficult to hold my tongue, often to no avail. Learning this form of self control, allowing him to take the lead and not offering unsolicited advice has been major for both of us. He consistently tells me how he appreciates my respect toward him and his ability to make decisions!

Accepting him as he is. I’ve always been someone who tried to “fix” people, including previous romantic partners. Until discovering RPW, I had never realized how domineering and emasculating this comes across as I was not aware men read this as distrust and us viewing them as inadequate. Now, I offer advice only when it’s asked of me, which actually ends up being somewhat frequently because he values my input and knows I believe he’s going to make the right choice.

Complimenting his masculinity and juxtaposing it with my femininity. Real world example, the house he lives in had no shower in the downstairs bathroom, and the basement was finished but empty. He spent two weekends installing a complete shower and turning the basement into a home theater with surround sound and a huge projector and screen. He was so excited to show me! I of course gushed to him about it and told him he did an excellent job, and how I was so happy he is such a capable man who can do things like that, is so handy, and smart enough to figure all of those things out. He spent the rest of the night beaming, and showed up at my place the next day with flowers!

There are of course many other things, both big and smaller day to day ones. But what inspired me to make this post was our phone conversation earlier. He was talking to me about some stress he’s been feeling at work lately, he did not want advice, just to be heard and receive some affirmations. I told him I was proud of him for how hard he had been working lately, and that he was an intelligent man who is very good at his job and would pull through. He took a deep breath and said

“SweetDovely, I’m so happy with you. You really make me feel like a man and feel so loved in a way like I’ve never felt before.”

I was so over the moon! We talked some more and ended the call with him saying he'd be taking me on a nice dinner date this weekend and to the theater (which we both love). I just wanted to share this success moment, there's been many others, but this one was so special I had to share with the community that made it all possible! :)

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UPVOTES

Women who "do it all"

Sea_Bookkeeper_1533 · 25 December 2021 · Archived copy · Reddit

The modern woman is sacrificing her youth, beauty & femininity to compete with her own husband. What a horrible reality.

I work with two women who have children. Both seem to be super busy, always in a rush, every second of the day is accounted for, allocated a task etc. Both look terrible, & one ignores her femininity entirely and looks / acts like a man.

I used to think they were Super women. Bravo for doing it all, 24/7. I thought that's what I wanted to do. Now I'm not so sure. How can they stay attractive to their husbands and keep a healthy relationship when they're so spent all the time? Why are women doing this to themselves? Why would you WANT to do that?!

My husband and I will be TTC in the NY and I'm not sure to what extent I'll be able to be home full time. It just seems like the alternative is to be grinding 24/7, always late, always busy, always feeling guilty and half assing everything.

Is there another alternative? Do you or women around you, do both but still look and feel great? Do you have time for yourself?

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UPVOTES

What makes you think of yourself a red pill woman

MinuteAble · 1 January 2022 · Archived copy · Reddit

I'll go first I am a homemaker SAHM I believe in gender roles I believe in women being in touch with their femininity and men with their masculinity

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UPVOTES

My father has potentially ruined most men for me

RationalFemales · 11 August 2022 · Archived copy · Reddit

I was born into an upper class family. My father had to learn to be an independent man at the age of 18 when his father (my grandfather) passed away.

My father is the very definition of a HVM. Very competent, firm, secure in himself and self-aware, yet fair, empathetic, generous and protective of those he cares about.

He took over his father's construction company and has worked hard and strategically to help grow the family name beyond the foundations my grandfather had set.

My mother is also a high-value woman, she got married to him at the age of 25: 9/10 in terms of looks, virgin, highly intelligent, very good at designing the home and educating his kids.

My dad spoiled us kids emotionally, intellectually, and financially a lot - all whilst teaching us the value of discipline and respect of the other.

I don't look as good as my mom, I'm about a 6/10 in terms of looks. I've never kissed anyone but I have engaged in sexting with my now ex-long distance relationship.

I feel like every man I meet falls short when I compare them to my dad. But I also fear that I will not be able to attract a man of my father's caliber. My SMV is not as high as my mother's, and I would say I am definitely "high maintenance".

I feel like any man I follow will be a downgrade compared to my dad. A man like my dad can also get any 9/10 woman he wants.

I don't know if my train of thought makes sense, would appreciate some advice.

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UPVOTES

Success so far with husband

50stradwife · 1 April 2023 · Archived copy · Reddit

I've been working through the sidebar and I'm on chapter 5 of Fascinating Womanhood. I did the exercise with my husband for writing down ten masculine things I love about him. He absolutely loved it. When I showed him, he lit up so much and he kept saying we should do it more often. He said it really helped him. The rest of the day he kept bringing it up and telling me it made him so happy and he said he felt like he sucked at those things but he was so happy I thought otherwise. He thanked me for being so supportive and he has been so sweet all day. I've already noticed a change in him and his confidence, happiness, and his demeanor in general. I'm really trying to put in the work and I'm glad it is actually going somewhere. I've also been reading The Surrendered Wife and trying to implement that as well. I'm so happy I found this forum and I'm excited to keep learning and growing!

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UPVOTES

17 Attraction Triggers

Gardrothard · 7 August 2017 · Archived copy · Reddit

Source: <http://www.thefemininewoman.com/>

She wrote a book on the 17 triggers that make women extremely attractive to men. This is a summary of the book - triggers and some methods I found to be good for getting the desired traits. Feel free to add more if you know.

1. Hip to waist ratio 0.7

How to get it?

First of all, exercises that make the butt bigger - squats, hip thrusts, lunges, dead-lifts, walking... You should avoid alcohol and processed foods which make weight stick to the waist and stomach. You could use Golden Maca as a supplement since it helps with getting curves/not losing them so much while losing weight. Wear dresses that fit you well and give that hourglass shape. You can accent this by putting a belt on your waist.

2. Lateral Hip Shunt - Pushing Hips Sideways While Walking

How to get it?

Heels. Get good heels and you're done. They will make you walk this way and it will turn into a habit easily. You could also try taking up dance such as salsa or take zumba classes or something similar.

3. Clear and Soft Skin

How to get it?

The most important thing is to take good care of your skin. Check out [/r/skincareaddiction](#). Besides that you could get a hygienic treatment which really makes skin much clearer. Supplements which also help are Vitamin B and C (careful with these two as they increase appetite; Vitamin B will also make your hair grow faster), Collagen (also helps with reducing cellulite), Zn (also good for cognitive functions and reduces fatigue; good for hair too). Water and juice fasting also helps with this.

User [u/Cock_Klepto](#) reminded of very important thing which is wearing SPF creams. This is probably the most important step in skincare and cannot be stressed enough. Makeup can help with this, but it needs to be done right - right colors, texture and amount.

4. Sexy Butt

How to get it?

Besides the workouts I've already mentioned, it's very important that your posture compliments your butt. It doesn't matter if it's perky and shaped well if you don't have that pelvic tilt. Also, don't buy into this trend of having huge disproportionate butts if you don't have one, you are not a sexual object that's there to make some fetishes come to life, that's reserved for prostitutes and other women who base their work on being a sex object. Any butt shape is fine as long as you make it tight with exercise. Like mentioned before, Golden Maca will also help with curves if you want more. There are push up jeans that will make your butt look amazing, so try to get at least one pair of those.

5. Long Shiny Hair

How to get it?

As mentioned before, Vitamin B, Zn and Collagen will help immensely with this. My hair grew little over 10 cm in a year from these supplements, it really works. Also, good shampoo and mask will help with keeping it in good shape so that you don't need to cut it as much. I suggest using Castor oil for improving growth, as well as coconut

oil with honey for shine. Make sure you use some products that will protect it if you are treating it with heat. Don't use fake extensions because it's obvious and does nothing, unless you have a lot of money to do it right. In order to draw attention to your hair you can play with it, that always looks good.

6. Outstanding Posture

How to get it?

If your posture isn't good, you can jump from a 6 to a 7 in a matter of seconds by fixing it. It's crazy how such a simple thing affects the way we are perceived so much. Good posture requires strong muscles so you should work on your back and core. Check out Ballet Beautiful : Posture on Youtube or do some yoga. Heels help with this too. But, you will need to be mindful until it turns into a habit, imagine that someone's put strings on you and that they are dragging them up. Make sure you aren't collapsing when sitting.

7. Soft Feminine Voice

How to get it?

Try talking in different voices, sing, practice. Check out ASMR videos and observe how they talk (you don't need to whisper, but the melody of the voice should be similar). It's better to be quiet than too loud if in doubt. Obviously, no cursing. Also, even if your voice is the most beautiful in the world, it means nothing if you're talking bad about others, complain too much and so on; it's also important what you say.

As [u/cerahh](#) points out, voice training or even a coach is a good idea.

8. Sparkling Eyes

How to get it?

The whiter the eyes the healthier they look. This can be achieved with proper diet and fasting. In order to accent this you can use makeup. For the sparkle, try to see the good in the person whom you're talking to. There is a big difference in the way our eyes look when we look at someone with love as opposed to something else such as bitterness. It's not said for no reason that the soul is in the eyes.

9. Heavenly Scent

How to get it?

If you're fat, you need to lose weight. Poor diet also causes bad smell. Sure, there are deodorants and perfumes that you should use (Yves Rocher has great price/quality ratio), but in LTR there will be a time when the natural smell cannot be hidden (taking a shower together, for example). Your natural smell will show off the state of your health, so make sure that's fixed.

10. Seductive Lower Back

How to get it?

If you have the luck to have back dimples don't waste that by being fat, because they look amazing and most guys like them. Do exercises that focus on this area (45 degree hyper, dead-lifts, squats...)

11. Luscious Lips

How to get it?

First of all, there's no need to get implants or anything similar unless there is a really big problem. If you do decide to do it, make sure you know what you're doing and that it looks natural. On average men spend 3 sec/10sec looking at female mouth, but 6.7/10 if she's wearing a red lipstick, so try to find a shade that suits you. Lip gloss also does wonders. You can use face exercise to make your lips more pout and to make sure you are pouting when smiling.

12. Feminine Dress Code

How to get it?

Shop like French girls - don't buy too much clothes, but more expensive clothes that are fashionable all the time, last long and fit well. This is also a good incentive to keep in shape for a long time. You can use color theory to see which colors you should wear. A good rule of thumb is to find a celebrity with similar skin and hair and see which colors they wear. If picked well, the color of your clothes will make your teeth whiter, eyes pop, skin will look better. Bad colors will accent all flaws. Other than colors, you should care for how they fit you. Again, a good fit will accent your waist to tip ratio, make your butt perkier and so on. Guys know how you look naked when they see you, there's no need to show everything. But, you shouldn't be hiding everything too. If you want to meet a guy, or are going on a date, it's good to put an accent on your legs or cleavage (not boobs, but the crack) or butt or back, but make sure it's just one thing. You shouldn't dress slutty, but you should also try to be sexy.

Check this out too: <https://www.youtube.com/watch?v=TzTIQJIDLfw>

Many women pick clothes based on how the clothes look ("this skirt is so cute, let me buy it"). **DO NOT DO THAT.** You are the one wearing clothes, not clothes wearing you. Don't look at them separately, look at how you look in them.

13. Flirtatious Tongue

How to get it?

This basically means that you should stick your tongue as a way of flirting. But, this is a very strong and obvious signal, so keep that in mind when using it. It could be sticking it a little bit with a smile when flirting, licking your lips, or even doing it as a kid does in a joking manner. See what fits you and use it. It works strongly on man's subconsciousness.

14. Heels

How to get it?

Like said here many times, heels are awesome - they improve your posture, make your hips sway, your legs look longer... Invest in a good pair that is comfortable and of good quality. Nude heels are great investment as they go with almost everything and come together with your legs.

15. Cheeky Wink

How to get it?

Wink can mean many things, which is probably why it's attractive. You can use it as a way of greeting or saying goodbye, when flirting and so on. Again, practice and see what fits you and your style of communication.

16. Cleavage

How to get it?

Note that it's not big boobs, but cleavage. Men can't distinguish between a butt crack and boob crack and it's probably why they are attracted to both. Invest in a good push up bra. You can accent it by wearing a long necklace and you can even contour it if you want. The crack is what's important much more than the size of your boobs, so don't be too harsh on yourself when it comes to size.

User [u/jack_hammarred](#) points out that a good alternative is "cakes on the plate" since it can be achieved by any woman.

17. Alluring Sexual Confidence

How to get it?

For men, it's known that they get more attractive to other women when they have a lot of sex, but for women it

seems to be the opposite. For some reason, the more guys a woman says no to, the more alluring she becomes. There is a great self respect in that that just shines through. It gets even bigger if guys see you saying no a lot (as long as it's not done in a bitchy manner). There is nothing sexier than saying no to a guy, especially if it's done in a playful manner. But, going to his apartment getting naked and making out and then saying no, there's nothing more off putting.

As [u/jack_hammarred](#) says:

Confident sexual allure is a great one. I think a way to actualize this is to view your femininity, sexuality, and body as powerful. This probably ties into energy types (I'm 1&3) so it may be skewed based on my internalized definition of femininity. But. :) Your body is capable of amazing things... it's alive for God's sake. Your body and your mind and your heart working together? Good God, Lemon. Even at rest, and no matter what specific body type you have or how close you are to your physical goals, you have the things men (and some women) want. Desire. Fall in love with yourself, and see the things you have that YOU want and desire. That is power. Tap into that perspective... people can sense when you're feeling it. They react to it.

These seem like common sense, but I felt it was nice to formalize it and have it in one place. Again, feel free to add more methods and tips on how to improve each one if you know any.

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UPVOTES

Assuming men are stupid.

Whisper · 18 February 2018 · Archived copy · Reddit

While the goal of girl game is ultimately to get better treatment from men, the practice of it must consist of something more than *naively grabbing for what you want in the most obvious fashion possible*.

As [/u/durtyknees](#) so aptly put it:

I've always found it ironic that women who aim for "high quality" men underestimate the **mental** capacity of such men, as if **outstanding intellect**, **exceptional empathy**, and **excellent social skills** are somehow not traits found in "high quality" men

--- I mean, this is the impression I get from reading posts in RP communities, and I always scratch my head about it.

To expand on this idea, it makes little sense to date a man who joined the Army and made it through **Ranger School** and then ask RPW about how best to break this man's will with an **ultimatum**.

Or to date a man who carefully practiced seduction, how to read women, and how to make himself attractive to them, then ask RPW about how to **play little games** to make him jealous... because you saw that in a movie once.

Or to date a man who got himself a law degree, passed the bar exam, learned through experience how to play a jury like a fiddle, then ask RPW how to **put off his sexual advances while feigning passion**.

If you do not want a stupid, weak-willed, or oblivious man, do not employ tactics that require these qualities in a man.

This is why high-quality girl game does not consist of adversarial tactics. Not because these tactics never work, but because the kind of man you can defeat in a game of chicken is not the sort of man you want to spend the rest of your life with. "The Rules" may be an excellent manual for managing your beta orbiters, but that's all it is.

Since a woman's goal is to remain with the man she practicing game on, any means of getting her way that makes her man unhappy with the result, will damage the relationship even if it works. Girl game does not contain the same level of option to "next" men, so it must seek a win-win situation.

An excellent rule of thumb for this is **if explaining your tactic to him as you perform it would make it not work... it's not a good idea to try it at all**.

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UPVOTES

Raise your standards – a social and cultural imperative

kittxxn · 4 November 2018 · Archived copy · Reddit

Feminism claims man has built society, to design, rule, and use as a tool for oppression. They vastly underestimate the historical influence of women on shaping society and culture, for millennia – not within the workplace, but from home.

Arguably one of the only reasons man evolved from animal is that females developed selectivity in mating (discussed in length by JBP). We began to demand more of men, who grew upright, learned to work, make sacrifices, and built kingdoms and empires, for what? Power, yes, but ultimately, the highest quality women and offspring. Sexual demand for competent men transformed the world. 8,000 years ago, only one man was reproductively successful for every seventeen women, and in modern times, the global average is around one man to five women ([source](#)). Even online, a [study](#) on tinder reported that the top 20% of men are competing for the top 80% of women, and there are reports that women rate only the top 10% of men as “above average.” Translation: we have high standards.

But what are those standards and how have they changed over time? Are they high enough? What are the consequences to culture?

Women have a monopoly on deciding which men get to pass their genes on. Men change rapidly to meet the demands of women, not for children specifically, especially when they’re younger, but certainly for the chance to get laid. As much as the MGTOW might want you to believe, men are still hardwired to desire reproduction, and if they aren’t successful, they’ve technically failed their evolutionary purpose.

It seems strange, then, that “good men” out there seem few and far between. But women have loosened their legs and their standards, and men can increasingly get away with a lot of shit and still get the girl – be a lousy boyfriend, never commit, have no career or ambition, or even lie in bars and online profiles. Women in the dating market often lament the quality of “men these days” while still rewarding those same men with sex. With an abundance of sexual opportunities and easy lays, there’s little motivation for men to get their act together unless they aim to land a truly top tier woman. Being single should not be preferable to being married, but for many men these days, it is. Married men as recently as the 1950s were the only ones getting in between any women’s legs, without resorting to prostitution and the lowest quality women. The risk was *too high* for women, who had a damn good reason to say no and *mean it*.

Many of you red pill women have done it – found a rare breed of confident, strong, good men. So have I. But to the women still out there searching for Mr. Right, especially if you’re sleeping with men, or dating men, or moving in with men who didn’t deserve it: *stop*. Continue to work on yourself, and become the best woman you can possibly be. Encourage other women to do the same. Then, raise your standards. If you sleep with men, even if you’re on birth control, you’re communicating to them that they deserve you. That he’s good the way he is. In all likelihood, he’s not. He’s not who he could be. And since sex is a man’s primary drive, if they are getting plenty of it without offering commitment, security, stability, strength, or ambition, he’ll never change. And the consequences to society and culture have been and will continue to be devastating.

This might sound extreme, but unless you can say you’re happy with the direction society is moving today, you bear the responsibility to help steer the course. We owe it to our future children to give them a good father, and we owe it to the future of our society to only let the good men pass on their genes as well as their virtues such as honesty and work ethic to the next generation.

Just something to think about. Happy Sunday :)

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UPVOTES

Careful how you praise him.

KlaiFraï · 7 September 2015 · Archived copy · Reddit

Inspired by the post about showing appreciation to men. Depending what kind of guy you've got, they will respond differently to different kinds of praise. If you compliment him and he doesn't respond favorably, consider that you aren't wording it in a way that he can accept as praise.

As an example, my SO hates comments like "You make the best food" or "Damn you're handsome", but he responds really well to "I really love your cooking today" or "I find you so handsome". Sound the same, right? What's the difference? Objective praise versus subjective praise. He knows that his cooking isn't "the best" end-all-be-all fare, so stating such rings false and irritates him. But he feels great when I'm mentioning how I'M happy how the food turned out, and that I personally find him handsome, because he knows that's subjectively true.

Your SO's might prefer an entirely different style of compliment, but there's mine as an example, so you can find what kind of words work for yours. If you've already got your SO figured out in that department, please share. It might help others out.

Edited for clarification: This doesn't mean overly praise him for every little thing. It should be genuine, and when warranted.

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UPVOTES

Why do some girls feel comfortable being a side piece?

throwawayquestion22i · 25 June 2019 · Archived copy · Reddit

My ex cheated on me my whole relationship with one girl. I read all the messages between them and it's clear he used her for sex and tested her poorly. She just kind of put up with it and excused his behavior. I don't feel angry at her, almost kind of sad for her.

Why do some women feel comfortable being a side piece? Why does a guy need a side piece? How can my ex boyfriend be capable of a relationship and treat me so well yet have this relationship in comparison? Did he like the both of us?

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UPVOTES

"It blows my mind still how supportive you are of me"

mandy330 · 24 November 2019 · Archived copy · Reddit

I've been reading for a while but haven't really had anything to post. My situation is a little unique because the above quote was said a few days ago by my high school sweetheart ex. We're early-mid 20s now for reference.

Backstory: We had a great but tumultuous high school/early college relationship and I finally ended it for good after he left for boot camp and I was finishing up college later that year (age 20, for reference).

We reconnected earlier this year (March) after I went through a terrible breakup with an ex. First it was just friendly reconnecting but turned into something more at the middle of this year. The military had been wonderful to him and he has absolutely changed for the better. He and I both acknowledged that neither of us had been fantastic partners back in high school and, while I'm still in the vetting stage, I really think that this could be something long term.

Real Story: He's mentioned a few times that it's so difficult to find a woman that is supportive about a military lifestyle, with the constant trainings and deployments. He's actually deployed right now, but coming home soonish, which is when I think things will be made official! I've been staying supportive by sending (really cute, I must say) themed care packages. I've also made it a point to only be positive while he's gone, because there's no reason to bring him down any more when he's been gone for his birthday and will be gone for the holidays as well.

Well it seems to be paying off, because he's constantly saying how happy he is and that I'm such a valuable support system while he's gone. He's also joking-but-not-joking about me moving to his duty station. I am so happy that I can be there for him and I'll be even happier when he's home!

I also saw a post recently about getting back together with an ex. One of the top comments mentioned that it's only feasible if both parties have changed pretty dramatically (for the better!) and I definitely agree. I feel that vetting is even more important with an ex but it can also be easier because you have the past as a reminder of what was actually wrong in the first place.

I hope you ladies have a lovely Sunday!

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UPVOTES

My boyfriend [25m] and I [25F] just broke up after 4 years.

femmewoman · 2 November 2020 · Archived copy · Reddit

After 4 long years we are splitting up. We have both been so unhappy with each other and we haven't progressed in our relationship. Sunday morning I realized i can't keep doing this to myself. I think I always knew it wouldn't work out and I was okay with waiting it out to see where things went. Sunday morning it just clicked. I need to move on. Although I still have love for him. I know what I want now and I'm sure he doesnt want someone like me either. After all this he still thinks the relationship went wrong all because of me. Which is not true at all but at this point I shouldn't care about convincing him or anyone else otherwise.

I'm scared of what my life will be now. I am moving back home with my parents since they don't have an extra room ill stay in ghe garage. I just turned 26 actually. I should change that but.... I guess I really do want something love. I want to be with someone who I want to marry and have kids with and start a life with and be excited over. The past 4 years have not been that way. The past four years my bf has said things that have hurt me so much. Things he probably doesn't even remember and I have felt really unworthy. I just keep telling myself I need to work past my flaws now and try to be better.

Does anyone have any advice for someone going through a breakup?

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UPVOTES

How To Change The Kind of Man You Are Attracted To

CountTheBees · 22 January 2021 · Archived copy · Reddit

I have noticed my sexual preferences changing (for the better!) over the years, so I will chronicle here what I think brought about this difference. If anyone out there has (or had!) a bad picker, would like to hear your thoughts on how you selected your mates, and if you've ever consciously or subconsciously changed it. Anyway, here's the deets!

Change Yourself

Make a list of everything about yourself you are unhappy with and pick a Top 5 to tackle. Make sure they aren't nebulous - e.g. "I'm not very nice" is a terrible goal. Set something *measurable* and achievable. If the goal seems impossible after a month, reduce the goal and try again. E.g., do x new hobby on Wednesdays, run 5km on Saturdays and Sundays, etc.

Self Moderate

Stop consuming bad media. Including trashy song lyrics, trashy TV shows, trashy social media, trashy experiences, anything that makes you go "Hmm, this will probably rot my brain if I consume enough of it". Eventually you'll catch yourself saying things you don't agree with, and that's fine! It means it's working. You'll begin to change the way you think and speak. But it must start from removing bad outside influences.

Change your friends

Similar to avoiding bad influences. Get rid of all the ones you don't really like. Make up an excuse 3x in a row when they want to hang out and it should be enough. Additionally, stop talking to such people even as casual acquaintances beyond a polite "Hello, How are you?"

Start actively looking for positive traits in people and telling them

Both men and women, everyone. Start recognising what individual aspects make them good (and bad). Don't be afraid to judge people, very critically, and figure out what it is exactly that makes them bad and good. Figure out where your feelings of admiration and repulsion come from, and explore them, and test them. Finally, say them out loud: "Hey <friend or acquaintance or family member>, I really like how you _____. I admire you very much for it." And keep noticing good things! Bad things don't need to be said out loud. You can write those in a journal instead, but it's important to at least find out why you think they're bad.

Discover what makes men masculine

You're going to fall for them, so figure out what makes men different to women. What are men better at than women? Why? What do you admire in a man but not in a woman? What do you admire in a woman but not in a man? The biggest BP lie is not that men and women are the same, it is that *they can be the same*. Why do men thrive on danger, but women avoid it? Why do women dislike STEM subjects, even when they're good at them? Why don't men care about the difference between cool red and warm red? Hint: **it's not upbringing**.

Simply noticing these differences is enough to begin with. Eventually you'll notice some amazing things about masculinity and learn to appreciate it and seek it out.

Define three things you want in a man and compare men you know against these traits

Don't make these superficial characteristics like looks or sexual attraction. Instead, make them characteristics, i.e. "intelligent, brave, good leader" etc. Aim high, but only three traits. Then go through men you know and honestly compare them against these traits. Come up with specific examples of their actions that show they meet them/don't meet them. I started with three that were most important to me, and it seemed impossible to find men that matched all three. My current boyfriend, however, does, and I wasn't even conscious of it at first.

Background

Since doing the above, I have changed the kind of person I am attracted to. I used to dislike masculine men, and liked feminine or dandyish men, which was a problem if I want to feel safe and protected. I used to feel a great connection with misanthropes but now I instinctively avoid them. I also aimed low and didn't quite know what I wanted. I liked men that would be too distant from me, whereas I need affection and affirmation. I used to crush on people that I knew were not good enough for me to be with. So it's quite a big jump from that to my current boyfriend, who is everything I admire, respect and need.

I believe the above steps helped me the most and I wanted to share here, because vetting is useless if you're attracted to the wrong type of person in the first place.

And remember,

Attraction is not negotiable!

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UPVOTES

How to be a better wife

smokey_lace · 24 February 2021 · Archived copy · Reddit

Stay at home mom of nearly 10 years here. I've only recently (last 2 years) embraced my role and actually started enjoying it. Before then I've always felt tied down, resentment, and jealous of my husband because he could get out and work. It caused some hardships in our relationship but with the kids getting older I feel completely different.

I now enjoy my husband getting to come home to a clean home, his laundry washed, folded, and put away. I enjoy the fact that he only does a load of dishes maybe once a month after weve had a sleepover or a dinner etc. I thoroughly enjoy knowing that my husband is sexually fulfilled and happy in the bedroom.

Our children will be starting school full time next year and with all this new time on my hands, I want to make sure I am doing the best I can for our marriage, family and home. Aside from the basics: laundry, dishes, sex, clean home etc, what are some things you ladies do for your man/family? What can I incorporate to give my husband a happy life? When I ask him he always just says I'm doing great, take a break and relax etc. I just want to take care of him like he takes care of us. Thanks in advance!

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UPVOTES

What kinds of compliments do men appreciate most?

cheeky_chameleon16 · 15 May 2021 · Archived copy · Reddit

My man listens to ASMR to fall asleep sometimes. His birthday is coming up and I thought, along with a gift, I could make an ASMR recording of myself giving him affirmations. I know every man is different, but what kind of compliments stick the most with men/most appreciated compliments? And any other ideas I can put in the recording would be awesome! :)

EDIT: Thank you for all your replies and for taking the time to reply!! Definitely been helpful!

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UPVOTES

Symbiosis in Action

Jenna_Rink30 · 4 August 2021 · Archived copy · Reddit

I have a fairly relaxed life, for a lawyer. My hours are super easy but I get paid relatively well. I'm senior enough to be in charge of my own time. And I effectively work half days. Less.

On the other hand, my SO kills himself with work. It's his own business and it's in a boom phase. He hardly eats, hardly sleeps, and is just super wired.

As a unit, I contribute a fair amount financially but he's the pseudo-breadwinner and I'm the pseudo-housewife and we know this. I cover maybe 1/3 of expenses, don't drive (I quit), etc. He doesn't do chores for the most part, usually only if I ask or someone is coming over.

I was recently struggling with depression, which was situational and which I overcame. Last night, I was just super excited and bragging about how zen I've been feeling of late, overcoming the issues. He responded saying that it's because I didn't have a stressful job and asked if I wanted to be the one who brought in the millions. I laughed at him and said "Would you like to be the one that cooks three meals a day? Can I get you anything, sir? Tea? Coffee? Comfort? A pound of flesh?"

He looked at me sheepishly and said no, not a chance. We then both burst out laughing and he thanked me for holding down the fort while he's going through his rough patch with stress.

Ultimately, this works for us. I had a job that made me a ton of money, but I quit - because I hated it. I love nurturing. He loves hustle. Being successful in his career is important to him. Holding down the house is important to me. I want to mother, more than I actually want a child.

I also enjoy cooking and tidying up. We have a maid once a week for the major things, and a dishwasher, so it's really just cooking, tidying, and nurturing. He also bought me an Instant Pot and I've now asked for fancy knives so that's next. Nothing is a chore.

I'm not with him for his money and he's not with me because I cook, but our relationship is symbiotic (albeit with ups and downs). He makes my life richer materially, I make his life richer by enabling him to operate at his peak, taking care of home and him. We both grow together, support each other, and have fun.

To me, this is it.

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UPVOTES

How To Bring Down A Hero

CountTheBees · 8 September 2021 · Archived copy · Reddit

There's a great quote from "The Acts of King Arthur and his Noble Knights" by John Steinbeck. It is spoken by Sir Kay, who was once a great knight, now reduced to a coward. He explains why to Lancelot.

"What happened, Kay? What happened to you? Why are you mocked? What crippled your heart and made you timid? Can you tell me - do you know?"

Kay's eyes still shone, but with tears, not pride. "I think I know," he said, "but I wonder whether you could understand it."

"Tell me, my friend."

"Granite so hard that it will smash a hammer can be worn away by little grains of moving sand. And a heart that will not break under the great blows of fate can be eroded by the nibbling of numbers, the creeping of days, the numbing treachery of bitterness, of important littleness. I could fight men but I was defeated by marching numbers on a page. Think of fourteen xiii's -- a little dragon with a stinging tail -- or one hundred and eight cviii's -- a tiny battering ram. If only I had never been seneschal! To you a feast is festive -- to me it is a book of biting ants. So many sheep, so much bread, so many skins of wine, and has the salt been forgotten? Where is the unicorn's horn to test the king's wine? Two swans are missing. Who stole them? To you war is fighting. To me it is so many ashen poles for spears, so many strips of steel -- counting of tents, of knives, of leather straps -- counting -- counting of pieces of bread. They say the pagan has invented a number which is nothing -- nought -- written like an O, a hole, an oblivion. I could clutch that nothing to my breast. Look, sir, did you ever know a man of numbers who did not become small and mean and frightened -- all greatness eaten away by little numbers as marching ants nibble a dragon and leave picked bones? Men can be great and fallible -- but numbers never fail. I suppose it is their terrible puny rightness, their infallible smug, nasty rightness that destroys -- mocking, nibbling, gnawing with tiny teeth until there's no man left in a man but only a pie of minced terrors, chopped very fine and spiced with nausea. The mortal wound of a numbers man is a bellyache without honor."

There you have it, that is How you Bring Down A Hero. You take him away from his calling and you force him into something important and necessary yet deadening. Kay used to thrive on fighting and swordsmanship and riding and hunting - but now he is a numbers man.

If your Hero is a mathematician - force him to teach schoolchildren. An athlete? Give him a desk job. An engineer - why it couldn't be easier, promote him to management! A farmer? Public service. If he wants to fly to the moon, get him to dig for oil underneath the ground.

And if he ever complains or holds out hope for his true calling - tell him - "That will never do! How will we afford the house? How will we pay for the children's school! You must dig for oil underneath the ground, there is no other way! I have expensive tastes you know - and saving up for years will never work. We'll have holidays to take and a mortgage to pay. Any savings will be used for everything else!"

Once you've done that, you've already Brought him Down to Sir Kay's position. He should be demoralised. You can make it even worse. Even Sir Kay, though he was reduced to meekness, still persevered because he had purpose. When Lancelot said:

"Then burn your books, man! Rip your accounts and let them take the wind from the highest tower. Nothing can justify the destruction of a man."

"Eh! Then there would be no feast; in war no spears or food to make the battle possible."

And Sir Kay slept gladly at night, because he was still needed to keep the feasts going, the spears ready and the battles fought.

Let's say your man, like Kay, settles into his new groove. The work, while completely ill-suited to him, he unexpectedly excels at, and performs capably, and begins to feel a little proud of. Even if he is not living the dream - at least he's good at supply chain management, and mining is an important industry! Hundreds of people depend on him, more if you think about the downstream uses! He begins to feel necessary and irreplaceable. It would take them half a year to train a replacement - and everyone looks up to him and respects him because he is great at his job.

This will not do; let's figure out How To Bring Him Down even further. If he ever complains about hardship at work, repeat it back to him. Start pointing out how stressful his job is, how bad the hours are. His boss is a jerk. He could get paid more somewhere else if he quit.

Women and men differ in that a job is not just an income for men. **Men derive their worth from their actions and work. Women derive their worth from who they are loved and cherished by.**

So, to make him feel worthless, all you have to do is demean their work. "What is that job good for anyway? Don't you know the mining industry is evil? You're not helping anyone! Go into another industry, something better for the environment. Your boss can deal with it himself, imagine if it all fails without you! Ha! Serves them right!"

If he balks and refuses and holds onto his manly pride as a provider of the family, you can deliver the crushing blow.

"Don't worry honey, we don't need your income anyway. Take a few months off, we have plenty of savings and I will still bring in an income."

This will surely Bring Him Down! After suppressing his nature, and dismissing whatever status he has earned, you now strike his own sense of importance as the man of the family. If he can so simply quit, it means the family *doesn't need him*. He will feel utterly useless to the people he loves the most. He would rather be worked to death and appreciated by his loved ones than relaxing, unappreciated, unneeded. **Men need to be needed.** Without that, they lose purpose.

As for How To Bring Down A Heroine, Bring Down Her Hero.

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UPVOTES

The power of the Manic Pixie Dream Girl

Throwaway230306 · 20 December 2021 · Archived copy · Reddit

Last weekend my husband and I went out for a rare date night (parents of three kids here). After dinner, we were hanging out at the bar, listening to a musician who was playing that night.

It was just a quiet, chill time, until I had the idea to do some doodling on bar napkins. (I admit that I already had a drink in me and was sipping the second.)

So I made a big show of hiding my work from my husband, and in the meantime I sketched a penis and a vagina and revealed them with a big flourish. Then I turned the sketch into a cactus and a flower. My husband was looking at me, kind of smiling and shaking his head, like, "okay, you goofball." I studied his face very carefully, drew his "portrait" and dramatically signed my masterpiece.

At that point, my husband was laughing and got into it too. He grabbed some napkins and totally negged me with a caricature that had me squealing "I don't look like that!!" Then he drew me naked. And so on. We were laughing hard and having a blast.

Enter the Manic Pixie Dream Girl

On RPW, we often talk about the virtues of being childlike (as opposed to childish). Childlike qualities include being playful, sunny, carefree, whimsical, lighthearted and a bit crazy--the good crazy.

Now, I personally *don't* like the term "childlike" in this context. I get it. I also get why people find it confusing or gross (is it childlike to draw funny penises at the bar? Eh..)

If childlike works for you, run with it. However, for me, a better and more culturally resonant comparison is the trope of the **manic pixie dream girl** (MPDG).

The MPDG is a female fictional character who's playful and fun, who makes the brooding male protagonist catch the feelz. The film critic Roger Ebert described her as "a girl who is completely available, absolutely desirable and really likes you" (in regards to Natalie Portman's character in Garden State). He also called her an "unbelievable movie creature." And, of course, feminists hate hate hate the MPDG.

So. Forget childlike if you don't like that term. Take up the Manic Pixie Dream Girl.

No, not all the time, as that would make you annoying. And not just for any man, but for the right man. Do it consciously, using the right dose. Add dashes of the MPDG to your dating, to your relationship, to your sex life. Leverage the power of Manic Pixie Dream Girl fantasy, that "unbelievable movie creature" who makes men *feel*...and have fun.

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UPVOTES

I'm finally updating my wardrobe and it's made me realize how much I neglected my mental health.

KombuchaEnema · 30 October 2022 · Archived copy · Reddit

I am 25 but my clothes are from high school. T-shirts and flared yoga pants.

So I have work uniforms, pajamas, and t-shirts and flared yoga pants.

I do have dresses, but none of them fit right. I never tried any of them on before buying them. I bought them cheap on Ebay when I was like 17 and they are not flattering for my shape. Also, many of them are from my "I want to be a goth anime girl" phase.

So I've decided to slowly build an actual adult wardrobe. And honestly I'm so excited. We can finally afford it. I don't have to feel bad about spending money on decent clothes. And I will actually be trying on these clothes before I buy them!

I just wanted to tell someone. My husband isn't very talkative so most of his feedback is "that's great honey" or "I'm happy for you."

I didn't realize how much wearing old ratty clothes and sweaters with holes in them was destroying my mental health. For years we were living paycheck to paycheck and paying off debt. I busted my butt to get through school so we can make more money. I handle 100% of our finances (my husband has ADHD) and my primary focus has been on paying off debt as quickly as possible.

I just want to feel pretty and put together again. I have been feeling like a swamp monster for years.

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UPVOTES

My boyfriend says he wants variety

Alternative-Wear7605 · 15 October 2023 · Archived copy · Reddit

My boyfriend (27m) and I (22F) were watching a podcast where a man stated that one woman cannot sexually satisfy her man because men want variety. I ask him his thoughts on this and he agreed and said that at some point in every relationship the sex will get boring and men will want to sleep with multiple women. This bothered me because I am very monogamous. The thought of him sleeping with other women makes me nauseous So I had a discussion with him two days later stating that it is a deal breaker for me- if he steps out of our relationship, it will end. And that it is selfish to think that it is okay for a man to have multiple partners while the girl must stay loyal because in his logic since it is “in a man’s nature” to have multiple sexual partners, it’s also in a woman’s nature to want the best man that she can get. so there is a sacrifice being made on both ends because there will always be a “better” man.

So I ask if that is something that would cause him to be unhappy in our relationship and he said he’d be unhappy but that’s just one area of his life and it’s not enough to leave the relationship... otherwise he wouldn’t be with me. And that he’d ask/tell me before if he were to want to sleep with someone else. (A little background we both have the same sex drive if it’s not higher on my end so the frequency isn’t a problem bc I’ll gladly do it everyday)

Is he just too honest and this is how all men think? or is his thinking flawed? My biggest fear is wasting my best years on someone who will eventually cheat Plz any thoughts and advice would be appreciated

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UPVOTES

I can't help but feel lied to by Red Pillers. Help me understand?

littlensillybaby · 3 April 2024 · Archived copy · Reddit

I thought I'd done everything right. I've kept a low body count, can cook, clean, am submissive, dress modestly, don't have any social media, don't have male friends, don't make out with random people, don't go to parties. I'm younger, in my early 20s, and dating older (mid to late 30s). Edit to add: also decently pretty, skinny, cute. Don't have trouble finding dates/getting attention/meeting men that will commit.

Recently went out with someone that seemed like the perfect gentleman on the first date... and turned into someone completely different by date 2, once he realized he wasn't getting laid.

I hadn't checked before but this same guy (37M) follows women (I'm assuming that he matched with, on dating apps) that wear very revealing clothing, go to night clubs, are closer to his age ("post-wall"), clearly have not kept a low body count and post bikini pictures on their social media. Which is... exactly what red pillers say is wrong with "modern women"?

Guy insists he's looking for a long term relationship. Supposedly wants marriage and children. But... is matching with women like that?

I think what shocked me is several guys that I matched with follow this girl on social media. Clearly we all use the same dating app and are around the same location.

But if guys that take a liking to me, say they want something serious and committed, also like women like her - what is the point of the red pill?

Just venting at this point I guess.

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UPVOTES

A sweet message from him

MajesticShare2232 · 12 April 2025 · Archived copy · Reddit

I'm not trying to brag, but I just wanted to share this sweet message I got from my husband. I try very hard to be supportive and respectful, but I am in NO WAY perfect. The day before I received this I was actually being quite a problem. I just wanted to share as encouragement and to show that even when you fail, if you try your best, your failures aren't that destructive (assuming they aren't outweighing your good efforts).

So on to the message and context... My husband got a bonus from work and we are saving to buy me a new car. He said that it was more money in the car fund and I told him that he could spend it on himself as he did technically earn it (I also work full time, so its not like I don't contribute or get my own bonus'). And he responded with: "Without you in my life and by my side supporting me it would be a lot harder to "earn" anything. Having you as my wife is truly the biggest help I could ask for. So yeah, I showed up at the building every day. But you earned it as well."

I hope and pray that those still looking find their good man. Vetting is very important, but when you find one, they are worth their weight in gold!

(Also hope this was appropriate and on-topic. Feeling a little out of left field with this. 🙏)

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UPVOTES

After our engagement, I trusted him to provide while I prepared for our wedding/pregnancy plans for this year. He ended it and began dating right after.

goldenperiwinkle · 9 July 2025 · Archived copy · Reddit

We were engaged. I stepped into my feminine fully — softened, supported him emotionally, cooked for us, slowed down my career, and stopped working so I could prepare for marriage and eventually motherhood (we planned to start trying for a baby at the end of this year). We both agreed he would provide financially while I rested and transitioned into this new chapter.

I helped him grow his business and shift into a new income bracket. I believed in his vision. I believed in us.

But shortly after I stopped working, he started to distance himself emotionally. He eventually ended the engagement abruptly — no closure conversation, just an emotional shutdown, and then silence. No real plan to make sure I was okay financially or emotionally. No effort to repair or transition out responsibly.

Now, not even two months later, I find he's posting in Reddit threads about ejaculation control and how to pick up women.

I feel used. Confused. Heartbroken. I was showing up as a wife, believing in our future, and now it feels like he's acting like none of it mattered. I can't stop asking myself: was I blind? Did I give too much too soon? How do I move forward from this with self-respect?

What would you take away from this experience if you were me?

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UPVOTES

Red Pill Men Experience the Anger Phase. Red Pill Women Experience the Hopeless Phase.

Jenneapolis · 2 March 2026 · Archived copy · Reddit

Red Pill Men's "Anger Phase"

In the men's spaces, they talk about the "*Anger Phase*." This is when men new to TRP are seeing women, relationships, and gender dynamics through a new lens and experience an extreme sense of anger, betrayal, and shame. They feel they've been lied to their whole lives, that being the "good, nice guy" doesn't pay off, and they are PISSED. These are the men you see online saying nasty things about women, vowing to f*ck over all women as they have been f*u*cked over, feeling nothing matters and going into full rage mode.

(\Male ECs: feel free to add/correct anything in the comments)*

Red Pill Women's "Hopeless Phase"

So what happens to women when they first come to the realization of Red Pill Women principles? When they learn about "The Wall" (the MOST PAINFUL concept for most women). When they realize the liberal, outspoken, boss bitch, casual sex party life they saw on TV won't bring them joy and fulfillment? When they learn the role beauty, age, girl game, agreeableness and submissiveness (just to name a few) play in obtaining and keeping a successful relationship? When they realize they were raised by society to actively work against their own best self-interests?

Women go into the "*Hopeless Phase*." This phase is characterized by extreme depression, feeling defeated, and believing there are no actions one can take to make things better. Women may believe they are too old and ugly for any man, they will never have a successful relationship with a man they desire, and they must settle for the bare minimum. They often obsessively focus on age (as it's something we can't control) and physical appearance (some of it within our control but some not) and begin to pick apart every inch of their bodies. They panic at the *idea* that (they think) ALL men get better with age while they will not and panic that either no one will want them or their partner will leave them for a younger woman. They stay in horrible relationships out of fear they can't do better while often treating their partners like crap because they are dissatisfied but won't leave.

So if you are new to RPW and in the hopeless phase, what can you?

Combatting the Hopeless Phase

1. *Read all the books and the wiki.* Seriously, if you aren't reading, you aren't serious about improving and just want to complain and act like a victim.

· Read [Fear of the Wall](#) and [Why I'm Sick of Hearing About it](#). Then read it again. This is ESSENTIAL RPW reading IMO.

2. *Get off the men's spaces.* We say it over and over again and still people don't listen. It's fine if the men's spaces are what led you here – that is true for many of us – but you are here now, you found us, you can breathe. Now is time to release yourself from the men's spaces until you are some years in, have read and absorbed the books and wiki thoroughly, and no longer feel hopeless.

3. *Touch Grass.* Go out into the real world and look at real couples. Spend some time offline. Online is not reality. Go to the mall and look at couples together. See the variety - the age differences, attractiveness differences, etc. Think of the couples in your life you admire and how they act around each other. Ground yourself in reality and realize life is not as bad as you are making it out to be.

4. *Focus on improving what is in your control.* There is SO much within your control, way more than you think. Remember the serenity prayer: "Grant me the serenity to accept the things I cannot change, the courage to change the things I can, and the wisdom to know the difference."

· You can change so much of your behavior and overall outlook on life which is most often overlooked by new

RPW. They focus on age and beauty while remaining an emotional trainwreck driving men and partners away regardless of how hot they may or may not be. Put in the work on yourself emotionally, mentally, and spiritually. Be the goddess of fun and light, be positive, be agreeable (not a door mat, there is a difference) and be emotionally stable. Have a balanced life and know who you are.

· Control what you can appearance wise, weight and fitness being a big one. Learn what men care about (weight and an overall “put together” look) which is often not what women care about (e.g. makeup, attire, a nose that is a bit too big or whatever “flaw” you obsess about then men don’t even notice). Remember looks get you in the door only. What you do from there is based on your actions.

For new RPW, the Hopeless Phase can be overwhelming just as anger can be for men. And in both cases, living in these states drive decisions and behaviors that will only take you further away from what you want to achieve in life. They are both phases of low accountability and victimhood which turns off everyone.

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UPVOTES

Do you ever realize how lucky we are?

bambiliftsweights · 17 September 2018 · Archived copy · Reddit

Do you ever just sit and think about how lucky we are to have found this way of life?

Maybe it's not for everyone but RPW has made me very very happy for 5 years.

I read Fascinating Womanhood five years ago and it changed my life.

It's made me who I am today.

Who else here is really grateful? How has RPW improved your life??

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UPVOTES

A Visit to the Office

GingerDoughGirl · 22 December 2018 · Archived copy · Reddit

So, we did it! After an eighteen month engagement full of lots of obstacles and changes, we are officially married. I am certain reading this forum (and participating under different pseudonyms) has helped get us this far and help me know I vetted well. This is not a field report about the wedding though...his coworkers asked him to bring me in so they could meet me. At his last job that never happened but maybe wife status makes a difference.

So, even though it has been a busy week and we just got back from our honeymoon (which was fun but not so much relaxing), I got ready to make a good impression RPW style. We live in a conservative area where family oriented values are prized, so it is a social status thing to have a good wife. I curled my hair, put on makeup, chose an outfit based around my warm autumn palette and put on some heels. I baked snickerdoodle cookies using my husband's mom's recipe and chocolate cookies using a recipe my husband found. I brought the cookies in a giant Santa tin with holiday napkins.

Turns out someone had been fired this morning from the company. Multiple security guards were there and tensions were high because the employee had made threats on the way out of the door. I came bearing sweets with a bright smile. My husband took me around to the different administrative offices to introduce me. One of his coworkers asked to take a picture of the company newlyweds in front of makeshift holiday photo booth. His boss (a man not much older than we are) announced that he was a very lucky man. My husband said he chose a good woman and his boss agreed. I was only there for maybe twenty minutes before my husband dipped out for lunch with me. When he got home from work he told me his coworkers loved me and the cookies were a hit. He said they are looking forward to the next time I stop by with treats. (I am thinking of sending in muffins one Monday a month.) My husband was so happy and proud of me.

Thanks RPW for inspiring me to take my girl game up a notch and helping me get the kind of life I have always secretly wanted. :)

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UPVOTES

The discontented wife

Zegiknie · 31 January 2019 · Archived copy · Reddit

So you upgraded your last boyfriend and the one before and the one before that and you got married to an amaaaaazing guy. Only, he...

Yeah yeah... The thing is, nobody is perfect. And there will always be someone out there who is better in some way.

At one point, you have vetted, and decided that this is a worthy specimen. And now you will submit to him. And devote your efforts to preventing him from wishing he had gone MGTOW, instead of marrying you. To make *him* not regret marrying *you*.

But you wish he was just a bit more...

Sexy! All the other stuff we tend to complain about usually gets overlooked, or looked at in a positive light, as long as the attraction is strong.

So let's set about changing our men. *Wait, what?!* Well, yes, obviously we should accept them. And changing them doesn't work directly. But you *can* make changes that may or may not have a positive effect on him. The ones I describe will make you a better wife/person even if they don't improve him. And they will improve his satisfaction with you. So it's a win however it works out :-)

What makes a man attractive?

Dominance. This one comes from confidence and testosterone. You can increase them both! Don't give him any mint tea, do give him time to exercise and let him win (a win spikes testosterone levels). Being submissive yourself will naturally bring forth his dominance. Compliment him.

Social status. You can increase his. How? By being amazing yourself *in the presence of his friend/family/coworkers*. Having a sexy wife does wonders for how others perceive and treat him. And seeing others look at him in awe, makes you appreciate him more (because the hivemind is real).

Body. Things that are needed for a good one: time to exercise, enough sleep, little stress, having healthy food on hand. I don't know about you guys, but when I eat unhealthy, it's often because it is the quickest option. Prepare some healthy snacks and meals for your man!

Grooming and clothes. Iron the shirts for him. Compliment him and look at him *that way* when he looks after himself. Run him a bath and give him a massage. Care and self-care go hand in hand.

If you ever get frustrated and discontent, you can STFU and choose to say: this is enough. And it is good this way. Or you can indulge your inner diva a little and do something off the list (that you should be doing anyway). Don't make it a covert contract! But redirecting your impossible-to-please desires in a positive way can tide you over until sense hits :-)

This works in other ways, too. Messy husband? Get him an extra trashcan and have an easier laundry system in place so he knows where to leave his junk. Ill-tempered man? Increase massage frequency. Annoyed with him? Rage-clean and put your own bad mood to good use (or the corset, bunny tail & martini thing, if the house is in order. Or exercise).

Do you have other non-annoying ways to redirect your own negativity?

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UPVOTES

The story of a man worth respecting: How I met my father

orangeBumble · 1 April 2019 · Archived copy · Reddit

I've been lurking on here for about a year now, but it was only today I decided to make an account and post. Originally, I was going to post about a problem I had, but while writing it, I realized I had a stronger desire to share a story about the man who commands my respect more than anyone: my father.

Hear me out. I know lots of women love and respect their fathers. However, I do think my situation is different from most and that my father is different from most men, which is why I want to share it.

I was the result of a one night stand, and because of that, I didn't know my dad while I was growing up, and he didn't pay child support or anything. There was no relationship or contact whatsoever (though I did know his name, and would Google him sometimes as a child). I was raised by my mom and grandparents. My grandparents were great and loving, but my mom was drug-addicted and abusive. At a certain point, when I was 8 or 9, she came home drunk one night and assaulted my grandmother, went to jail, and ended up losing custody of me and my siblings. Once she lost custody, my grandparents decided to reach out to my father, though he didn't know I existed up to then.

To make a long story short, he decided to meet me. And since day 1, he's been the best dad I could ask for. Literally, on the first day we met, he spent time helping me with my homework. He would fly to visit me every month, he came to every school play and sports event even though he lived across the country, and he'd spend hours with me on the phone even though I couldn't have been terribly interesting as a child. He's been the source of nearly every opportunity I've had in life. Now that I'm 23, we live in the same city, and we get dinner together every Sunday night.

One time, I spent two hours with him on the phone, and at the end he mentioned he was on a date. I freaked out a little bit, but then he said, "I stayed on the phone with you because you're important." He's not the best in romantic relationships--he's a perpetual bachelor and terrible at vetting--but he's been a wonderful parent to me.

I had a conversation with him last night, where he told me what his parents said when he first told them about me (before I met him). Apparently his mom told him there was no way I was his child, and to fight the child support case with everything he had. But apparently his father said, in essence: "Hey, you love kids, and this kid needs a dad. Who cares if she's really yours? Why not just be that for her?"

I never thought about this before, but I have a childhood memory of getting swabbed for a paternity test after I met him, and then him and my grandparents going over the results with me. This was months after I met him. It wasn't until reflecting on last night I realized what that means: it means that he chose to listen to his dad. He wouldn't have developed such a relationship with me and told me he's my dad, only to leave if the result came back negative. He chose to be my dad whether he biologically was or not. Upon realizing this, I felt so loved; I never realized until now that he chose to love me and be my dad without even knowing if I was really his.

I realize he's not a paragon of RP philosophy. You might even argue that it was BP of him to essentially adopt a child that might not have been his. But I consider him a RP role model for me because of the way he commands my respect. I struggle with RP philosophy sometimes--when I first started reading here, I wondered how anyone could put so much faith in and have so much respect for a man--all I could think of were the bumbling boys I knew at school. But then I realized how much I respect my dad, and realized how wonderful it would be to respect my future husband that much.

I had a conversation with my friend the other day where she told me that it's important in a relationship for the man to first love and then respect the woman, while the woman should first respect and then love the man. My first thought upon hearing this was that it made sense. My second thought was of how much I struggle to respect people (beyond, you know, a base level of respect for everyone). My third thought was then to think of the qualities I respected in my dad: what commands my respect in him? What makes someone respectable? Then, a fourth

thought: if I want to marry someone worth my respect, I should be worth their love. Finally, a fifth, depressing thought: I don't think I'm lovable. I'm defiant, I struggle to be gracious and feminine, I'm try-hard, and I need to lose weight. For so long, I wonder if maybe I haven't fully adopted the strategies here because I'm worried they might not work: what if I'm so unlovable that not even RPW tactics can save me? It would be scary to find out.

But then, after talking to my dad last night, I realized that maybe I am worth loving. Evidently, he loved and continues to love me. And it's not just because he's my dad: he loved me when he wasn't even sure I was his. And that makes me feel like I'm worthy of love, and that there's hope for me moving forward.

I watch a lot of Korean dramas. There's this pattern I've noticed, where when a dad is about to die, the thing he'll tell his daughter is this: "I hope that in my next life, you'll be my daughter too." Last night, before I said goodbye, I told him about this, and then I said that even though I don't believe in future lives, I hoped that in my next life, he'd be my dad, too.

I hope this was okay to share. I'd be curious what takeaways you see in the story, or what RP lessons you think there are to extract. I'd also love to hear about your fathers, and the ways they taught you to respect them and others, and how they showed you their love for you.

TL;DR Met my dad when I was a child, realized he had actually decided to take on the role of being my dad before he even knew I was his biological kid. Got emotional, realized I'm worth loving.

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UPVOTES

Women's Rights: Bring Back Dominant Masculinity to Protect Women

dusty_dungarees · 17 September 2019 · Archived copy · Reddit

I made a video about how increasing healthy male dominance in family life and society at large will result in safer homes and streets for women and children. This will solve the problems that Women's Rights activism has thus far failed to rectify. Any thoughts?

Please note I am a Christian, so my approach is Scripture-based.

<https://youtu.be/0mQx9YrgAn8>

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UPVOTES

Avoid Distractions: Stay Focused On Making Yourself Better

cknyakina · 4 October 2020 · Archived copy · Reddit

Have you heard about the story of The Man in The Well?

It goes something like this. Once upon a time there used to be a man who roamed from region to region forced by poverty and circumstance to find a new home. As he made his way, he came to a forest that was so dense and thick. As the story goes, the man got lost in this forest and it wasn't long before his path led him to a charging elephant.

Afraid for his life he dashed away but in his efforts to escape the charging elephant, he came across something more dangerous and sinister, a sword wielding demoness. Shocked and fear stricken by the presence of the demoness, the man sought to flee to a more safer place to hide. It wasn't long before he came across a tall towering tree that would provide him the protection and security he so much needed.

The man tried to climb the tree but it was too thick for him and the branches were so up in the tree for him to hold on to. Standing before the tree, his hope faltered as he heard the approaching rumble of the elephant and the ghastly screech of the demoness who was nearly upon him now. And then something caught his sight. An abandoned well that plunged deep into the ground just a few feet from where he stood. Panicking and afraid of what might happen to him should the demoness catch him, the man jumped head first into the well without too much thought.

It was while he was falling that he realized what a great mistake he'd made. Luckily for him, before he could hit the bottom of the well, the tangled vegetation that had colonized the well, caught him up preventing his fall. Dangling with terror above and the unknown below he clung on to the walls of the well. As his eyes adjusted to the darkness around him, he soon realized what he had thought was the ground below him were but a number of snakes that had been stirred up by his presence in the well. Amongst the snakes was a great python with his mouth wide open as if expecting his fall. His attention turned towards the mouth of the well as he heard the elephant madly pacing its edges and shaking the walls of the well. At the edge of the vegetation there were mice eating it away. He wondered how long the tangled vegetation would hold him before giving him up to the snakes below him.

As the elephant above paced around the well, it hit the tree and a honeycomb that was lodged into the tall tree came falling into the well onto him. He clung as on to the walls as the bees bit him with anger. And then in that moment the man caught the taste of the sweet honey as it dripped from the honeycomb through his tightly shut eyes and until it finally reached his lips. And all he could think of in that moment, was not the danger he was in but how he could get more of that sweet honey.

The story above is a parable. It has its roots in the Indian tradition. It is about the cycle of death and rebirth. The man roaming from region to region and is lost wandering in the forest represents the cycle of death and rebirth. The man himself represents that part of us that is trapped in the cycle, the elephant is death itself and the demoness is infamy, old age and disease. The man flees in fear of these towards the tree which represents liberation, a place where death and disease can't reach. The man however can't attain such salvation because he isn't well prepared. The man can't climb so he dives into the well, which represents the human condition, what it means to be human being who has not yet been liberated from the cycle of death and rebirth. The well is filled with snakes which represents our desires and passions, our attachments and aversions. The great python in the middle represents where we are headed if things don't take a turn for the better. A hellish rebirth. The tangled vegetation represent the limited time we have while the mice represent the wearing away of that time. The bees represent our pain and everyday troubles. And the honey represents the seemingly satisfying pleasures that distract us from our troubles. The honey is not something good, it causes us to ignore the seriousness of our situation, it causes the man to forget the urgency of getting out of the well.

There is a lot that we do daily that is geared towards forgetting our pain. Procrastinating, Using drugs and instant gratification. All this things do is make us feel good, only for a brief moment while making us forget of the bigger picture we should be pursuing. We do not want to take responsibility for our lives but whether we choose to act now

or later, it doesn't change one simple fact: The clock is ticking.

At some point in your life you'd have to accept that you can no longer keep blaming your guardians for the way your life turned out to be, even if they did negatively impact it and take responsibility for how your life will be. One of the most empowering statements I did come across is that **NO ONE IS COMING**. You have to start taking steps to get better. Improve yourself. Be geared towards your goals.

The best gift we have in life is the fact that to some degree we have the power to shape our lives to be how we want them to be. There is no fate. There is no script to follow. We can pull out of the herd mentality, pull out of conformity and create a magnificent life for us that we can be proud of.

Stop being a victim, Stop being entitled and take control of your life. The tall tree has much more to give than the well but to attain it, it requires self discipline and higher level of awareness and an unbiased view towards the truth.

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UPVOTES

[NSFW] Getting myself out of a slump

ninachaton · 26 January 2019 · Archived copy · Reddit

Today I feel like crap.

I'm going to try and rectify that by putting on a corset, fishnets, and a bunny tail and serving my captain a martini like a sweet little hostess.

Wish me luck!

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UPVOTES

Sex pheromones and feminine cycle

SEnutshell · 26 February 2020 · Archived copy · Reddit

Hi ladies, this is something I would like to share with you (sorry about the TMI part :P).

Two weeks ago I was on my period. I was feeling a bit down but most of all, my captain was ANNOYING me. As a result of these exacerbated feelings, I was a bit petty and less sweet than usual with him. It was worse than ever before, we've been together for 2.5 years and we're usually very loving with each other.

When we started having sex again, my feelings and behavior changed drastically! Every time I looked at him I felt so in love and I even thought he looked better than the week before. I mean, this may have happened before to a certain extent but this time the change was so drastic that I really thought about it and I came to the conclusion that it was because of the sex. Of course, I was way more serviable and submissive because I naturally like to treat him. His behavior also changed with me.

Proof that it's really up to myself the way I'm treated by my man. When I'm sweet and nurturing, admirative and sexy, he gives it all back to me and we're both happy. The feminine power in setting the mood at home is really powerful.

While doing some web browsing about this, I found a woman named Miranda Gray that wrote several books about women and one that is called "Red moon". I haven't read it and I don't know if I will, it may be a bit too much "witchy" for me but I liked the concept.

Basically she says that our menstrual cycle has a direct influence on our mood (which I think is quite obvious for most of us) and that every phase has its own purpose and advantages that we can use in our favor.

The four phases are :

Dynamic phase (Maiden Goddess) approx days 7-13

In this phase, we can make things happen. Optimum time for mental focus, concentration, learning, physical stamina (basically getting s** done)

Expressive phase (Mother Goddess) approx 14-20

This should be the ovulation phase, what is considered feminine traits are most powerful during this phase. Optimum time for communication, empathy, supporting others, nurturing...

Creative phase (Enchanting Goddess) approx 21-28

Basically PMS. Apparently there is a positive side to it. It's the time to slow down. Optimum time for inspiration, out-of-the-box thinking, problem solving and assertiveness

Reflective phase (Crone Goddess) approx 1-6

Period. Optimum time for inner processing, creative reviewing, letting go, rest and renewal

I found this quite interesting. I'm trying to keep in mind which phase I'm in this month (without changing anything in my habits). I'm supposed to be in the mother phase now :)

I would love to hear what you ladies think about this ! And if any of you has read the book, do you recommend it ?

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UPVOTES

No nice feminine clothing at the mall

yellowbunnypup · 3 April 2021 · Archived copy · Reddit

Ladies, I am so tired of going to the mall only to leave empty handed. It seems its been getting worse and worse over the years too. The clothes are not feminine but instead they are trashy and cheap yet the price tag is high.

When I see a sweater or a shirt I like and I pull it off the rack, I'm met with disappointment when I see that its only half a shirt or it has 'fashionable' holes, rips, words or advertisements.

I honestly just look to how my grandma dresses and look up to her as a feminine feminine example. Her generation in the 50s and 60s had much more style than we do now in 2021. She personally used to like to shop at Eddie Bauer, Macys and JCPenney about ten years ago although even those stores have gone down hill.

I also wish I could find more feminine jackets. I live in a really cold area and I really never take my jacket off most the time in public but I find myself having a hard time finding a warm enough feminine jacket. I have a few but I would like to have more because I were them so often.

I also would like to shop for nice long skirts although it seems most the skirts in the stores now days are really tight and small, or they are hippie/bohemian style which is not really my style either.

I just want to find plain, feminine, conservative, durable clothing I can look and feel good in but its so hard to find. Also with Covid fitting rooms are closed and I don't like to shop online for clothes because I don't know if they will fit but thats a whole other topic.

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UPVOTES

Feel like I messed up in life

throwawayyyhayyy · 17 April 2022 · Archived copy · Reddit

I have always wanted to be a mother and a wife. Cliche, I know. I was that kid carrying baby dolls around everywhere I went and playing home. Marriage, children, and being a SAHW was always a when not if.

However somewhere along the line I got distracted. I decided I was going to pursue medical school (with lots of encouragement from my immigrant parents lol). Thus I spent my entire college years focused on being the best premed I could be. That meant studying all day and night in the library and never going out with friends.

And it worked. I got into med school and began my journey. Except it wasn't until I started that I truly realized how long of a journey this would be. In your head its like another 4 years of school that's nothing. But in reality its 4 years of school, 3+ years of residency, and a whole lot of uncertainty of where you'll be living during this time.

Im 2 years in now and starting to feel the weight of my decisions. Firstly, the fact that I wasted my college years and as a result never met anyone. Secondly the fact that I am in no position to "settle down" for the foreseeable future. Third, the fact that I cannot leave because medical school is expensive and I already have 200k in debt. Fourth, even when i eventually graduate I will still have to work to pay off my debt.

I feel like I messed up my life. During my time in med school I met this perfect man who matched every box. He was traditional, wanted a SAHW, wanted children, wanted to provide, etc... We agreed on a lot of aspects. But then he found out I was a medical student and he could not continue. He wasn't willing to wait 5+ years for me to get my life together and I dont blame him.

You might say well why don't you try going after men in a similar career. Well the guy above was a doctor. Ive found that most male doctors dont actually want a doctor wife because they know the time and effort it takes to be one.

I just feel frustrated. Frustrated at myself for making such a decision. Frustrated that my parents and society let me do so at such a young age. Frustrated that the life I have always dreamed of doesn't seem feasible anymore. Any advice?

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UPVOTES

I commented on one post here and got banned from another sub that I hadn't even joined. But I'm happy to be here for many reasons.

jenna_grows · 22 June 2022 · Archived copy · Reddit

Apparently, you ladies who focus on femininity and kindness are uncontrollable and belligerent. If I want to be unbanned from that sub, I can message the mods like a pathetic little beggar saying that I don't support RPW and I'm willing to leave this sub.

Anyway, absolutely, resolutely never going to do that.

I'm not redpilled and don't think I ever will be, but I learn a lot from you ladies. I've used what I learned to make my life better but, more importantly, to be better to those around me, for whom I care deeply. It's also helped me professionally because I was conditioned to believe I needed to adopt masculine traits to succeed when, actually, being myself, which is feminine, is so much more effective.

This sub has helped me crystallise my priorities (even if they aren't fully redpill). For example, I know I don't want to be an unemployed SAHM when I have kids. So I've picked a law firm where I essentially work 4 hours a day from home and which firm is very family-oriented. I make less money that I used to, but I'm preparing my nest. This sub encouraged me to think about those things when updating my lifestyle.

My relationship has also improved because I am in a kinder, more loving headspace. I used to be quite combative (my job) and now I don't play like that and I'm happier. Plus results!

Also, I know that I am naturally feminine and also childlike despite occupying a position of power, which is going really well btw. My husband said I was the smartest person he knew (and he knows a lot of people) but that people don't always realise it because of my personality (which he loves). This sub has helped me become comfortable with the fact that I can be myself and still succeed and the people who matter will appreciate my brains and my personality both.

Beyond all of that, I support every one of you who chooses to be redpilled. I stand against discrimination and I am appalled because none of you seem belligerent or uncontrollable. I've been observing this community for years (different account) and the aspersions being cast are ludicrous.

Good luck, keep being You, and thank you all x

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UPVOTES

Disrespect will be your Downfall

Automatic-Praline568 · 19 January 2023 · Archived copy · Reddit

Warning: long post ahead Let me start off by saying I'm not perfect.

I was raised with a stay at home dad (due to cancer giving him some hefty disabilities) and a working mother. I'm not saying that dynamic can't work, but I saw my dad and mom fight and argue in their struggle to establish who was the masculine one in the relationship before his death.

I say all this to show that I had no feminine role model to base my exchanges with men on. And I had no father to guide me on what a man wants. It wasn't until I was well into my college years that I realized I was acting like my mother... I was acting like I wanted to be a man. Thus, I started my journey to get in touch with my feminine. To LIVE in it. And, on this journey, I want to share what I learn with this community because I feel like we learn better if we learn together.

So today, I learned that a woman who can inspire a man to BE a MAN (you know...devoted, leader, provider, etc.) must have two things: 1. Respect for her man. Why? Because he is worthy and has value...we often hear this a lot and understand it in this sub. 2. Respect for herself...which a lot of women that are submissive sometimes end up lacking. YOU are also worthy and have value!

When a woman shows respect for her man and not for herself, she shows that she is less valuable than he is. And the opposite is true. When a woman shows respect for herself and not her man, she is showing that he is less valuable than her. A woman that does both, shows respect for herself and her man, can inspire a man to be a man.

So how do you show respect for your man? - Yield to him. He is a leader. - Be grateful. Show you appreciate him. - NO MANIPULATION. If he's in charge, he's in charge! - No nagging. Show that you trust him and his abilities. - Do not try to force him to change who he is. You must accept him.

Easy enough. But how do you show respect for yourself? - Trade submission for devotion. You deserve devotion, so when you have it is when you submit. - Remain a receiver, not a giver. You don't need to do anything special to deserve gifts. - Express yourself openly AND healthily. Your needs do matter. - Speak up for yourself. Your feelings do matter. - Establish boundaries, and be prepared to walk away if your boundaries are being crossed or needs aren't being met.

All in all, unknowingly showing disrespect to your man or to yourself can lead to problems in a relationship.

But, again, this is just what I've learned. I'd love to hear y'all's opinion based on what you know and/or what you think about the information I've provided!

Have a wonderful day (or night).

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UPVOTES

I'm finally going to do a YouTube Channel on Femininity!!! #thefemininegraduate

[deleted] · 26 January 2021 · Archived copy · Reddit

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UPVOTES

Red pill has made me (F22) lose interest in men

CauliflowerElegant76 · 19 May 2023 · Archived copy · Reddit

As a preface, I've always been naturally red-pilled even before discovering it. I've always wanted a serious relationship/marriage and have not been interested in hookup culture or casual dating. I used to date more actively in my late teens and did go through a couple of breakups. I'm over these breakups as it was years ago.

About 1.5 years ago, I discovered the red pill. At first I was really turned off by it. Eventually, it started making sense to me and I accepted the "hard truths". I made the mistake of reading the TRP sub and the things men were saying on there really broke my heart.

Now, I find it really hard to trust a man. I keep worrying I'm gonna accidentally end up with a guy who holds these views. I get worried that men will think I'm at the wall when I turn 23 and leave me for a younger girl. I get scared that someone is gonna turn me into a plate. These are all hypothetical situations but the idea of many men thinking this way is scaring me. Especially now with guys watching Andrew Tate and other podcast guys, it seems that a lot of guys think like this.

Every time I have a dating prospect, I get super anxious and pull away. I try my best to work on myself and hold myself up to a high standard but I'm worried that all guys think AWALT and will not appreciate my efforts to be a virtuous woman. I don't mind being single but I do want a family one day and I recognize that I'm at my peak right now so I don't have much time left to meet the one for me.

Sometimes I wish I could go back to the girl I was before the red pill. I was carefree, went with the flow when it came to dating. Now I'm uptight and anxious.

Has anyone experienced something like this? Any tips on getting over it?

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UPVOTES

Sometimes they want to be chased.

sunflowergirls85 · 16 January 2025 · Archived copy · Reddit

I've been married almost 19 years. I'm 39 and husband is 42. I feel like I'm falling in love with him all over again lately. He's so good looking and I'm not just saying that because he's my husband. He's getting more handsome with age. And he's so much happier after quitting one of his jobs. He's been a better father and husband and does things for us he never had energy or time for before. It's amazing.

At first, I was worried a little bit because we've never had a lot of time together during our marriage. I've heard that during Covid, a lot of people split up when they realized they don't really have much in common after having to spend a lot of time together.

As a child of divorced parents, I guess I've worried about things like that in the back of my mind. So lately, I've been listening to the Empowered Wife podcast, Alison Armstrong, and Margarita Nazarenko. I've been trying to let go of control and let him come to me instead of acting clingy.

The last few days I've been trying to give the black cat energy. Just kind of staying in my own space. Kind of more interested in my own thing and unbothered. Maybe I don't know exactly how to do it because he asked me what's wrong lol. I asked what he meant and he said I wasn't as affectionate as usual. He told me that he wants me to kiss him and be all over him and act really affectionate and to hold him. I told him he didn't seem like he wanted that because he wasn't doing those things to me and he denied it and said that he wants me to be that way and how much he likes it. I gave him a long kiss when he got home later and he said "there's my wife."

Also, after our first date 20 years ago, I called him first. No other girl had done that with him and we've been together ever since.

So it's got me thinking and I wanted to share that sometimes, they want to be chased a little bit. They want to know how much you like them. So don't wait for him to come to you all of the time. Show him how much you like him and see what happens.

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UPVOTES

Don't Fear The Wall - Use Time to Your Advantage

Hot_Blacksmith_3404 · 14 January 2025 · Archived copy · Reddit

I've noticed an increase in posts by people being scared to age, or claiming to have hit the wall in their mid-late 20s and be beyond hope now.

The reality is, there is no drop dead point in time where your beauty and attractiveness will all immediately fade, beyond which there is no hope for you to find love. In fact, your RMV should be steadily rising as you age, even if your SMV is simultaneously declining (it should be at a much slower rate). Let's discuss how:

1. Aging is not an excuse to let yourself go.

As you get older, you should be continually gaining a better understanding of how your body works. Try different workouts and figure out which ones you enjoy the most and which get you the best results. Same with different diets and eating habits. For example, if you started lifting at 22, imagine how much bigger and better your ass would be at 30 after 8 years of hip thrusting heavy ass weights. You get the picture. Don't allow yourself to make excuses, such as "everyone gets flabby as they get old", or "no one has time for the gym". False. If you have 30 minutes to watch an episode on Netflix or to read Reddit posts, you have 30 minutes to burn out your abs and booty.

There is even less of an excuse to not be taking care of your skin. I didn't start washing my face regularly, let alone moisturizing or wearing sunscreen, until my mid-20s. As you can imagine, my skin is so much more youthful looking, fresh and glowing now than 10 years ago, since I am actually intentionally taking care of it. A basic skincare routine takes just 30 seconds, morning and evening. Yes, as you age, some wrinkles will be inevitable from gravity, but it is very easy and inexpensive to at a minimum have moisturized, glowy, sunspot-free skin. All it requires is consistency. Do some research, experiment, and figure out what works for you. As your budget permits, you can always get fancy with medspa-level procedures and products, but an inexpensive simple routine can truly work wonders over the long haul.

2. Carry yourself with more elegance, grace and confidence.

As you age, you should be continually improving and refining your social skills, charisma, and etiquette, all of which make you more magnetic and attractive to all people. You should continue to develop your sense of style, dressing in a way that elevates you, moving and standing with more of a poise and confidence. Finding your most flattering hair style, building a wardrobe of high quality staples, developing your makeup techniques so they stay refreshed with the times (instead of becoming dated), etc. are all things that happen slowly and with intentionality over time. Don't allow yourself to stay static and then wonder why the same old makeup routine or outfits from 10 years ago are no longer working for you. Change with the times. Continue to make an entrance and be striking.

Similarly, there simply is no excuse to remaining socially awkward or being a bad conversationalist in your 30s. I was home schooled, and grew up completely isolated from the outside world with nearly zero social interactions outside of my family. But I was determined to not live my life as an embarrassingly awkward person, and forced myself to be uncomfortable socializing until it started becoming more natural. I've read so many books on it, forced myself to go to so many random meet-up groups to talk to strangers, did toastmasters, took public speaking courses, etc. Now, people can't believe that I am actually introverted. I'm known for bringing interesting people together and hosting fun dinner parties. I've noticed this has been a huge plus to everyone I've dated since my early 20s, not just for being a better, less awkward date one-on-one, but also because men love having someone they can bring to work events, client dinners, and into their friend and family circle that they can trust to smooth things over socially and leave everyone with a great impression, no matter who they are. You truly become an asset for this alone.

This applies to whatever your weaknesses are in your youth. Use time as your weapon to improve and transform over the long haul.

3. Continually develop your relationship skills - even when single.

Even when you're single, there is no excuse to not be continually improving your cooking skills, communication skills, and overall femininity. You can and should be practicing expressing pure desires, actively listening and respecting others thoughts, eradicating complaining, prioritizing self care, and generally being the "goddess of fun and light" even while single. Do it with friends, coworkers, family, embody it until it becomes who you are—not just something you try to do when you're in a relationship. Relationship skills are just that—skills that need to be proactively worked at in order to improve. How you show up at 32, 10 years into actively practicing the intimacy skills will be very different from how you are at 22, just trying to figure things out and haphazardly trying to implement the skills. The peace and joy that you bring into a relationship after maturing in your relationship skills will be so much more valuable than your stumbling attempts early on.

4. Everything is relative, and men are aging too.

Remember, men are aging too. When you're 20, 30 feels so old, because you're surrounded by other 20 year olds and attracted to other 20 year olds. When you're 30, you don't care whether that 20 year old boy finds you attractive. You're still a baby to a 40 year old man, and right in the same chapter of life as your fellow 30 year old, who is just as much insecure about his receding hairline as you are about the beginnings of fine lines under your eyes. Despite what internet creeps would have you believe, most good men are not walking around trying to date significantly younger women, for a variety of reasons. They want someone roughly the same age, who is taking care of themselves physically and maintaining their looks, still maintaining a sense of joy and fun that usually comes with youth, and who also brings the relationship skills to the table that only come with time.

You can't allow your fear of aging to cripple you. It comes for everyone. Do what you can to be continually improving and become a more valuable partner over time.

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UPVOTES

I miss pre Me too interactions with men

Teaconderoga · 20 October 2025 · Archived copy · Reddit

I am new to this community. I hope this post is okay. I'm also a bit stoned, so please bare with me.

I miss the way people socialized in general, even in the mid 2010s (back when I swore nonbinary would remain a Tumblr kid subculture), but I miss shooting the shit with men. (I appreciate the directness of male communication. I much prefer sisterhood, but for traversing stoner conversations, men are awesome. For doing things with and a sense of emotional security and to feel like a nurterer, women friends are awesome.)

Surely, I am glad cases of genuine harassment has gone down. We are animals... If rules are not there to protect us when strange humans have to interact together for a livelihood and sustenance, typical human issues will occur. So it was nice to see things be enforced and taken seriously. I'm pro-woman, truly. But there were a lot of missteps in the movement.

The ages long dysfunction between men and women has been so intense since the MeToo era, and I'm sure it's going to affect birth rates if it hasn't already (I'm antinatalist, but that's irrelevant). Gen Z aren't really dating and the men and women that age are terrified of one another. I'm a millennial and I remember us ladies were jerks to the men we dated, used them as accessories for our ego like any young woman influenced by reality TV and Bratz would. And the guys used us as the dolls we desperately tried to look like. They would dispose of us and change us out like their ringtones. Men and women have never been afraid to be awful to one another or make missteps until now. There is an element to social media embarrassment as well - surveillance etc.

Men are afraid to look at women in public, talk to them, afraid of being seen as creepy.

These social changes need to be gradual, not radical. Not threaten social shame (public shaming). The friction between men and women is clear as day and it is so fucking uncomfortable if you're a woman who is social.

Catcalling being mostly a thing in the past is mostly good, but surreal to think about. It's like there are no more remnants of heterosexuality or primal-ness

This will probably get plagiarized by one of my favorite right-wing bros (please give me credit and/or a CashApp next time, jerk) (assuming any of this even makes any sense - maybe it is less profound than I feel it is. Again, not exactly sober), but fuck it. People have asked for me to write again.

Edit to add: so if men can not even express attraction in reasonable and polite ways, then that leads to the bigger issue of men in general feeling incredibly inhibited in society.... No wonder the incels' rage calcifies into something dangerous. Sigh. I fucking digress.

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UPVOTES

This sub - wow.

Kinned · 11 June 2014 · Archived copy · Reddit

In all my 3+ years of casually lurking Reddit, this sub is the only one that has inspired me to post.

To finally find a community of other females who actually think the way I do..well, relief isn't quite the right word to describe how it's made me feel but it will have to do. I've spent years trying to reconcile how I see reality around me with what other females, the media, western culture etc tout as the way to be happy (as a woman).

When I look back at my past, my behaviour and choices are so clearly explained by TRP that it's astounding. TRP knew me better than I knew myself at the time. I didn't know there was a name for it.

Lately I've been deeply troubled trying to reconcile my desire to give up my career, leave it behind in the dust and focus solely on starting a family. I'm fairly successful, have worked hard to get to this point and my whole life I have been told that career, self-sufficiency and financial freedom is the goal.

However, I've recently married a great man and just admitted to him that all I want to do is make him happy and give him children. It was by far the most vulnerable I have ever felt in my life...and he loved it! I always thought the personality traits he loved in me included my above average intelligence and ability to succeed at (most) things I commit to. Now I realise that may be true, but what's wrong with wanting to be the best 'first mate' I can possibly be? I can now measure my success (and sense of fulfillment) in different terms.

So thank you RedPillWomen, for making me feel no shame in putting aside my career and placing the needs of my husband and future family above all else.

And now I have this place to inspire me towards self-improvement in other ways!

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UPVOTES

The STFU Method

CoochQuarantine · 19 January 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™ 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.

edit- formatting double edit: i really need to proofread my stuffs

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UPVOTES

Vetting a Man Part 3: Alpha and Beta traits- finding the right mix

RedPillWomen · 20 August 2016 · Archived copy · Reddit

Vetting for Alpha and Beta traits: Selecting the right mix for stable commitment [Part 3]

In RP parlance, Alpha refers to the male behaviors that operate on the spectrum of attraction, and Beta refers to the male behaviors that operate on the spectrum of comfort. Dating is a game where men want to get sex from a woman and women want to get commitment from a man. The higher quality the target, the better the rewards. Being consciously aware of alpha and beta tells can give you a big leg up in vetting men.

Different women don't necessarily want the same exact things out of a man in the long run, but there are some common things that virtually all women either do want or should want from a man for the sake of maximizing the chances of a happy, successful, long-term relationship. One framework for thinking about all of this is looking at a combination of how alpha and how beta he is in general. Being just a little conscious of what you're looking at with these characteristics can really simplify a lot of the confusion that some people have with the vetting process.

Red Flags and Green Flags

These can fall into Alpha (attraction, masculinity, dominating his environment, etc.) and Beta (comfort, financial stability, importance of family, commitment) categories. I want to point out that one red flag doesn't necessarily mean that a man is a bad choice, and one green flag doesn't necessarily mean he's a great choice. However, if you're stacking up a few red flags, you'd better have some pretty incredible green flags to go with it if you want a chance at a long-term, successful and happy relationship with the guy.

Alpha Red Flags:

- Regularly flirts with other women in front of you
- Makes it clear that he doesn't care about your needs or feelings
- Uses fear/intimidation/anger or other negative actions to get his way
- Cavalier attitude about long-term consequences and externalized costs
- Lack of stable long-term relationships in his life; all the people in his past are considered *assholes*
- Expresses "Dark triad" traits that amount to Narcissistic, Antisocial, or Borderline Personality Disorder manifestations

Alpha Green Flags:

- Takes care of his appearance and looks attractive and presentable
- Organically *draws* flirting from other women, but responds in a way that saves face for them *and* you
- Has his "own life" with hobbies, things he does for himself, etc
- Uses positive reinforcement and charisma to get his way; people *want* to follow his lead
- Picks battles well; respectful toward legitimate authority figures (Has anyone *ever* AMOG'd their way out of a speeding ticket?)

Beta Red Flags:

- Acts needy
- Bad hygiene
- Poor diet, lack of exercise
- Won't lead- in your relationship or anywhere else

- Lacks drive, passion, and purpose in life: dead-end job, lack of stimulating hobbies and interests

Beta Green Flags:

- Financially secure and responsible
- Future-oriented, has long-term plans and goals in place
- Treats people well in general (without overdoing it to the point of supplication)
- *Reasonably* responsive to your needs and the problems you bring to him
- Healthy, stable relationships in his life: family, friends, colleagues

The Alpha/Beta Mix

The ideal mate for a RPW is going to be a guy who has a relatively balanced mix of alpha and beta. If he's got too much alpha and not enough beta, that means he's just going to want to hit it and send you on your way. If he's got too much beta and not enough alpha, then he's going to be so unattractive that it's going to feel like someone just dropped a dog turd in your lap when he tries to hold your hand. What this basically means is that you need to make sure you're dealing with a guy who has green flags for both alpha and beta, and not just a lack of red flags.

Many RP women describe their excellent spouses/LTRs as "Soft Alpha" or "Greater Beta." These gray area classifications show one of the limitations of the somewhat simplistic Greek Lettering System for Men.[™] The takeaway point is, Red Pill Women have reported over and over that a healthy blend of leadership and provisioning traits is a proven formula for a good life partner.

Vetting a new partner is the most important point of control in a woman's love life. Use your advantage in the sexual marketplace to carefully CHOOSE from among your suitors the best man possible for you individually, by using a well-thought-out vetting plan.

About the author /u/RedPillWomen is a composite user ID for posting the collaborative works of the RedPillWomen Mod and Writing Team.

This article was written by u/VigilantRedRooster; the section on Alpha/Beta traits builds upon this framework by u/RedPillNobody. Input and suggestions provided by u/luckylittlestar, u/missnissa, u/mssadiedunham, and u/rproller.

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This sub has saved my marriage

PMOTM · 2 March 2018 · Archived copy · Reddit

I found out 2 months ago my husband had an affair. He was seeing another woman for three months. Throughout that time I didn't notice because I was working so much, and when I did speak to him, it was to yell at him or talk down to him. I was so stressed, he wore all of that stress.

I don't blame myself for his cheating, he could have come to me first, but by reading about rpw, I could see that I was to blame massively for the state of my marriage leading up to this.

I have changed jobs so I don't have to work so much, changed the way I approach him when I am unhappy, I have even started losing weight. This other woman is done with and he keeps talking about how happy he is.

Just wanted to say thanks to this sub.

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UPVOTES

Regretting my "alpha" career, do I even have a chance at the love life I want?

settlingsounds · 15 September 2018 · Archived copy · Reddit

Warning: Rant incoming

I'm a medical student on the road to becoming a doctor and I hate my life. I've been lurking on RPW for a while and think the ideologies really make sense but I don't know how to deal with this "career woman" path I got myself trapped into. I am absolutely miserable as a medical student but have way too much debt to not follow through. I looked deep into myself and realized that all I really, truly, deeply want is to build a family with a man who cares for me and takes care of me. But I've been indoctrinated with the idea that women HAVE to strive for success, especially given how lucky I was to have the opportunity for a great education.

Men who want a serious relationship and a family don't consider me because my career is a huge hindrance to that. And I totally understand that. No matter how feminine I act, or take care of my body/looks, I still am restrained by my career in terms of time and energy I have to devote to a man. By the time I'm done residency training, I'll be old (+ stress aging!) and reaching my last years of fertility. Not to mention many men just straight out assume I'm the bitchy, cold, "career woman" type the second they learn that I'm a medical student (thanks for this reputation, other med student gals ☹️)

People recommend that I just find a "house husband" to take on the feminine role, but I can't feel any attraction towards a man who is not more masculine, high-achieving, intelligent, and ambitious than me. Meanwhile alpha men don't want to deal with competing with me or dealing with the fact that so much of my energy must go towards my masculine ambitions.

I am so distraught that I will never find the relationship I've always wanted because I chose this stupid career. While I still agree with the feminist idea that women and men should be ABLE to achieve the same things in the work sphere, I am so mad that modern feminism made me believe that it was the BEST way to go. Because no amount of career accomplishment is going to squash the little girl in me who just wants to be loved and protected and cared for.

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UPVOTES

The Man Who Won't Work

Kara__El · 11 December 2018 · Archived copy · Reddit

We talk a lot about vetting, here, identifying red flags in detail, such as the way he talks to his friends and mother, what hobbies he's cultivated, how much and what he drinks. Sometimes, however, I think we need a reminder of the most basic vetting parameters and lately, there's been a recurring theme here: The Man Who Won't Work.

I understand that there are extenuating circumstances for unemployment, regardless of gender, and male-dominated fields can be particularly volatile, hence the typically higher rate of pay. In my part of the U.S., many men work in oil, which has its highs and lows and even its debilitating accidents. People get laid off, unfairly terminated, hurt on the job, and sometimes contracts just end. Some fields are seasonal, such as HVAC and construction. Perhaps, you've even made arrangements for your man to stay home and care for the children and household, while your higher earning career pays the bills. If that model works, wonderful... because he *is* contributing. Men in these circumstances are not the ones I'm referencing. End disclaimer.

Some men just won't work and no amount of cheer leading or negotiating will change that, nor will acting the shrew. You can encourage and plead and cry and scream and still, you'll carry the financial burden of your household. This man exists. I know, because at 19, I married one and tried all of these things, until I divorced at 23, a less than ideal history in the dating market. The Man Who Won't Work, though, usually shows his own red and yellow flags. As much as it's your responsibility to vet for anything else, you must vet for this. These are generalizations, as are all dating guidelines, but here are some things to consider:

He's not financially stable yet.

For the most part, if he's a good prospect, he should be financially stable *now*, not eventually. If you're younger and still in school, his goals should be attainable and provide a sustainable income when the time comes. He does not have to have a college degree or even be particularly intelligent, but you can tell in the way he *gets* his money, the way he *spends* his money, if this man is financially an adult.

His career aspirations are always vague or tentative.

If he's working part time at Game Stop, but planning to go back to school... eventually... for something... you need to prepare for the possibility that this will never happen. If he's had four jobs since you started seeing each other eight months ago, it's a sign of self-sabotage, through showing up late, mouthing off to his boss/coworkers, or generally poor work ethic.

He's always the victim.

There's always some tragic tale to explain why he can't work. He was fired because the boss wanted to hire his nephew instead. He didn't get the job, because his grandma was sick the day of the interview. He came down with strep the day he was supposed to start. He has some kind of chronic illness that keeps him from working. The latter might even be true, but do you want to commit to it?

He's entitled.

How *dare* his dad refuse to pay his way for the annual family vacation? His grandmother *told him* he could have her old car, but now she's changed her mind. His parents cosigned for his *brother*, why not him? His extenuating circumstances entitle *him*, but not others.

He still lives "at home."

Aside from an ailing parent, medical/law school, or the abnormality of living in an *insanely* expensive area, if you're looking for someone who wants to settle down, he should *not* live with his parents. *I* live at home. That's what home *is*. He lives in his parents' home.

It truly *is* tragic to choose between divorce and supporting a grown child, so the best approach is to vet well. Are

there any other signs of The Man Who Won't Work?

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UPVOTES

10 Books To Read In 2019

HB3234 · 24 December 2018 · Archived copy · Reddit

One of the things I like to do at the end of each year is compile a reading list of books for the new year. What will you be reading? In exchange for your recommendations for books, I'd like to offer a list of 10 RPW books to read in 2019. For veterans of the sub, these books might be well familiar. We are even embarking on a book club on one soon, which I can't wait for!

(1) How To Talk To Anyone - Leil Lowndes.

This book is packed full of concise, actionable advice to become a strong conversationalist. Instead of vague advice like "be engaged", she gives you questions you can ask to show you're engaged.

(2) When I Say No, I Feel Guilty - Manuel Smith ("WISNIFG")

This book is commonly recommended in male RP spheres but it is a gender neutral book about assertiveness. In fact, it has some wonderful parenting advice! It teaches you how to communicate your wants and needs in direct, honest, compassionate ways. It is the source of common terminology like "Fogging" and "Broken Record". It also discusses the manipulative habits many have & their roots, which is incredibly helpful for anyone who has struggled with passive-aggressive behavior.

(3) Surrendered Wife - Laura Doyle ("SW")

SW pairs beautifully with WISNIFG because it takes gender neutral advice on assertiveness and puts it into a specifically feminine frame. The focus is on communicating clearly what you want and need; ceasing manipulation and passive aggressive behavior; and step-by-step ways to place your husband at the head of the household. This book is one of the more accessible entry books to RPW content because it's aimed at the modern woman and the specific ways in which we sabotage ourselves/our relationships.

(4+5) For Women Only & For Men Only - Shaunti Feldhan

These books are very modern RPW content, too. For Women Only covers many sore points in modern relationships (such as what to make of wandering eyes). It also discusses the needs of men, many of which are eye opening if they've never been spelled out for you! For example, her surveys showed the overwhelming majority of men would rather be respected than loved, and the overwhelming majority of women would rather be loved than respected (in a situation where you could only pick one).

For Men Only is a worthwhile read for women because it allows for some good self-reflection. It may help you put a voice to some needs/wants which are otherwise hard to articulate. I personally cried like a baby when I read it because I felt so, *so* heard. It dredged up old hurts and gave me the space to reflect on & heal them.

(6) Fascinating Womanhood - Helen Andelin ("FW")

This one is core reading. It discusses the spiritual and earthly aspects of becoming a feminine woman, as well as how to honor and enable the role of masculinity (protector/provider/leader) in your husband. To do this, it draws on examples from history, classical literature, and the Bible. I return to this book again and again, although I am not a religious person at all. If you are a non-religious woman dating a man who is religious or was raised in religion (even loosely), reading this book will also help you understand his roots (and, I'd argue, our western cultural roots at large).

(7) Secrets of Fascinating Womanhood - David Coory

This book is often mixed up with the true FW. This one is told from the perspective of a woman named Angela, whose marriage is at a breaking point. She joins a FW class. Each chapter outlines one lesson and then the impact on her life as she follows the lesson's assignments. She grows into a happy, healthy woman with a healing marriage. Some people find the story format easier to relate to or follow along, so it's a great companion to the original FW.

(8) How To Win Friends and Influence People - Dale Carnegie

Like FW, this is a bit of an older book. This book is a primer on "empathy in action". It teaches you how to exude charisma by being humble, respectful, and genuinely engaged with other people. The chapters on leadership

strategy will help you learn how to collaboratively tackle problems, but they'll also teach you leadership cues to look for when you're vetting a man. If possible, get the original text which includes "7 Rules to Make Your Home Life Happier".

(9) Why Men Love Bitches - Sherry Argov

This one might be a little controversial but I actually think it's more important for RPW than others. We put a lot of emphasis on vetting men and this book is actually one strategy to keep vetting, rather than falling too hard/too fast. For us, it's all too easy to fall into the trap of expending all our energy to show all of what we bring to the table *before* we pause to see if it's even reasonable to be doing so. Although I don't suggest anyone take the book's cooking suggestions too seriously, the core of the book emphasizes that you must always stay an interesting and engaged person; you must have healthy boundaries; and you must be vetting him. I actually think it's a pretty good female counterbalance to "No More Mr. Nice Guy".

(10) No More Mr. Nice Guy - Robert Glover

This is another book from the men's RP sidebar. Like WISNIFG, it's about being assertive and staying true to yourself, rather than losing your identity to interpersonal relationships. Because it is aimed at men (and especially men in dead bedroom marriages), it may not feel directly relatable to us at first. However, use it as an eye opener of the pitfalls and bad dynamics that can befall a marriage if you aren't vigilant. If you feel your relationship falling into some of the patterns or conflicts outlined in this book, it can be an eye opener for vetting (in newer relationships), or a sign that you may need to revisit your basics from SW and FW (within marriages/LTRs).

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UPVOTES

When being RPW isn't enough

throwme4444444444448 · 11 January 2019 · Archived copy · Reddit

Hey everyone. I'm a longtime contributor to the sub, but so ashamed of what I have to say that I don't dare say it on my main account.

I've been in a relationship for 2 years, in my mid twenties with a 30 year old man. We live together. He'd been talking marriage and kids, and for Christmas had given me a (decidedly unromantic) gift of civil marriage paperwork, all filled out, just waiting for my signature. Not romantic, but very practical.

Yesterday morning, I found out he had been cheating on me with his ex for a month, continuously, and that several months ago he cheated on me as well with her, when I was out of town. He cut off contact with her for a while after that, but I guess temptation got the better of him and he went back to her in early December.

I have spent the past two years trying to implement everything RPW says you should do -- no nagging, sex whenever, being calm and submissive, etc. But having found this place only after my relationship had started, I never really vetted him the way I suppose I should have, and figured that in spite of all the mistakes and heartbreak (this isn't the first time he's cheated, but the others were near the beginning so I thought things had truly changed), if I implemented everything I learned here, I would be able to have the happy relationship I wanted.

I made tons of posts about dealing with jealousy, mostly as a means of trying to teach myself how to deal with the gut feeling I had that something wasn't right. Because of course without trust and submission, you can't have a successful relationship. But for two years I've been deluding myself and using this place as a kind of crutch, telling myself that if only I managed to follow all the advice, I would achieve the happiness I wanted. Instead all it did was prolong the agony, because I'd spend my time trying to find reasons that his fuck ups were really my fault. Then I'd change as best I could, and maybe things were better for a while, but overall nothing really got better. Quite the opposite, clearly.

This isn't me saying that RPW doesn't work. I believe it does. But unfortunately it can't fix everything, and sometimes it's all too easily taken as a means of deluding oneself that everything can be okay, if only I change every little thing that might possibly have caused a problem.

I know that there will be a lot of contributors saying that this is partly my fault, that I didn't act as I should have and I drove him to this as a result. And sure, in any relationship no fault ever lies 100% with one party. I could have been more accommodating, I could have tried harder to put my jealousy at bay (maybe if I had always shown him I trusted him, he wouldn't have felt harangued?), but in the end, I spent two years doing the best I possibly could, only to find out that the best just isn't good enough.

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UPVOTES

Virgin at 25

suuu29 · 13 September 2020 · Archived copy · Reddit

Hey I'm F25 soon 26 in a couple months.. just panicking because I feel like I'm too late to find someone. I've never had a boyfriend before due to me being really shy and having anxiety and I feel like I'm too old to find someone. All my friends got married early (22) and have kids and I'm the only one still living with my parents. I have a degree and I have recently lost my job because of the pandemic. I feel so lost in life I almost feel like a failure. I feel like I'll never find someone and I'm afraid men will find me too old and think I'm weird because I'm a virgin

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UPVOTES

he got me a promise ring!

aikyan · 24 February 2019 · Archived copy · Reddit

it's a beautiful ring, in the shape of a crown with pink opal hearts. he told it was his promise to never leave, to protect me, and to remind me that i am his princess, so i deserve a crown. he's explained to me it's a prerequisite to an engagement ring. we're a bit too young for him to propose anyway, but this gift just melts my heart. we also aren't christian- he's more or less agnostic and i'm a buddhist convert from childhood, but a ring is a ring. i am so lucky! ☺

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UPVOTES

Angry Men

kittxxn · 14 April 2019 · Archived copy · Reddit

As women, it can be hard to understand angry men. Our instincts differ sharply, fundamentally, biologically. When I am faced with disappointment, betrayal, loss, failure, or frustration, I might shed a few tears, retreat to the embrace of those who love me, or process through meditation or other self care practices. We all have unique methods of handling difficult times, and while many of us may feel angry and upset at times, I have found that some women find an angry man unsettling and want them, especially those we love, to process more like women. But it's disrespectful, and unreasonable, to expect men to behave like women during times of stress.

Part of my own personal development toward becoming the best partner and woman I can be has been to try to gain a deeper understanding and respect for my man when he is upset. I have begun to realize the immense responsibility that men carry every day that women, even in the modern era, do not have to bear on their shoulders. The men in our lives are fundamentally responsible for their own survival and wellbeing, as well as ours; they have been for thousands of years. This drive resides deep within their DNA. And while I have set out to have my own career as a nurse, I know that no matter how bad things get, he will take care of me.

Anger can manifest itself in destructive ways, which has significant consequences to society: war, homicide, mass shootings, and dangerous ideologies. But anger also can manifest itself in productive ways. The world was built on the backs of angry men – men who have seen the world, and set out to make it a better place. Men facing stress, frustration, and oppression have brought their families thousands of miles through treacherous oceans, plains, mountain ranges, in search of freedom and a better life. They have built homesteads, communities, and nations. They have died for causes they believed in, for the preservation of society, for the safety of their families.

And although in the modern era, our men are not pioneers and nation builders, they are each fighting their own battle. And when they experience conflict, whether a threat to their livelihood, community, or wellbeing, let them be angry. Because the opposite of anger is complacency. And a complacent man is weak, ineffectual, and a passive subject to a broken world. An angry man is a dangerous man, and only a dangerous man can keep my family safe. He has agency, he has ambition, he has drive. Give him something to fight for, not against. Respect productive anger. Let Men be Men. Or one day, there might not be any of them left.

Addendum: I of course am not referring to childlike temper tantrums, or manipulators, bullies, and abusers – that is weakness. I'm talking about men of strength, resolve, and passion. This should be obvious.

Have a lovely Sunday.

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UPVOTES

Open relationship?

tracchekahn · 29 September 2019 · Archived copy · Reddit

My bf basically wants an open relationship bc he says he is bored of our sex life. “You get tired of the old and you want something new.” I’m not sure how to feel about this. Any advice?

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UPVOTES

Liziqi, modern yet traditional feminine role model from China

vintagegirlgame · 23 September 2019 · Archived copy · Reddit

I came across a video of Liziqi on [r/simpleliving](#) the other day and fell in love with her! She makes these gorgeous YouTube videos (~6.5M subscribers) showing her traditional rural life on a homestead in China. She does everything with such feminine grace, I thought you ladies would appreciate her example of a modern feminine renaissance woman.

I wasn't sure which video to post so here's [Liziqi's YouTube Channel](#), and here's [the video I first saw](#) that got me hooked on her.

Her videos show such a range of homemaking talents...plenty of mouthwatering traditional Chinese recipes (her father was a chef), but she also makes her own makeup, designs/sews/embroiders her own dresses and shoes, builds her own furniture, even brews her own beer. She grows everything herself (from rice to silkworms) and makes everything from scratch using traditional (even ancient) Chinese methods (she builds with hand tools and her kitchen stove is wood burning).

People often think she is an actress on a set. But not only does she make everything in her videos herself (as her rough hands can attest to), she's her own filmmaker who directs, shoots and edits everything herself. She started out shooting and editing on an iPhone. In one video where she was making noodles, she had to keep remaking the noodles over and over again because they would dry out in the time it took her to set up each shot. Eventually she was able to buy a digital SLR and hire a cameraman (it was taking her 3-4 months per video), but she still directs all the shots and final edits herself. Her videos are so peaceful to watch and her production level is like something you'd find in a BBC documentary. I have so much respect for the dedication it takes to get that level of quality!

She's an example of a woman who is strong, independent yet totally feminine. All the comments are gushing about how any man would be honored to be with her. (Haven't come across anything about her romantic life other than the fact that she is single). Her backstory is like something from a Disney fairytale, complete with an evil stepmother before she was orphaned. She worked a hard life in the city, sleeping on park benches and working in everything from waitressing to DJing. When her grandfather died she returned to the country to care for her grandmother and started making videos to help sell her handmade products. And while she lives on a rural farm (in what most people would consider poverty conditions) everyone calls her a princess of China. She's my new woman-crush and has also inspired me to reconnect with my Chinese heritage. I hope you enjoy!

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UPVOTES

My boyfriend (24m) says some concerning things and It's hurting me (19f)

cherrykitty87 · 5 January 2020 · Archived copy · Reddit

We've been together for 6 months. Love him.

He will sometimes not take me seriously which I don't appreciate, and he says things like " the dream life would be if I could have you be loyal but f*ck all the hot girls. " And he has talked about other girls multiple times to me. I don't like this at all. He says that men are visual , men are just always gonna look. I understand this , but I'd prefer not to hear it from my bf , bc I'm suppose to be his beautiful girl.

He says men can cheat but can still completely love their wife, but says that this is not the case for women, and that if a woman strays from her man and cheats ,it's over, she chooses the other man over her current boyfriend and no longer loves him.

I don't agree with this at all. If a man truly loves his wife, he won't cheat. Cheating is an ultimate betrayal of trust.

I love him but he's shown me many reasons to be highly concerned about our future.

Am I wrong for disagreeing ? :(I want to make this work

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UPVOTES

Date for Marriage, Not the Wedding

Mewster1818 · 27 June 2020 · Archived copy · Reddit

I know that this seems to be an obvious point here at RPW, but never the less, I witness this problem first hand regularly and need to vent a bit.

I am a 28yo married woman, my best friend is also married however the majority of our friend group is unmarried. My best friend in particular is very much the center of the group and her wonderful relationship with her husband and personal rags-to-riches success are honestly very inspiring. Yet, over the past couple years quite a few of our unmarried female friends have been getting engaged, and pushing for marriages with men that they've only just met here are the most concerning issues I've seen when pushing for marriage without an understanding of RPW strategy:

1. No proper vetting process. If marriage is important to you, then you would never rush a relationship so much that you would skip this step.
2. Showing your SO engagement rings and wedding "inspo" you like within the first several weeks. There is NO reason to try and take a relationship from first date to engagement in 2 weeks or less.
3. Overlooking red flags. Even in vetted relationships, sometimes red flags may not crop up until later down the line. If your partner has started heavy drug use after proposing, when they were clean before, do not ignore it just because you've put a deposit down on a venue.
4. Do not get married for benefits. Benefits should only be icing on the cake. This is not to say don't ensure they're stable, but you should be stable yourself before seeking marriage.
5. All of your extra money is being spent on the wedding. If you and your fiance do not have enough capital to handle emergencies because of the wedding planning, then how do you expect your finances to go in the future?
6. Being concerned about how photogenic the wedding party is. This is a day for you to celebrate coming together for life, not just to get Instagram material.
7. It is almost always okay to slow things down. It doesn't matter if you're 18 or 48, do not ignore problems that come up before marriage simply because of the pressure of planning the wedding or because it might be socially embarrassing to put a hold on things. At the end of the day, this is a decision of a lifetime, whereas the wedding is just one day.

It is important to understand that the "model" relationships around you are the result of hard work, and our priorities were the marriage not the wedding. A wedding was important to me because I wanted to be able to have my 92 yo grandfather and the entire family there, but it could have been at the courthouse or someone's house. It was not for beautiful pictures, or a dress, or to play princess for a day. At the end of the day, if you wouldn't consider marrying someone without all the fancy stuff, then you should re-evaluate if you're in the right relationship.

What are some red-flags you ladies have witnessed when it comes to people desperate for a wedding?

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UPVOTES

Mid life Red Pill awakening and its impact.

FlouncymcTwinkle · 20 November 2020 · Archived copy · Reddit

Approximately 2 years I found reddit and the dead bedrooms sub. I'd been with my Husband for 20 years, married for 14 of those. For about the last 7 years we'd barely had sex. I had nothing for him. No drive at all. I used to provide duty sex when pushed initially and for the last two years had agreed to give myself to my Husband weekly whether I was in the mood or not. He was entitled to sex with his wife, it upset him I didn't want it and he insisted that I should initiate once a week. So I did. Sometimes I'd go to the bathroom afterwards and cry.

I didn't understand it, thought there was something wrong with me and my libido. I liked my Husband, in fact I thought I loved him. I certainly cared for him. He had a great body and wasn't entirely unattractive. He was kind and loving and supportive of me. He was funny too and a fabulous Father to our two children. What was wrong with me?

Dead bedrooms led me to the married red pill sub. A mans world for sure, but there I found the answers to the questions about why I didn't want him in that way and what was wrong with me. Everything made sense immediately.

What was 'wrong' with me was hypergamy. My female programming. My psychology was screaming at me that it didn't matter how nice and loving and kind and funny my Husband was. He couldn't keep a job, emotionally handle the stresses of life, lead the family, support himself or us financially and was lazy and unmotivated around the house and with his goals in life. He had become my teenage child and I'd lost attraction and a great deal of respect for him. I began to refeminise myself in an effort to encourage more masculine behaviours from him. Loved the way it began to change the way the world responded to me. Rediscovered parts of myself I'd buried a long time ago. Read fascinating womanhood and the Laura Doyle books. Tried to get him to read mrp sidebar literature but he wouldn't take an interest. I also discovered I did have a sex drive. Just not for him.

Where that led me next ultimately led to the end of my marriage. I never physically so much as kissed another guy but I began to explore my sexuality online. This gave me some sexual fire to take home to my Husband and we began to enjoy the best sex we'd ever had. Ultimately he found out about my online activity and one particular relationship he saw as an emotional affair. Two days later he announced he was divorcing me.

Initially I was shocked and sick to my stomach. I hadn't wanted my marriage to end, didn't want my kids to grow up in a broken home and I was just trying to rekindle desire and feel like a woman again. Just in a way that was a huge betrayal of my Husband.

I moved out a few months later. As soon as I did, I noticed life was so much easier and I didn't actually miss my Husband. Life was stress free without him. I realized I had in fact already long checked out of the marriage. I'd withdrawn so much over the years due to feeling unsupported, unheard, frustrated and disappointed that I no longer needed or wanted his presence. I felt relieved and liberated and began to throw myself into enjoying my freedom. (I'll just add in here that Husband and I were amicably getting along; co-parenting and sharing custody very nicely. The only frustration I had was that I was still paying his household expenses as well as my own, while he worked part time low value work. I still am now but we have a court order underway to stop this from January.

Shortly after I began to enjoy my freedom, the UK was locked down. I focused on my personal map and my goals, which were inspired by what I'd seen on M.R.P. I didn't want another relationship, I felt very strongly about that, but I did want to explore my neglected sexuality and found a great guy to do that with. After a few months his work took him away for a long period and I realized I was lonely. I did want a relationship. Not with this guy though, so I let him go. And approached online dating, just as the world was starting to open up again. I'd a section on my MAP where I'd defined over time the qualities I valued in a man and identified clearly what my own needs and wants were. I vetted like a bitch. Had some mediocre first dates and a couple of shit ones. Then I found my my guy.

Literally, MY guy. He had everything on my list. All of it. Our first date was amazing. Three hours never went so

quickly and half way through we were disabling our dating profiles together. He just picked up his phone, opened the app we'd met on and said right, I don't need this any more. Do you? I took his lead and did the same.

A week later I had his house keys, his credit card and was driving round in his car. That's how quickly we moved. He walked out of his last 9 year relationship because his ex became an aggressive and mean drunk and at one point, jealous he'd been speaking to another lady on a night out, pushed him down the stairs. He's been as thrilled to find me as I have him.

A hard working man who has done well for himself. A kind, loving and very generous man. A fit, strong sexy man that drives me wild. A dominant, masculine man that takes the lead. A man with goals and dreams and a plan for us that I want in on. A man that inspires me and pushes me to be my best self. A man that hears out my problems and woes and just makes them go away. Takes his own challenges on the chin. Problem solver extraordinaire! He spent 10 years as a Marine, nothing phases him, he takes all of life in his stride. Stoic as they come. Finally a man that can match up my Dad in the being my hero and safe place stakes. A man who is fun and sociable and makes me smile. A man with his shit properly together. No he's not perfect, he's a grumpy fucker at times who had grown used to a nagging harpy ranting woman who used all his resources. I said the other night that his expenses must have gone up since he met me as he refused to let me spend any of my own money and keeps treating me. He laughed and said I was cheap and was saving him money on his old life. Cheap and cheerful he said. Yup, that's me.

When my marriage ended I swore blind I didn't ever want to live with another guy, let alone marry or have any more kids. He's changed all that. He's a grown up son he didn't know about until the boy was seven. He's two young adult step children from his ex girlfriends first marriage, he met when they were primary school age. He's told me it makes him sad he never changed a nappy or gave a baby a bottle or experienced pregnancy or child birth. He asked if I'd consider trying for a baby with him in time. I had always laughed off the idea of more kids (My children often tell me they'd love a new brother or sister) but found myself agreeing without skipping a beat. I've surprised myself since with how excited the idea makes me. And how much I'd love to give him what he's missed out on. Like he is doing for me. He's asked me if I'd say yes if he proposed to me and he's told me that's where he sees this going as soon as my divorce is final. I told him that I will if he gets the blessing of my children. He gets to meet them in the new year (I've kept them out of things until now so we could just get to know each other properly)

So there you go. Real life red pill journey from an ex Strong Independent Woman who found out being a SIW is not all that!! I'm so grateful for all the change in my life. I have a completely new life and an exciting future in the place of a dull, depressing grind. I have MRP to thank really but I'm banned from the page so I'm sharing here with you ladies.

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UPVOTES

What Sex Means To A Man

POWERPLANTHOMER · 30 April 2021 · Archived copy · Reddit

A great [article](#) I came across by Dr Lindsay Gibson on what sex means to a man — and therefore why it's important to satisfy his sexual needs in an LTR/marriage. Men and women perceive sex worlds apart.

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UPVOTES

Being vulnerable helps you stand out in Modern Dating world

No-Search-9246 · 24 January 2022 · Archived copy · Reddit

I start dating recently and I realize how toxic it is in this Modern Dating world. There are toxic advices on TikTok targeting how to be manipulative, how to play games and how to be hot and cold etc to make other people confused so they fall for you.?? I believe being toxic and playing games only attract toxic people.

Anyway, I joined RPW recently and I love all the posts on this forum. It is really refreshing and I learned so much from you guys! I want to share my personal experience. I start seeing this guy and something was bothering me. So instead of being passive aggressive or angry or ghost him (like what I would do in the past, or like I am a modern woman and you should respect me blah blah), I decided to follow what I learned from this group which is to be vulnerable and be feminine. It works out really well and he opens up to me too and told me how he felt about me (it's so sweet). He told me that me being vulnerable makes him want to protect me and it is very refreshing to have someone like me?? I am so happy!!! BTW, I live in a liberal city with tons of highly educated women and feminist movement etc.

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UPVOTES

Why does submitting make me love him more ?

FearlessStudy805 · 13 November 2023 · Archived copy · Reddit

I want to follow him wherever he goes, it's like has a light, a sigh of relief to me. Since I have been following his leadership i see him differently, I not only want to make him happy, but i have foreign experience of safety. What's happening to me? did submitting to your man make you love him more?

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UPVOTES

Thinking I'm smarter than RP was one of my dumbest moves yet...

softerbee · 9 September 2014 · Archived copy · Reddit

TL;DR - I'm new to the RedPillWomen sub, freshly out of lurkdom, and wrote this post as a sort of encouragement to my fellow lurkers and newbies. It's a little bit of history and a little bit about my recent changes, but I'm not writing this for you to get to know me. I'm writing because I was always a "smart girl" and when I found RP, I quickly thought I had it all figured out. Swallowing the red pill made me feel special. I was enlightened and everything was going to get better. It was a great feeling. I'd learned which lessons were important, which parts applied to me, which things I should implement in my life.

Except I was wrong.

Because I'm not smarter than RP. You're not smarter than RP. RP isn't a list of things that you get to pick and choose from, and it's a much larger life-shift than I ever imagined. The last few months and weeks have been a humbling experience and if anyone can learn from my thoughts at the time, then it was worth writing this out.

We were waiting in line to get on the plane. I was nervous and fidgeting. "We should have started boarding 8 minutes ago. Not a good sign."

"Relax. Everything will be fine." C put his arm around my shoulders. "Relax."

"Good evening everyone. Unfortunately our crew is arriving on a delayed aircraft. We will begin boarding as soon as they arrive and can perform their safety checks."

"Fuck!"

"I think it'll be fine."

"Well, we're clearly not leaving on time. We only have 39 minutes for our layover and who knows how far away the next gate will be, fuck fuck fuck. This fucking sucks."

"I really think it'll be fine if you just relax." The annoyance that I was all too familiar with had started creeping into his voice.

I shut up, a sour look on my face, grumbling in my head. We were not fine. This was not fine. We were going to miss our connection and then we'd get there late and...

And what? We'd have a few less hours to spend with his parents? We had intentionally not scheduled anything important early in the day in case something just like this happened. Our worst case was almost equivalent to our best case scenario, and this had me so freaked out that I was swearing at C? I took a deep breath.

"I'm sorry."

"Folks, I'm happy to say that the crew has just cleared the plane and we're ready to begin the boarding process."

Yup. That was definitely worth being a whiny brat over.

Last November was a high point in my life that I thought was only going to get better. My boyfriend, now fiancé, and I had just returned from an amazing overseas trip where he'd proposed. There were lots of wedding plans and decisions to make and I was so excited to get to the end of the aisle that the warning signs we'd dealt with at the beginning of our relationship went unnoticed. But after a big blowout on New Year's Eve, our issues became too big for me to ignore.

That made January a low point in my life that I wasn't really sure would ever get better. My fiancé, C, had been blunt with me. The person I was acting like wasn't the person he was signing up to marry. I took that... poorly, and

spent another few weeks in a downward self-destructive spiral. I spent a lot of time on the internet, largely looking for like-minded souls to commiserate with. I found RedPillWomen instead.

My identity growing up had quickly formed around the idea of being "the smart girl". Early schooling was filled with praise for my good grades and test scores. I learned that I could get everything I needed out of life simply by being intelligent. It was a heady feeling. I wasn't fitting in with the kids at school, but by god was I smart. I clung to that. I was smarter, I was better, I was going to show them all.

I went to college to study engineering. That was what smart girls did - we needed more girls in STEM - and I was a smart girl. It certainly felt better than high school. I met other smart girls. I felt included in their club. We were going to take over the world. I found a guy willing to put up with my shit. The problem hadn't been me. It had been them, and now I had finally snagged one of the good ones.

College ended. I "found myself" - for realies this time I swear - in the real world at my first big girl engineering job. I decided that my "good" boyfriend wasn't good enough and let him know where he needed to brush up. After a year of constant conflict, we brushed each other out of our lives. Suddenly I was alone. Still smart, I told myself, but very, very alone.

C and I worked together, and he had an air of confidence that I wasn't used to. I liked it and wanted him to end my loneliness. I attempted to rise to his challenges at work, to prove to him I was one of the guys, that I was just as smart as he was. He didn't seem to care. Then one day I wore a dress. He stopped by my office to chat. I wore another dress. We had a date the next week.

He was upfront from the start about what he wanted and what his expectations of me were. Sure, I thought, that's what he thinks he wants. He'll learn that I'm special. I didn't change a thing, at least when he wasn't looking. Then he caught me in a lie. He got mad, but I only felt his disappointment. I spent the next week nauseated until he informed me that I had another chance. One other chance. I took it. I stopped lying and started trying to actually take his expectations to heart. Things improved. Life improved. I started questioning many of the choices I'd made, many of the choices my fellow "smart women" had made in the name of independence and equality. I told C that maybe I would be okay staying home with the children, that maybe our future family was a higher priority than my intelligence saving the world. He smiled. That brought us to the proposal last October.

"But we can do it this weekend, right?" "Let's discuss this later."

"I just want to know so I can stop worrying about it." "You don't have to worry about it, it's my job to worry about it and I've got it under control."

I started crying.

"Why are you crying?" "I'm sorry I'm just anxious and I just wanted to know and now you're being mean to me."

He walked out of the room.

My tears stopped and my hamster started. I was fuming. It was New Year's Eve, we were supposed to be celebrating, and he had retreated to our bedroom. What was wrong with wanting to know about a plan in advance, for crying out loud.

The night only got worse and the plans I'd been looking forward to for weeks never materialized. It was the worst New Year's Eve I've ever had.

By that March I'd found RedPillWomen and received quite the wake-up call. Everything I read rang true, and explained both C's attitude and the entire course of our relationship. C was RP, though not in so many words, and while I'd started wearing dresses and now owned hair and make-up products and was okay giving up my job to stay

with the kids... my attitude still needed an adjustment. I was still coming from a place of being a "smart girl" who knew everything. It turns out that there was a lot more "everything" to learn.

I'm going to jump ahead to the story that I started this post with, because this has gotten way long and unfortunately that conversation was just this past weekend.

It's not that I haven't been trying, and C would admit that. It's even been working, for the most part. Our sex life has bounced back since I committed to making him my priority. We've been having home-cooked meals most of the time and I lost the few pounds that had crept up on me. My mantra became "soft" - softer in voice, softer in my actions, be his soft place to land. In a lot of ways, I've really taken the RP mindset to heart.

And yet here I was swearing at him in the airport because our flight was fifteen minutes delayed.

Then I read Delphine's post. She quoted a line from her husband and it stopped me in my tracks.

Do you trust me? If you trust me, why are you arguing with me? Do you not think that I will do what is right by us? We are about to be married. Trust me.

It encouraged me to make an account and come out of lurkdom. I wanted more of this attitude, more of this mindset. I hung out in the RPW chat some. And then I realized that while I've been sucking on the pill for months, I had yet to fully swallow it.

The red pill is a bitter one to swallow and the bitterness is going to be a shitty aftertaste in your mouth for a while. It doesn't go away the second you swallow. That bears repeating. Swallowing the pill is actually the easy part. Knowing you need to change is not the same as changing. Heck, the more I change, the more things I learn I need to change. Turns out RP isn't just about fixing up the outside of your life. It's great if your house looks lovely, but it's a much greater reward when the fighting inside stops.

Our fighting hasn't stopped because I haven't stopped fighting for control.

I don't trust my fiancé. There, I said it. I want to. I'm working on it. But I don't, right now. That's why I was swearing in the airport, as much as I don't like to admit it. I even wanted to start this paragraph with "Sometimes I don't trust my fiancé," but that's not accurate. Trust isn't a sometimes thing, just like RP isn't a sometimes thing. It sucks, it really does, but you don't get to pause it when it's inconvenient. I don't get to pause when I'm pissed off, when I'm anxious. And right now I am those things a lot and it is hard to give up control and just trust.

Changing my brain to the RP mindset has become somewhat of a full-time job. I feel sometimes that I don't really have time for it, what with my "real" full-time job. Then I remind myself that if I want to have a lot of free time, I can keep acting like I have been. Pretty sure C would leave and I'd be a freeeee woman. Which is totally exactly what I want.

So here's what I came to say. Swallow the red pill. Don't do it because I said so, do it because you're a smart woman who's been reading here and wants to see something different in her life. It's well worth the rewards that everyone else has mentioned.

Just don't forget and be too smart to actually swallow the whole thing. If it's not bitter, you're probably not there yet. There's a lot of hard work ahead, for you and me both.

We need to share our stories and these experiences with one another. Don't be content with simply reading and lurking, take a chance and tell your story, we're here to listen, help, and learn together.

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UPVOTES

Thank you

W0zzynix · 12 September 2018 · Archived copy · Reddit

Ladies, I'm on cloud nine. I just wanted to thank you all from the bottom of my heart. Due to the implementation of rpw principles, I'm in the happiest, healthiest, most fulfilling relationship I've ever been in in my entire life. My husband is about to start an amazing career, and has offered to let me stay home to take care of the children and our home. I'm just so stinkin happy I had to share!

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UPVOTES

How do I stay realistic without wanting to give up?

MissEuphoria · 25 August 2020 · Archived copy · Reddit

I'm 30 years old, 5'8", 10lbs overweight, black, and single. Because I spent most of my life working and taking care of a codependent mother, I've pretty much never dated, never slept around, never done anything like that. But now I'm 30. And I know that I need to lose weight and get my body in shape if I ever want to get married. I also know that by the time I'm ready to enter the dating world, I'll be 31, past the wall, and invisible to men -- the apartment, the career, and the salary I've worked so hard for will mean nothing to them.

I know that there won't be a perfect 6-foot CEO waiting for me at the end of my self-improvement journey, so I'm trying to keep my "list" very short and my standards very low. But how do I stay motivated when I know what my realistic prospects are going to be?

Even if I lose weight, get braces, get therapy, and perfect my cooking, marriage isn't a guarantee. And even if, after all that work on myself, I'm lucky enough to get married, statistically speaking, it will probably be to a man who is shorter, older, and making less money than me. I know that those are the facts and I have to start getting used to them. But how?

Edit: Thank you so much for all of the advice! Judging from the comments, my negativity and lack of confidence on the inside is just as important as my weight and attractiveness on the outside, so moving forward, I'll be working on that as well.

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UPVOTES

Dressing Femininely and Negative Reactions From Other Women

mrssmithhh · 26 July 2019 · Archived copy · Reddit

First, with my whole heart THANK YOU to everyone for all the outpouring of support for my miscarriage. You guys have no idea how much your words meant to me.

So about the subject line. I have been studiously been dressing much more femininely and taking special care of my grooming. (The Ordinary is a really great, effective, and unbelievably inexpensive skincare line, if anyone is looking for good skincare.) I have my two toddler sons at home, and I have automatically gotten up either with them or earlier and gotten dressed like I used to before my stay-at-home days. I do my hair, choose an outfit, and do makeup. Some days are fancy and some are just t-shirt and shorts, and I dress to fit my mood. My own personal standard is that, however I choose to look that day, I make sure I look attractive and my best, casual in jeans and t shirt or a little more frilly in a sun dress. For all the stay-at-home moms, this is really a great way to get your head in the game. At first I did it all for my husband, but I realized I had missed this and really enjoy taking the time to be careful and expressive with what I wear and how I present myself. I used to do it all the time “before kids,” but I thought I had to have an excuse, a reason to dress and care for myself, and I had thought that staying at home meant no one would see me, so no one would care, and doing it for myself a wasnt enough of a reason. Wrong. I’ve enjoy it so much! I feel happier with myself! It’s also better for my family in so many ways. My boys don’t go to any daycare or preschools: they’re with me all the time and we just have tons of mom groups and play dates, so when I dress nicely it helps them see a more accurate idea of how people act “out there.” My husband has also said many things and acted very appreciative.

But here’s the issue. I feel great inside my own home, at the grocery store, doing errands, and interacting with strangers, but most of the other woman I’m acquainted with seem to react with a soft negative. Whenever I see other women, and other moms, it’s like a social contract that all of us must be in yoga pants, messy bun, yesterday’s t-shirt or too cool to care about how we care. We have kids! We don’t have time to look good! And just to be clear, I’m not hating on moms who struggle with getting dressed with little kids. Some days I cannot go to the bathroom until noon, much less put on makeup. But there are days when my kids let me have a few moments, and when that happens I make the most of it. And I get the distinct feeling that I’m breaking the girl code of frumpy stay at home moms, and it’s not going over well within the clique. Showing up to a play date with my hair styled and my face done (I’m not talking anything fancy, just powder and mascara), and jeans and a cute shirt is enough to get stares. Wearing a skirt or dress? That’s just extreme.

Sigh. My mom friends have been life savers, and I love that we all meet and build friendships in what would be an otherwise isolating life. Our mom groups are vital for us who stay at home. But it’s tough to break the girl code.

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UPVOTES

I'm not sure I understand RPW

enoraj · 16 October 2020 · Archived copy · Reddit

To sum up, I like the idea of valuing long term relationships, marriage, being supportive as a woman, I'm against new waves of feminism, I like seeing women taking responsibilities for their actions and trying to create healthy gender relations. However I don't know if I understand correctly what RPW are about, are you for the idea of having the man taking all the decisions for you? I'm not judging I'm trying to understand because when I first hear this I just see it as regressing into comfort, childhood, no responsibilities in a way & of course it's a fundamental instinct but I just don't understand if that's what's behind this. I think I need actual RPW to explain.

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UPVOTES

I realized that “forgiving” my boyfriend of his past wrongs has enabled him into think I will always stay. I feel weak and I’m not sure how to move forward with this feeling

idontevenknowww1234 · 1 April 2020 · Archived copy · Reddit

I don't want to say forgiving, because I feel that we need to forgive in order to be free. More so, talking things out and letting it go. It's not that I easily just forgive and forget things, but I realized that I never set a strong boundary for myself, never making him scared to walk away, and in turn I feel that he just thinks he can get away with anything. Him on the other hand, has strong boundaries and will walk away the moment he feels it's not worth it to him.

I stand up for myself when it comes to issues, but I'm just realizing this about the past and it's making me upset with myself. Have any other women felt this way? I feel kind of powerless. I don't know how to move forward or what I can do better in the future to I guess, love myself more? And set a boundary so I'm not so fixated on losing someone and in turn sacrificing my worth. I hope that makes sense.

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UPVOTES

26 and told I have “old lady vibes.” On here and in real life, endearingly. I’ll admit, these comments have made a nest and bother me. How to come across as more “youthful” without compromising my maturity?

ebitdankk · 11 April 2020 · Archived copy · Reddit

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UPVOTES

I'm an invisible woman and I hate it.

dewajtis · 28 May 2021 · Archived copy · Reddit

Hello!

I'm an avid reader and an admirer. I'd like to ask you for help or some advice. Feel free to delete it, if this may be counted as off-topic.

So, I'm 28 years old now. I was a pretty girl, then ugly teenager and now I'm an average adult. Strange mix. I went from a popular and well-liked, one the boys had a crush on, to the one the same boys were bullying and calling ugly.

I was never on a date, never in a relationship. No one ever showed a trace of interest in me. I don't remember when I have a chat with a guy that was not a coworker, my gay friend or some kind of worker for the last time. Strangers usually don't notice me in social situations.

I don't think I'm hideously ugly. I'm not fat and even posted on [r/rateme](#) once: got everything from 4 to 10, but most were strong 6s and 7s. I consider myself moderately attractive, am slim, dress femininely and take care of my skin and hair. I see a lot of women way uglier than me with husbands/ boyfriends and babies. Yet my looks were never complimented, even by a friend or my mom.

It's not like I sat at home all the time. But when I attended Swedish language course, guided tours around my city, theatre or open lectures and other activities, I met only other women. And while we like to spend time together during the activity and maybe go for a beer or coffee afterwards, we didn't become friends to meet outside.

I used to be an active member of youth groups in my church while in high school and university, but now I don't attend these anymore. I guess I'm afraid that "post-university" group would have *desperate spinsters* vibe.

I'm rather witty around the people I know well, but shy with the strangers. An acquaintance once told me that I have a sunny personality of a princess from an old Disney movie and that was the nicest thing anyone ever told me.

I don't know what to do. I thought about starting online dating, but I'm afraid what kind of people I would meet there. I think I'm a bit naive and idealistic and afraid to be taken advantage of there.

I'm getting more petrified when reading TRP or other, similar fora (yeah, I know, great idea). I read again and again that I'm a failure, a leftover, that I've already lost my life. I see men who cannot shut up how I'm a seemingly perfect woman they're looking for, to be glossed over and ignored yet again. When I tried to share my perspective once, I was instantly called a liar and a few worse ones.

I try to remain optimistic, but I cannot help but be angry that men used to bully me and effectively destroyed my self-confidence and now they (different ones, but still men) are all like "You should do this and that when you were 21, now it's too late"...

I don't know what to do. I'm trying to do everything a woman in my situation is usually advised, but it doesn't work.

Is there anything I can do differently? Please?

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UPVOTES

The Woman He Supports and The Woman He Wants to Take Care Of

Automatic-Praline568 · 28 October 2024 · Archived copy · Reddit

It's been a while since my last post, so here's a big update.

Previously I was working as an entrepreneur. I wanted to set my own schedule and be my own "girl-boss". I worked as crazy hours as my boyfriend who is also self-employed for over 6 years. He told me he supports me and would be with me through this part of my life.

Well, after 2 years of my go-getter lifestyle my boyfriend asked me if I was happy because he could tell I wasn't. I confessed I'm happiest when I'm taking care of the home, baking or cooking, making our space a nice place to live and reading a good book at the end of the day.

I was scared that he wanted someone who could match his energy. Scared of how our relationship would change when I admitted this. To my surprise, he just wanted me to be happy. He said he loves when I have food for him when he gets home and me making our space homey makes him want to rush home back to me.

We decided I'd get a regular job for now while he's building his business to get us our own place and start our life (engagement/marriage) which just wasn't possible when we were both "getting it out the mud".

A couple months later, and he told me in a moment of tenderness that he just wants to take care of me. In the months while I was finding a job (the market is insane for my industry) he refused to let me buy anything ever. He'd even get "upset" when I'd bring out cash and say "I'm taking care of you. Stop it."

I feel so blessed. I now am employed, but we have such a different dynamic than before. I feel like a princess in every day life. He takes such good care of me, and I him of course. The laundry is done. There is always food or treats. And I don't worry about a single bill or payment. Obviously, things will change again when I have a job, but he confessed to me last night he loves my submission. He finds it sexy and he loves when our roles are cemented in this way. He said he loves that he knows I am confident and can take charge but I trust him to do it and look at him with adoration.

All this to say, create the life you want with your person now. Establish the dynamic now. You'll see if you have the man of your dreams.

I'm blessed to say I absolutely do!

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UPVOTES

A tangible example of the letting him lead

Thistlewhistler · 15 June 2026 · Archived copy · Reddit

We have travelled all over the world with our kids for the last 15 years and one of the things that has made our trips smoother, is that I've let him lead. Literally.

In almost all situations where we're moving from A to B, he will walk in front, followed by the children, and I bring up the rear. He finds the gate, the train platform, the right street, etc. and I ensure no one straggles or gets left behind. Everyone gets on the elevator, on the train, etc.

If he's not sure where to go, I let him work it out. If he needs my input he will ask, but it's just not helpful in those moments to make suggestions. Instead, I focus on the kids, keep everyone calm, and patient, until we're ready to go again.

I'm not stupid, and I've travelled enough by myself to navigate all these things if I need to. But there's no benefit in two of us doing the same job. When I concentrate on the children, make sure everyone has a drink, has visited the bathroom, tie the shoelace that comes undone, notice if someone needs a break, the whole trip goes easier. And frankly, I'm much better at this than he is.

When I let him lead, I can completely relinquish that mental load. He doesn't have to worry about me or the kids either, because I will keep him informed of what he needs to know and quietly deal with the rest. This works brilliantly for us.

Sometimes he makes mistakes, or something doesn't go as smoothly as planned. Sometimes he gets frustrated and a bit short with me. I just STFU, give him the headspace to get us back on track. I don't need to join in. Silence isn't always a passive thing- it can be an active choice, and it's such a powerful relationship tool. I don't mean a moody silence, either. I can hold my good mood, because whatever is happening isn't actually about me, and I don't need to insert myself into it.

The funny thing is that it's so hard to explain any of this outside this community. People would see this as weakness, or as being downtrodden. But ime leaning into my feminine skillset requires strength. Holding onto my emotional equilibrium, is the opposite of being downtrodden. And the results speak for themselves.

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UPVOTES

UPDATE: Friends HATE the changes I've made to my life

considerfly · 20 August 2013 · Archived copy · Reddit

Hey guys,

A couple of weeks ago I made a thread about some friends I made back in university. These friends would make snide comments about the Red Pill changes I was making to my life style, calling me a Stepford Wife, telling me I was too young to be tied down to this lifestyle, etc.

I got a lot of really good advice, and I decided to sever these relationships. Because I had been friends with these women for a few years, I decided I owed it to them to give them some sort of closure and explain that we were 'over' as friends instead of just refusing to answer texts/disappearing off the face of the Earth.

As a side note: Some people were wondering what changes I've made/if their concern was justified. The changes I've made have been cooking more, spending more time on hair/make up, losing weight, having more sex with my fiance and not allowing myself to use my disability as an excuse, and just generally trying to be a better partner in general. I was not doing anything drastic or dangerous, so their comments were hurtful and unwarranted.

Anyways, I sat down with them and explained the issue - they were saying things that were cruel and disrespectful, and we no longer lived the same kind of life.

They spat back a lot of anger, a lot of hatred, and I think some of it was long-term simmering resentment that had been building up behind my back. I'm not surprised, I'm working as a full time writer/artist and they're all struggling through grad school, I'm getting married in 10 months and they're sleeping around and crying about guys who don't call. They felt left behind, and it's a shame they couldn't handle it as adults.

Anyways, my fiance and I have been going to some Meetup events and branching out. Our relationship feels healthier because I cut that negative influence out of my life and I refused to tolerate any more disrespect against my future husband.

Thanks again for all of your advice and kind words - much appreciated. Here's to the future!

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UPVOTES

Misconceptions

MsSadieDunham · 22 December 2016 · Archived copy · Reddit

So every so often there seems to be an influx of posts and comments that will walk the fine line of bashing TRP. This is happening once again and as a frequent poster and EC, I'm extremely tired of answering the same, unoriginal questions and defending the philosophy. I hope this post clears up questions some of you may have out there. If I missed any, feel free to add in the comments.

- *The Red Pill hates women, how could women support it?* The Red Pill does not hate women. The Red Pill explains who we are as humans and as specific genders **in general** at our most base instincts. While some of the harsh truths may not be flattering to women, they aren't flattering to men either. If men were perfect there would be no need for TRP because men wouldn't be beta-ing out (read: failing) at life. TRP helps rehabilitate men and women alike, cut through all the crap the feminist agenda has been feeding us our whole lives and reconnect with our natural instincts and purposes.

The men on TRP have a phase of anger that they go through when they “swallow the red pill”. Women typically have a guilt phase. We encourage women not to visit TRP because the men working through the anger phase obviously can be abrasive and offensive. They need a space to do that in. Let them be! Not every RP guy is like that, it just seems the norm because of the space you're visiting; in reality it is a small percentage of the population.

- *TRP thinks women are below men* Men and women are different and have different roles. Neither gender's role is more important than the other and neither gender is better than the other. Men are just **better** at certain things than women are and women are **better** at certain things than men are. (**IN GENERAL** Obviously there are exceptions to everything!)

That doesn't mean women can't hold jobs to be truly RPW or we can't handle the finances or whatever. That actually has nothing to do with anything. It does seem to be somewhat normal that many RPW aspire to be homemakers but I believe that has to do with the fact that RPW aligns with traditional/conservative values/families and not because it is an RPW “rule” itself.

No one ever said men were better than women. Yes, again, I'm well aware that there are some less than flattering posts about women on TRP. I'm sure some of the men over there do think they're better but they're the exception and not the rule.

- *RPW don't want a RP man**

This is another one of those phrases that gets repeated so much it loses its meaning. RPW do not want a guy that is a player. Some of the men at TRP use their RP skills to spin plates, some have decided to never marry, some have decided to just get laid as much as possible. That's OK! That's what they have decided to do with their sexual strategy. RPW do not want to do that. Instead we want to vet a long term partner. So when people say “RPW don't want a RP man” what they really mean to say is they don't want the guys who spin plates and sleep around. But just as much as an RPW wouldn't want an RP guy like that, the RP guy isn't looking for an RPW - he's looking for a ONS - something he won't get from us! I was asked a few days ago how and why I would identify with a network where the men are people I wouldn't date but that isn't true. I just wouldn't date one of *those* RP guys. There are a few regular posters here that give great advice and seem (albeit while just on the internet) like they would be solid relationship material. One of our own mods is a man and *gasp!* RP!!!! But guess what, he's admitted to being in relationships before. There are plenty of RP men who want relationships. *Those* are the RP men women want to date.

I believe the part that gets twisted in people's minds is the “alpha” part. If a guy is too far alpha one way, he will only be looking out for himself and thus would not make a good long term partner. However even this belief is a

generalization because there are some men who sit high on the alpha spectrum that are family men. So the simple answer to this particular “rule” and its exception is, vet your men, ladies.

- *RPW is all about how to improve for the man but what is the man doing to improve?*

That’s a great question. RPW can’t answer that for you though. The only person you have control over in this life is you. *You* have the power to change and RPW (or TRP) can help. The idea is that if you change enough for your SO, you *may* inspire change in them by motivating them to be better. Maybe that will work, maybe it won’t. There is always the chance that the guy you’re dating won’t step up and lead or won’t be motivated by your hard work to change or won’t do anything. Guess what? *Leave him*. He’s not captain material and your SMV/RMW is too high to be wasting your time with someone like that. It’s that simple.

In conclusion, TRP and RPW work with the same theories but have many different goals and ways of reaching those goals. But that’s ok! You don’t have to use all the strategies and theories in your life. My RPW journey looks much different than any other user’s. That’s OK! We also have different goals in life and different beliefs. Not every RPW wants children or is a Christian. I am. That doesn’t mean the strategies haven’t improved our lives. Maybe there’s a guy at TRP who thinks women suck and are only good for sleeping with. That’s OK! I won’t be his friend and I certainly won’t sleep with him but he can do as he pleases. There’s also men over there that, as I said before, are in relationships. There’s a vast majority of people and ideas across TRP network. If there’s a particular train of thought, idea, theory or tenant you don’t like or don’t agree with, don’t throw the baby out with the bath water. Just don’t use whatever you don’t agree with.

I hope this has cleared up a few popular misconceptions for some users. I expect there to be debate in the comments and possibly even lively debate but can we please all be respectful of each other. You can be direct without being rude. I’ve noticed some people forgetting their manners and being excessively and unnecessarily aggressive lately and I for one have grown weary of it.

~Sadie

Edited: formatting and clarity on key ideas

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UPVOTES

Just had my first date in over 2 years

Brewingupabrownstorm · 18 November 2018 · Archived copy · Reddit

And it went okay! Thanks to a long time spent looking at myself and considering what I want out of a relationship, I was able to end the date after about 2 and a half hours, safe in the knowledge that the incompatibilities I noticed (constant negativity, mention of frequent drinking and severe anxiety) meant the relationship wasn't worth pursuing further. I'm strangely proud of myself for valuing my wants and needs! Thanks for all of the vetting help ladies :)

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UPVOTES

I just realized how different men and women are. (Best vs. Most)

Torridtwenty · 29 May 2018 · Archived copy · Reddit

What I'm about to say will most likely be common knowledge to you all, but it just hit me that men and women are very primally, instinctually different especially when it comes to mates.

As a woman, if three men approach me: a 7, an 8 and a 9; my eyes will immediately go to the 9 and I basically won't even notice the other two. It doesn't really matter how attractive/smart/fit/funny the 7 and 8 are. They aren't the best choice so I don't want them.

Men on the other hand? If they see three women (7, 8 and 9) , they'll desire ALL of them. It doesn't matter that one is better than the rest. Women are women and they're all attractive. There's always room for more.

There's no such thing as "room for more" to me. If I meet a guy and see him as the best choice or the best I can get, he will be ALL I want. No other guy will exist to me. If I have the best, why would I want anything less? Yeah there are many other attractive, smart, funny guys but they aren't him.

I think the phrase "spread your seed" for men describes this contrast. It doesn't say "give your seed to the best woman"; It says give your seed to the MOST women. For men, it's all about "most". Quantity. They want their genes to be passed so it only makes sense for multiple women to take them. They're fertile basically forever and have no biological clock. So not only do they want the queen bee of the group- they want her less attractive friends, too.

For women, it's all about "best" or quality. We can only get pregnant 9 months at a time and we aren't fertile for very long (we have a biological clock). We don't have time to get pregnant by every high value male so we need the HIGHEST. Or at least the highest we can get.

Just some early morning "realizations" lol. If I'm not allowed to post things like this here, let me know

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UPVOTES

Temper cure [X-post from /r/jokes]

frozen_strawberry · 11 August 2015 · Archived copy · Reddit

found this very red pill joke on /r/jokes. enjoy...

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".

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UPVOTES

Why should women reject the “princess mentality”?

lovlorn · 16 February 2019 · Archived copy · Reddit

So I [20f] have this friend who is pretty entitled and materialistic. Her bf spends lots of money on her, does the cooking, drives her around, anything she wants. The other day she asked me what my bf did for Valentine's Day, and she seemed to pity me for having a chill night in and cooking for him, rather than the expensive dinner and gifts she got.

I know it's stupid, but I felt a need to justify being happy with “less”. Of course I had a wonderful Valentine's Day. I love cooking for my bf and don't want to be a financial drain on him. But I'm finding it hard to rationalize why women should contribute equally instead of expecting to be spoiled. Most girls I know take more than they get out of relationships- they don't cook, split bills, etc. In this era, the message is you can get anything you want by being young and pretty, and serving a man is "degrading".

So my question is: what are the benefits of adding value to a man's life? Why should a woman add value when she can be a “princess”?

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UPVOTES

Thought Experiment: Emotional Cheating

LateralThinker13 · 5 July 2019 · Archived copy · Reddit

We mostly all believe that sex with somebody who isn't our partner is bad. That sexual cheating on the relationship is wrong, destroys it, etc. But what about emotional cheating?

If your husband/BF doesn't give you enough emotional validation, if he doesn't compliment you enough, support you around the house enough, if he isn't there enough because he's off working two jobs... is it okay for you to get your emotional validation elsewhere?

The grocer's handsome, flirty, and you have no desire to have sex outside of marriage, but you don't mind spending 30min every time you're at the grocery talking with him. He even walks you to your car and makes you feel safe. It's nice.

Your yoga instructor is young, hot, and is happy to talk after class over smoothies. He's attentive, listens and speaks well, and is always there for you. You'd never sleep with him, but it's great to go to class... and so you go four times a week.

The mechanic you take your car to is burly, crass, and... a total stud. Built, swaggers, confident, and yet strangely respectful to you. He'll tell you about your car, give you a good deal, doesn't try to rob you just because you're a woman, and... over the motor oil smell he's got a healthy male musk. Of course, you'd never sleep with him outside your marriage, but... you're really good about getting your routine maintenance.

And then you go home. And husband's there, at 9pm after working two shifts, and he doesn't want to hear about your day. He's tired, just wants a quick meal, a shower, and maybe a cuddle/bit of fooling around. That doesn't do it for you, so you warm some leftovers and go to bed early. You've done your duty, right?

Wrong. You spent the day emotionally cheating on your husband. And it's okay, because we don't consider it cheating. We only consider getting sexual needs met outside the relationship to be cheating. And if you do step out for sex, you (usually the man) are bad, unable to keep it in your pants, etc.

Both men and women need emotional connection as well as physical interaction (sex/cuddling). You don't have a healthy relationship without both. And society *generally* agrees that withholding sex is unhealthy. But emotional connection? Not at all.

RPW teaches that the best way to support your Captain is to be his 1st mate. This is giving him emotional/social support so he can lead and provide. But if you're giving that emotional energy to everybody but him, are you really being faithful? Even if you never have sex once outside marriage, is it possible to emotionally cheat on your man?

Absolutely. Because men don't just need sex, anymore than women just need talking and chocolate. **So here's the thought experiment:**

When is it okay for you as a woman to emotionally step out on your husband? To have a close emotional relationship with another man, even though it never gets physical? Is it okay if it interferes with the time and energy you have available for your husband/BF and you relationship... so long as you don't cheat sexually?

If you said yes, it's okay, is that because you don't rate sex as a high importance? And if so, let me flip it:

When is it okay for him as a man to sexually step out on his wife? To have a close sexual relationship with another woman, even though it never gets emotional? Is it okay if it interferes with the sexual energy he has available for you and you relationship... so long as he doesn't cheat emotionally?

Food for thought.

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UPVOTES

Man's the asshole for asking his wife to dress up for one date night

BumbleBitny · 16 March 2022 · Archived copy · Reddit

Crosspost "AITA for asking my wife to dress up not down?" from /r/AmltheAsshole:

My wife and I have been married for 6 years now. My wife Grace is beautiful. She is a very girly girl liking things like pink, flowers, purses and heels. Before the pandemic, Grace would always dress for a runway. She would have on makeup, heels, dresses, perfume, smooth skin and etc. During the pandemic though my wife's job got moved to at home. She stopped her beauty routine and spent most of the days in long t-shirts, shorts, sweat pants or her pajamas. I understood it since we weren't really go anywhere. Grace also stopped wearing makeup, doing her hair, and shaving. While this bothered me cause I like having a beautiful wife I figured it was till her job got moved back to the office.

Now things are open again. My job has been moved to the office but Grace told me she didn't want to return and opted to keep working from home. Her wardrobe has completely changed in the two years of the pandemic! She hardly wears her dresses, cute shirts, skirts, makeup or anything like before. Its men's t-shirts with saying on them like I'm grumpy, jeans, sweat pants, and tennis shoes. And she has COMPLETELY stopped shaving and waxing. Now she'll dress up a bit if we go out or if we have company but thats it. Grace tells me its too much work.

So now for the part where I may be an asshole.

Before the pandemic, we went on a date night. Since we haven't done in I suggested a night out at an expensive restaurant. I did pick this restaurant on purpose. Grace said no and suggested we order takeout. When I refused she suggest a restaurant like IHOP or Chili's. Her excuse? She didn't feel like shaving her legs for one of her dresses and wanted to be comfortable

I snapped saying "It wouldn't hurt you to dress up for once!" She accused me of only liking her looks! This isn't true! I told her I was just tired of feeling like I'm living with a homeless woman. Grace ended up locking herself in our bedroom. I know my words were harsh. I ordered a pizza and tried to apologize but Grace wouldn't open the door. I slept on the couch. Right now Grace is still giving me the cold shoulder, refusing to speak to me or be in the same room as me. I know I hurt her feelings with my words however I think this is depression or isolation from the pandemic since before Grace had no problem looking like a model.

AITA?

Posted by No_Bet_4053 | 16 March 2022 | [Link](#)

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UPVOTES

I was a “hardcore”, liberal feminist

juicyfruit206 · 28 March 2022 · Archived copy · Reddit

Update: After reading everyone’s comments and an additional post made in response, my eyes have definitely been opened a bit. I failed to do enough research about RPW and I’m glad to have been enlightened. My assumptions were a bit skewed and I’m glad to know how diverse this lifestyle can be, and that it looks different for everyone. I also realize the man I referred to is very likely not someone who I want to pursue a future with, I was just blinded a bit. The wariness that I had when I first met him disappeared - but now it’s back, and I’m going to reconsider. So bottom line: thanks everyone for giving me a bit of a wake up call.

Please let me know if any other women have had a similar experience.

(25f) I was firm in my belief system: marriage is probably scam, women can be the dominant one in the relationship without fucking up the foundation, men shouldn’t sleep with anyone but their partner/girlfriend/wife, cheating is always grounds for breaking up, body count for women isn’t indicative of their value as a person, etc.

I still hold many of my original values to be true, but I’m willing to admit that seeing a HVM who is active in the redpill community has shifted my mindset significantly. And he has no idea. At first it MAJORLY gave me the ick. I cringed just hearing him speak about it on YouTube, podcasts, etc. I was baffled that people believed this stuff. For years. Until.... it resonated. I went from thinking that I never want to marry or have children to worrying that I could be too old to be considered as a potential mother to the children of this HVM who I’ve only known for 5 months. Now, I find myself wondering how I measure up in terms of the other girls he’s seeing.

Before, all I cared about was traveling. Single or not. I wanted to see the world and gain experiences until the end.

This man I’m seeing has mentioned in passing that he wants me to “give him a son...” Planting the seed in my mind I assume.

I see that I have a lot to offer. I’m conventionally attractive, feminine, loyal, submissive, kind, intelligent, and genuine- but will I regret it if I give in to that lifestyle? My mom had a traditional marriage and family and she’s very very happy; my parents are thriving. I don’t have daddy issues, I still have a great relationship with my parents, and I’m secure in my self worth.

But still, I feel like I’m betraying everything I believed. Should I just let it happen? I know I’d be a great wife. But will I feel limited????

That’s what I always assumed would happen at least.

Edit: By “hardcore,” I mean *very* convinced of my original belief system. Not obnoxious.

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UPVOTES

My husband doesn't find any older women attractive and it scares me.

tddyddtd · 28 April 2022 · Archived copy · Reddit

For context: I am 27, he is 46.

Historically, he has dated anywhere from early 20s to late 40s, with most falling around 30 so I never thought of him as particularly ageist.

Presently, we are vacationing on an island that seems to be teeming with older wealthy women. I have spotted a number of women in their 50s and 60s who are about as stunning as I imagine they could be. Basically their bodies are thin and toned and tanned and indistinguishable from those of a much younger women except for the veininess and crepey skin. Their hair is lush and on-trend. Their faces are beautiful, whatever plastic surgeries they must have had are undetectable. Their energies are bubbly and sweet and graceful.

Basically the only thing distinguishing them from a young knockout is that their skin is clearly that of a woman in her 50s/60s, even though it's been smoothed and tucked etc.

My husband agreed that these women were lovely when I pointed them out, but that he couldn't find them sexually attractive. Objectively they look better than me in every way except that I am young. I pressed, and eventually uncovered that he had never been sexually attracted to a woman over the age of 47, even though he himself is 46. He speculated that it might be fertility-related.

This frightens me, as it indicates that even if I manage to age as incredibly as these women have, there is just nothing I can do to retain his attraction.

All I can do is hope that love will be enough.

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UPVOTES

I got banned from r/blackladies just because I joined r/RedPillWomen

cool_all · 13 September 2022 · Archived copy · Reddit

This is the messaged I recieved from [r/blackladies](#) :

You have been permanently banned from participating in [r/blackladies](#). You can still view and subscribe to [r/blackladies](#), but you won't be able to post or comment.

Note from the moderators:

You have been automatically banned for participation in RedPillWomen, the self-described "women's space in the RP network". Its promotion of incel/redpill/mgtow ideology inherently violates our Rule 2. Its moderators allow disruptive and harassing brigades aimed directly at this community. Its users are uncontrollable and belligerent.

I am a bot and cannot determine context. If you do not support redpillwomen and are willing to leave it, reply to this message. Other replies will be ignored as our rules are very clear.

If you have a question regarding your ban, you can contact the moderator team for [r/blackladies](#) by replying to this message.

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UPVOTES

Tips on not feeling bad about “hitting the wall”

annabeelongx · 27 January 2021 · Archived copy · Reddit

I'm 18f. Yes, I know, I'm still pretty young with a good amount of years ahead. However I keep hearing about this “wall” woman hit at 30 and it's making me so miserable and depressed because I feel so worthless and only an object for looks, just to be dumped once it's no longer there. Anyone else feel the same? How do I reconcile this?

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UPVOTES

I've finally found a community where I fit in...

88scarlet88 · 8 February 2022 · Archived copy · Reddit

I've always wanted to be a, what I call 1950s house wife aka a red pill woman. Even when I was 15 and my aunt asked me what I wanted to do when I grew up, I said stay home and raise children. Like all of you I love the idea of looking pretty for a man, making him a hot meal and keeping a clean house. When I have commented on other communities sharing how I'd like to live my life (not suggesting anyone else needs to), I've been downvoted to oblivion.

However, I didn't join this sub expecting to find like minded women. The posts on red pill men are often degrading to women and I was confused why women would want to be apart of that. However, I've been pleasantly surprised by this sub, y'all are all so positive and kind to each other and see the good in men. I just don't understand why the posts in red pill men are completely the opposite types of posts to the ones here? The men's posts often slate women and have strategies for how to use them for sex, to me it's as if they see women as the enemy.

Did red pill men used to share our values? As I'm confused why we are called red pill women. After reading their posts, they are certainly not the type of man I want to attract and they definitely don't appear to want to finically provide and look after women. Please can someone explain why we share the same name but opposite values.

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UPVOTES

This subreddit might change my life

BabyJane2903 · 2 September 2024 · Archived copy · Reddit

Hello everyone, I discovered this sub yesterday after realising the modern feminism has fooled me and I need to look for alternatives. I have always been a strong independent woman, I'd sleep with guys and then ghost them, I used to be very fixated on my career, not needing any man at all. Then I met my boyfriend when I was 25. It began with some casual sex, but he was so kind, well mannered, treated me like a lady. I wouldn't call him an alpha, but he was a good beta man, I think someone on this topic called him master beta. But what happened in our relationship that I think I castrated him. We have a house, a company, which basically I've built on my own. I thrive on doing things, fixing things, but at the same time resent him for not doing enough, but again I never ask him to do things. He feels bad, I feel bad and I want to change this dynamic. That's why I came here and hope to start working on myself. All the other subreddit just advise me, leave him, find someone better, but I'm not going to do it before I make sure I'm the best partner he can have.

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UPVOTES

i'm 20F I want to find a husband young, 30s is not the new 20s.

persianprincess · 13 June 2025 · Archived copy · Reddit

I'm a 20 year old woman and I know this goes against modern dating culture, but I want to marry young. not in my 30s, not after a "party phase," but in my early 20s, while I'm still in my most valuable years for building a strong, lasting relationship. I just got dumped by my first love and all I wanted was for him to be more traditional and masculine.

I believe in traditional gender roles. I want to be a supportive wife, raise a family and create a peaceful home. I have no desire to "chase a career first" and treat marriage like a backup plan. I see too many women who bought into that mindset only to end up burned out, single, and bitter at 35.

most men my age aren't thinking long-term and I'm not interested in being someone's "experience" or casual fling. I'm looking for a man who values leadership, responsibility, and commitment. someone who wants a wife, not just a girlfriend. I'm prepared to bring femininity, loyalty, and peace into a relationship. I want to be a home maker, I want to be a full time loving mother and wife. I can cook as well so that's not an issue. I want to build with someone, not compete with them.

If you've walked this path or are in the same mindset, I'd love advice. Where are the serious, masculine, marriage minded men? What did you do in your early 20s to attract and keep the right kind of man? What mistakes should I avoid?

I'm looking for real, traditional wisdom from women who've done what I want to do.

Thank you in advance. 🙏

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UPVOTES

8 things most women just don't do anymore (but should)

Marriedwithkidz · 6 February 2015 · Archived copy · Reddit

Came across this on facebook of all places. I agree with all of it.

<http://www.examiner.com/list/8-things-women-just-don-t-do-anymore>

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UPVOTES

Women of Virtue

kittxxn · 11 November 2019 · Archived copy · Reddit

A close male friend of my partner, who has read many of my RPW posts that my partner has shared with him, sent me a [link](#) to a blog post about the 20th century evangelist Fulton Sheen. He is quoted to say:

“To a great extent the level of any civilization is the level of its womanhood. When a man loves a woman, he has to become worthy of her. The higher her virtue, the more noble her character, the more devoted she is to truth, justice, goodness, the more a man has to aspire to be worthy of her. The history of civilization could actually be written in terms of the level of its women.”

I have been tossing this quote around in my mind for the past week or so, trying to make out what I think of it. My first instinct was agreement – then doubt – then cynicism – now, hope?

In the 21st century in this post-birth control world, the sexual marketplace has become seriously unhinged. Sex used to be rare and therefore valuable in the market. Since the invention of birth control and the Women’s Sexual Liberation movement, it is no longer difficult to find an easy lay. Before this movement, the only men getting lucky were men deemed worthy of being someone’s husband and father to their children. If that’s the Man’s Game, it would make sense that The Virtuous Woman would be a woman one might aspire to *deserve*, and that the virtue or lack thereof of women in any civilization might propel it forward or hold it back. But will men strive to deserve the virtuous women while swimming in an endless supply of porn and cheap tinder hook ups? Maybe the biological paradigm isn’t as simple as Women Want Commitment/Men Want Sex.

I turn to my partner and his friend with dozens of disorganized questions. Why commit to a woman if it’s way more work and less freedom than a life without them? Why does RPW think it takes beta traits to offer commitment and be a reliable partner? Is the true pursuit of masculinity only sex or does it go deeper than that?

Even posts on TRP will report personal anecdotes of finding the life of plate spinning meaningless, and an increasing hatred and disgust of the women they bed so often.

Maybe Mr. Sheen is right. Men strive to deserve virtuous women. Sex, yes, but also respect, adoration, and yes, even commitment, from a woman of virtue. Sex that isn’t difficult to *earn* is, by definition, cheap. Men have been slaying dragons and fighting wars for the women they love, even with brothels down the street. And almost all the truly masculine and alpha men I know are dedicated and righteous husbands and fathers – or want to someday be.

If they find a woman worth it.

Be virtuous. Be noble. Be devoted to truth, justice, goodness. I look forward to hearing your thoughts.

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UPVOTES

Am I really being abused?

mypuppyismybuddy · 9 January 2020 · Archived copy · Reddit

I had posted this on the AITA sub and everyone but a few people told me my husband is abusive and that I should leave him. But in my heart, I know that's not true. That sub is quite liberal, so they may see normal leadership behavior from the man of the house as "abusive". So I need to know what you ladies think. Also, I would really appreciate suggestions on how I can make things better.

I'm a stay at home mom. I cook, clean, iron, pick up and drop off kids to and from their activities. I also make a conscious effort to look good for my husband. I try to be the best wife and mother I can possibly be.

However, it's not easy. I do get tired and sometimes I'm not in the mood to have sex with my husband at the end of the day. Two nights ago, after a long and tiring day, I crawled into bed and just wanted to sleep.

My husband began touching me and tried to kiss me. We kissed for a while, but I told him I was tired and didn't want to have sex. He asked me to give him oral sex. I said I didn't want to do that either. I was very exhausted.

He became upset and told me I was being unreasonable. When I tried to explain to him that I was really tired, he got angry and told me to go sleep on the couch if I wasn't going to make myself useful in bed. I begged him to calm down, but he said he was laying down the law. He picked up my pillow and threw it out of the bedroom.

I left the room quietly and slept on the couch in the living room. The next morning I tried to apologize to him, but he just gave me angry looks. When he came home that evening, I had prepared his favorite meal and was made up and in a nice dress. But He is still being very cold. I usually don't refuse him anything. And I don't think refusing sex just because I was tired should result in me being punished like this. I really don't know what to do.

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UPVOTES

Mommy Issues in Women

cornycatlady · 17 October 2020 · Archived copy · Reddit

In my previous post I talked about Mommy Issues in Men, but I think it would also be interesting to discuss how it manifests in women. I could not find much research, but with the little I did find, I think I can relate.

My Experience/ Mom rant:

My mom and I had a very odd relationship. I felt like when my dad was the breadwinner, and she wasn't so focused on her career she was much more present and nurturing in my life. However when she switched roles with my dad, she became much more absent.

Unrelated to her role as breadwinner.....She would be so nice to me and in seconds snap at me or a family member over something so trivial. (Mental health problems?)

She treats my dad horribly; demanding money (even when she makes more than him), makes, crass infidelity jokes, is jealous, talks down to him, just regularly verbally abuses him.

Also, I would be assaulted by my brother and my mom would be buddy buddy with him the same day. This made me feel very violated and unprotected in my household.

With her being more aggressive, unreliable, absent, and unpredictable, I think I have subconsciously internalized that all women are like her. I think the my mommy issues that have revealed in me are:

- I have a hard time making female friends, and tend to connect better with men.
- I generally distrust women.
- I grew up very tomboy and felt very uncomfortable being feminine (May or may not be related).

I want to work on these and be a much better woman and mom. I want to have more female friends and I want to be healthy to my future kids. Lots to work on.

Also I wanted to note that I do not think family issues are an excuse to accept poor behavior/thinking patterns in yourself. I think in acknowledging weak points of your development it can be advantageous for a starting point in self-improvement.

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UPVOTES

A Valentine's Day Reminder

Hammocknapping · 14 February 2020 · Archived copy · Reddit

My husband and I place a very low emphasis on holidays. We express our love for each other on a daily basis, so there's no need to go all out on holidays, including Valentine's Day. When I get home from work, I have no expectations that a gift or flowers will be waiting for me. We will likely make dinner, watch sports and play video games just like we do every Friday night. But, this doesn't mean my husband doesn't love me or care about me.

So, if your boo doesn't go all out for Valentine's Day, don't get discouraged and assume they don't love you. Instead remember the things they do for you all year long to show their love for you. Also, remember that gifts are meant to be given with no expectations for reciprocal action. So, if you're giving a gift today, give freely and don't use it as a covert contract.

Feel free to share advice for other women on Valentine's Day or use this as an opportunity to brag about the great gifts you got and/or received from your SO.

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UPVOTES

Uncomfortable situation

okaywhocareswhat · 18 February 2020 · Archived copy · Reddit

Last night I (30/F) went out for dinner with my boyfriend (32/M). We've been together for six years. When we arrived at the restaurant, one of the waiters recognized us, they worked together in the past. I met him once during that time. They made some small talk and eventually he invited us to a drink to which my boyfriend pointed to me and asked if I wanted to, I politely declined. Persistent, he came over a second time to ask and I accepted. I guess didn't mind and he seemed nice- wanting to catch up with my boyfriend.

Randomly in the conversation, the former coworker made comments about my appearance. "You look good." That was okay, I smiled and said thank you. Then it escalated to, "You have all the right assets." I looked to my boyfriend and he changed the topic, ignoring what was said. I thought, okay.

This progressed to making sexual innuendos. He referenced getting blow jobs and wanting to get a hand job... spoke about sex then told me again that I looked good. I was extremely uncomfortable at this point, luckily my bf finally said we had to leave because it was getting late.

He insisted to walk us to the car to which he motioned up and down with his hands, saying AGAIN, "oh man you look great."

Once in the car, I asked my boyfriend why he didn't say anything. At first he said that's how older single men talk. I told him I was uncomfortable and wished he said something to make him stop because it was disrespectful. He said it's difficult because when men have discussions about that it can lead to a fight, and he didn't want that to happen. He seemed a little clueless or scared on how to react. I am wondering if maybe I'm being too sensitive? What would you have done or expected from your SO?

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UPVOTES

Odd Request: How to Remain Helpful in "Quarantine? "

Nessunolosa · 3 March 2020 · Archived copy · Reddit

My husband and I live in China and we've been stuck in the house for about a month. We're fine, and our area has very few cases of coronavirus. We're also NOT under official quarantine and never have been, but shops have been closed and the advice from our governments and the local one involves staying indoors.

I wanted to ask you ladies what you would do in my situation to help your husband to still like you while you are each other's only human contact for this period of time? Obviously this isn't exactly a normal situation but here we are. And it might be helpful to others in future if this situation gets bigger.

I cook 100% of our meals and give him space every day to be alone, and I clean and disinfect our apartment every day. I also practice decent STFU but it's hard because the situation is stressful so I'm not as disciplined as I perhaps should be on that front (mostly just the last week, crying sometimes over things that can't be fixed and carrying on with voicing worries).

Overall, we've done really well and haven't been fighting at all despite being in the same rooms for 34 days at this point. We don't normally fight since I adopted RPW principles a couple years ago, but I also want to make this a productive time for us as a couple.

What kinds of things would you do in this situation?

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UPVOTES

24 to 30 is the golden window of finding a HVM.

Nibahbe · 9 June 2020 · Archived copy · Reddit

The decision making part of the brain develops in mid twenties, hence making you more wary of the reality of life and setting your priorities straight. Before that most people are in college/not taking life seriously, having wrong ideas about what a high value man is (for example caring too much about looks), not having enough life experience, are impulsive, etc. Also due to being around people mostly in your own age range in college, you are more likely to date them, without having a clear idea of what level of success this man can reach.

Also after the age of thirty, your options become limited. A lot of people are taken, you may become more critical and less likely to compromise because you waited this long to settle with the perfect partner, you may have lost some of your youthfulness if you haven't taken good care of yourself/partied too much, your fertility is more likely to be affected, etc.

From 24 to 30, you are wise enough to know your worth and not settle for something that will have no actual benefit to you. You have enough life experience to treat a man in a good way, you have a job and have a more clear idea of your goals, you are in your prime lookwise/know what kind of wardrobe suits you best, and you are more likely to meet people who align with your goals.

I'm not saying that before and after this age range there is no chance to find your ideal life partner. But this is the golden window for most women, and they should use it wisely.

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UPVOTES

My husband is wonderful, but I'm having a hard time seeing past my flaws and being the happy wife he deserves

Prairiehousewife · 23 February 2021 · Archived copy · Reddit

I'm about 100-110lbs overweight (a mix of heavy medication and bad choices did not do me any good), I have a large sleeve of tattoos from when I was in my feminist phase in my early 20's, and my hair is short and damaged. (Long enough to put in foam rollers. Luckily I'm good enough with hair that I can style it quite well. I can do a 50's look or make my hair look like Baby's from dirty dancing. But I still know he'd prefer longer)

When I look at myself I see a very low value woman.

I was very overwhelmed today. My sister in law lives with us and her tiny dog (who CONSTANTLY fights with our large German Shepard) won't stop peeing in the house, especially in her room/on her bed. Which causes a foul smell in the house.

She came home from some random encounter and got a phone call from him, apparently he has bed bugs and was calling to confront her about giving them to him. We don't have bed bugs in our house... but we might now....

The house was a mess because I'm still recovering from health issues (I sleep a LOT... also, his sister is a messy lady and I often find myself fixing anything she does happen to do around the house) and he came home and I was nearly in tears from it all.

I made him dinner and he told me to go relax for the rest of the evening. He went and took care of most of the dishes, wiped the counter, and cleared the clutter off the dining table.

He knows how much that means to me. When I'm feeling overwhelmed and stuck I often don't even know where to start. Tomorrow I'll have some dishes to do, some tidying, and some cleaning, but it just doesn't feel like I'm being squished by it.

I just don't know how I landed such a wonderful man. I feel like I should apologize for always dropping the ball, but he never accepts the apology. He just tells me everyone needs help every now and then and that I'll get 'em next time.

I really need to lose weight, get myself healthy and energetic, and get on top of things. He deserves a wife that can take care of him and looks pretty doing it.

I just need to find a way to stop letting guilt make me feel like... immobilized I guess? Like I get so down I get mokey and then I don't work on myself,

Do you ladies have any tips on not letting negative emotions get the best of you while still seeing your flaws for what they are and fixing them?

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UPVOTES

went on a social media cleanse and feel mentally better than ever.

softshadesofcream · 8 May 2021 · Archived copy · Reddit

It's a short-term thing I'm trying out, been three weeks since I started. My plan was to delete instagram and only let myself check in 2 or 3 times a week. Before this, my anxiety was terribly high over people and body image. I sort of treated instagram as the "real world" since it was one of the few communication I had with outside things and people during the pandemic. This messed me up badly because I started to overshare and do things i normally wouldn't do since I was mentally unhealthy. I let myself cross people's boundaries and I let them cross my boundaries. It really sucked how my self-esteem was dependent on others. I saw people for the image they portrayed rather than who they really were. This month or so, I cut some of it out and started working out more. I'm still a newbie to fitness, but I'm willing to put in as much effort as I can to stay healthy and somewhat fit. It's been helping me get over some heartbreak and I feel 50% less anxious so far. It's like my mind is humbling down and I'm taking better care of myself. It makes me feel like I can be a good and improved version of myself, and prepare myself for future relationships and other endeavors.

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UPVOTES

Why do women put down other women for wanting a HVM/provider?

warmpickles · 3 July 2021 · Archived copy · Reddit

This is kind of a rant sorry. I have noticed that in a lot of other subreddits, like dating or dating advice, women will argue with women that say things like, "men should pay for dates," or "I want a guy that provides." These opinions and preferences have nothing to do with the women in halves relationships, yet they get so upset and start virtue signaling about not caring about his money/take it personally? Financial security is important. Just like men have physical preferences, women have our own. Good for you for being with a guy that does absolutely nothing for you. There is nothing wrong with a woman wanting more/different things. I just don't understand what the incentive is for women to get nasty about it.

(Btw I just found this subreddit so I don't know the exact dynamic yet. If I said anything that doesn't fit, my bad.)

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UPVOTES

For the Old Ladies: Laura Doyle is not real life

girlwithasidecar · 22 September 2021 · Archived copy · Reddit

RPW started out with Laura Doyle for the older married ladies and over the years transitioned to finding and keeping a man for the younger millennials and zoomers. I know you ancient post wall hags (like myself) are out there, trying to glean what you can from the wiki and the discussions. But anyone who has been married for a few years knows that time, comfort and proximity can change the playing field. Add in kids and we just went from Texas Hold'em to Seven Card Stud but no one told you. *(These are different games right? I don't play games, I'm a terrible loser)*

Laura Doyle has her place and she's worth a read.

However

When we transitioned to younger women asking for dating advice, we lost a picture of what real marriages (LLTRs) look like. No husband makes all the right decisions no matter how hard you vet. No woman is happily submissive all the time without question.

I was taught that marriage is work. There will be those of you out there, young and old, who want to virtue signal to me that *If you pick the right man, it's not work or my husband is my best friend and we never disagree.* One, I don't believe you. Two, that's not the full picture.

When you merge your lives together (can we all agree to call it "married" for now, whether you legally are or just consider yourself to be)... when you merge your lives together, you agree to put in the effort to make the relationship unit function. You may be doing the same things you did while you were single but now those things are also responsibilities you have *to another person.*

What do I mean? We all have to eat. I don't know about you guys but I had plenty of wine and cheese dinners when I was single. If I suggested cheese for dinner, Guy would ... well, he'd pull a steak out of the fridge and grill it himself while looking at my olives in disgust. Kaos and Mae-Hem would love cheese for dinner but you know, I'm not sure that's stellar parenting...hmmmm

I'm back. I suddenly found myself in need of some wine and olives and cheese. Now where was I?

Work. Marriage, done correctly, is going to require some work on your part. When things are going well, there is peace and love and the work is a pleasure. But not always. This is why Laura Doyle is a lie. These books are a snapshot in time. She can tell stories about how her methods produce results and give you anecdotes of happy marriages. She's not wrong, her methods aren't wrong. We are just still human.

Our men will make decisions that we don't agree with. Our kids will be whiny tornados destroying everything in their wake. *(What, not yours, just mine?).* Some days, the work of living will just be, work.

And that is ok. If we learn nothing else from RPW, it's to be the best versions of ourselves we can be. We won't ever be perfect. We won't ever have a perfect relationship. Instead, we are striving to be the best. Some days the best is going to be best-er than other days. We take what we learned, about ourselves and our men, and apply it to the relationship as much as we are able. That might not mean submitting every time. I don't walk through my marriage in a blissful state of unquestioning-ness. I'm sure Guy would love it if I did. I'm not sure that our marriage would be better for it.

There is a balancing act in applying RPW principles to a marriage, especially one with kids. Kaos and Mae-Hem have been a blessing to our lives but have changed us in so many ways. I'd like to talk about that some more. I think I have the time. I hope it's something you want to hear about.

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UPVOTES

Update: "I want a baby like, now. My husband does not."

Blueyucca · 15 November 2021 · Archived copy · Reddit

I don't know that this really warrants an entirely new post but there is no daily or weekly chat for me to report into.

Thanks all for the really great advice in my [last post](#). The overarching suggestion was to just have another conversation. [u/thetwincessmaker](#) gave me a helpful script that I actually had in hand on my phone as I approached the conversation.

What I essentially asked:

- "I want to get out of debt, so we can start planning for a family. How can we do that?"
- "Twenty-eight was already a big compromise for me. I made it clear that I didn't want to start a family later and you agreed. Will we be able to stick to that?"
- "What do you think will make you feel 'ready' for a child? Do we need to save a specific amount of money/pay off a specific amount of debt? Are there other life goals we should accomplish first?"

What he communicated and what we've settled on, which is now written down as a checklist in my notes app:

- Both of us need to demonstrate financial discipline, which looks like not making un-budgeted purchases from here on out.
- He has fear his personal goals will be mitigated when a kid comes (he's working on a Youtube channel and enjoys our local car meets/car community).
- He wants his personal trading portfolio to reach a specific amount so that he can get back into options trading, and he wants it to be able to stay at or above that balance for a minimum three months.
- He wants all credit cards at 30% or below utilization.

We also walked through the budget and planned aggressively (but realistically) for December and January.

He agreed to work on his fear of loss of freedom for hobbies and interests by demonstrating consistency with his hobbies now so that he will be able to better navigate changes to those routines later. Similar to working out now so that it's easier to continue it post-baby, even if it may be reduced or put on hold in the beginning.

I've set a goal for my birthday in April as the end date for my cards, which should be doable and keeps me motivated. I felt like I was in a holding pattern with no direction.

All in all, I think it was a productive and respectful conversation. I'm satisfied I have what I need to not keep bringing up this subject and feel we are working toward the same thing now.

My intent here is not to get financial advice - there are plenty of resources and subs out there for that, and I'm revisiting [Family Finances](#) right now. I just wanted to share my experience with a situation like this in case there are others experiencing similar, either with financial goals. And to also thank the sub for being so patient and informative with me.

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UPVOTES

Sex Premarital, Casual and Otherwise

girlwithasidecar · 9 May 2022 · Archived copy · Reddit

You guys, we've had a couple men in here recently writing about sex, promiscuity and all that fun stuff. No one wanted to listen.

No, I take that back, people listened if they agreed and dismissed it out of hand if they didn't like the people writing.

So let's talk about this, woman to woman. Because like it or not, the ideas are out there that casual sex is good and normal and healthy. It is promoted in our music, tv and pop literature. So while some will call this preaching to the choir, I know that there are women reading this that don't believe that sex is sacred or that casual sex can have emotional consequences.

And hell you guys, generally, I'm one of those women. I'm going to take this from a practical perspective about the things that impact women in the sexual and marriage marketplace. I'm not going to say anything about holding off until marriage or that virginity is the best gift you can give your man. And then we are all going to talk freely about cons of sex outside of a *very* committed relationship.

(As an aside, it's not all cons and [u/Sunshinesundress](#) wrote an excellent post about cows and milk and if you want to talk pros, or how to find a balance, in the comments then I'm all for it)

Oh and this is me talking to you ladies, so if you are a dude without an EC tag on your profile, then I'm not talking to you. You don't need to be in this conversation this time. We DO understand that men have an "ick" response to women with a sexual history. We also know that a good man can be found anyway so it's not the most compelling argument on the topic.

From the wiki:

A core tenet of both TRP & RPW is that women are the gatekeepers of sex and it's corollary men are the gatekeepers of commitment. This means that sex is an important card that you have to play in the dating game. For this reason, we advise women to keep their number of sexual partners low and selective.

Your Physical Health

STDs are real and prevalent. It doesn't matter if they are curable. You don't go out and lick a shopping cart even though we have antibiotics for that. It's just not good sense.

We all know this and it's a risk that we take when we have sex, even within the confines of a relationship. It's not something that you can completely eliminate unless you go the abstinence route. But casual sex, one night stands, sex on the first date -- those are just you licking the shopping cart.

Because you have to realize, if he's the type of guy that does this with you, then he's the type of guy that does it with others.

And while STDs are the big boogiemaster of the casual sex world, let's not discount other problems that sex can bring. Personally, I'm majorly prone to UTIs. While they aren't an STD per se, they are definitely sex adjacent. Is it worth a week of painful peeing just to go home with some guy from the bar? Eh, you need to be the judge.

Babies!

No birth control is 100%. I've said this before and I'll scream it from the rooftops. And if you still don't believe me, I'll introduce you to my nephew (the pill) and my neighbor (IUD).

And I'm not going to debate abortion, especially with what is currently going on in the US Courts buuuuuut...

Whether you are pro-life or pro-choice, you don't have the faintest idea how you will react when you do get

pregnant. You simply can't know. The hormones change you. Respect your future self by not putting her in a situation that you can't make whatever choice you want. It may be ok to have a baby with your boyfriend who you live with, but would you feel the same about the friend with benefits who is seeing a couple of women?

Emotional & Physical Attachment

Bonding hormones you guys.

I'm not really the ideal person to talk about emotions. I told someone recently that sex didn't break me or make me mourn the one that got away. And there are plenty of women like me.

But

There are also women that do get attached because that is one the things sex does to people. You can't know if you are going to become more attached until you have sex. And while we can all handle a few heartbreaks, let's at least make them worth it. I'd rather have my heart broken by an ex boyfriend who treated me well and didn't work out than by a guy throwing the scraps of an FWB relationship.

Further

I've long stated that cheating on my husband wouldn't be worthwhile. Either the other man will be worse in bed and then, well was it worth it? OR he'll be great in bed and I've ruined my perception of sex with my man. It's similar when you are dating. The sex can be bad, ok, good. Bad sex with someone you don't have feelings for hardly seems worthwhile. Good sex with someone you don't have feelings for...that is a risk to how your future self feels about your future sex life.

It's not sex alone that creates alpha widows, but it certainly does not help.

Sex and Fear of Missing Out

When you are young and it seems that everyone is hooking up, it's easy to get caught up. Going home with someone after a party seems exciting when you are in the moment. It's validating to be hit on. Your friends are telling tales about how much fun they've had.

I can only speak for myself now but I don't think I'm an outlier: I don't have serious regrets. I'm married, I have kids, I'm quite happy in life. When I look back on the shenanigans of my youth (and even some shenanigans with my husband) I have a great sense of "meh".

It wasn't worth it. People like to talk about how the experiences made them attractive to their partner or how these were formative experiences.

And I say, "sure" but do you remember them fondly or just as steps to get what you really want? I don't remember my experiences fondly. I wouldn't feel compelled to live them again in the same way. It didn't make me a better person, a more complete person or an empowered person. It just made me a person who had sex.

So much can be said on the topic so I will end it here. The general theme of RPW is to talk about keeping a low n-count. I think the wiki phrases it better when it says to "be selective". Make sure the risks that you are taking are worth the possible reward.

Ok, go ahead, tell me I'm wrong...or a slut...or whatever. I'd like us to have a real conversation rather than arguing about how men don't understand us. There are plenty of reasons to be sexually selective before we ever consider men's opinions on the topic.

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UPVOTES

How to become a kinder person?

Throwitaway000999 · 19 June 2022 · Archived copy · Reddit

I am an inherently acidic, brutal person and I know that it's not cute. Long story short, I grew up in an environment that forced me to see the worst in people and to mature quickly. I've developed into an extremely disagreeable, judgmental, confrontational woman. Everything I consume feels like it needs to be sharp and vitriolic, or else I find it boring or even offensive and glib. I only like metal music, I only like horror movies, etc. Since meeting my husband, he has softened me quite a bit, but not all the way. He is also a pretty disagreeable person. We have a very brutally honest marriage, which has actually been a blessing in many ways, but I don't want *my* honesty to be so savage anymore. There have been times I went too far, when I had to step back, and really assess myself and try to change. I'm really trying. I do everything I can not to complain or disparage, I dress nicely, I care for my body, I talk softer, I've made cookies for neighbors, I go to church, I cook, I clean. I do everything I can to be feminine and light but it feels shallow. I'm lacking that inherent kindness. I see these smiley, generous, loving women and I just... honestly? I want to punch them in the forehead. I hate them because I want to be them and I don't know how. I have this deep seated anger that will not go away. I've tried therapy, which hasn't worked for a multitude of reasons. Psychiatrists have been weirdly voyeuristic, loose with diagnoses, and lazy about actually helping me (One of them told me to splash water on my face and if that didn't work, that they would put me on anti-psychotics..... like, what?) I'm at a loss. I'm desperate for any advice.

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UPVOTES

My husband doesn't want to get a job

lunaridesa · 3 September 2022 · Archived copy · Reddit

hi friends. Full disclosure, I'm in a rough, rough stage of life.

I'm 21F, a newlywed, and fully soaked into traditional life. I grew up southeast Asian, and it's a big part of my culture to be RP. I've seen it work amazingly for so many people and their marriages, arranged or otherwise.

Two months ago, my husband quit his job at a local restaurant where he was being abused by the owner. I fully stood by him and supported him in this decision, even though I told him to find alternative employment before he quit. The abuse got to be too much, and he was unable to find another position before quitting his serving job. He spiraled into a deep depression. I worked a pretty good job then and we had some savings, and I encouraged him to get healthy and do his best so he could potentially give his next job everything he's got and be the hardest worker he can be.

Fast forward to today, I got fired today due to having a procedure done and taking some time off to recover. It's not unheard of for the hospital I work at to fire staff who are out sick, and while I thought I had supportive bosses, I was lied to and lost my job when I was assured I wouldn't. I have been begging and consistently asking my husband to apply for jobs for the past two months, and now that neither one of us are employed, our savings are going to be depleted further, and it definitely gives me so much anxiety not knowing what our next week is going to look like. My husband has not put out any applications this entire season he's been unemployed.

He has stayed home and played video games or watch YouTube, and our home looks like a dumpster as a result of me working crazy hour weeks, being gravely ill, and trying to make sure we're both at least fed and he's going to class consistently. I'm exhausted and so done with feeling like I have to beg him for every single thing that is traditionally his responsibility while trying to shoulder my own responsibilities, full time job, and nursing school. I'm so lost.

Addressing this with my husband makes him extremely defensive and he gets verbally a little aggressive with me. Nothing abusive, just rude. It's really been tearing into me and I feel like I'm in a corner, and my dreams of having a home I can be proud of and slowly fading away.

Edit: he's finishing university so he can attend grad school in January, but hasn't been attending classes recently

Any advice is greatly appreciated!

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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

Do men really enjoy providing or a coverup?

kroshkamoya · 28 December 2023 · Archived copy · Reddit

Anecdotally speaking, I'm finding that most men on average today do not enjoy providing but want the title of "alpha" without the actual work.

Supposedly, there's this increasing pressure for men to be providers and earn more, but the number of unemployed 25-45 year old men is increasing.

Female breadwinners are on the rise. Female college graduates are outnumbering men. Half or more of med school graduates are female.

So I'm not sure where exactly the whole "men love to provide" comes into the picture? Because I'm seeing and hearing and reading a lot about men NOT wanting to provide.

Anecdotally speaking, I've encountered far too many men who love claiming their alpha in theory but do not want to do the actual work behind it, aka paying for dates, driving for dates, helping fix things, etc.

Isn't the whole premise of an ALPHA man to provide and protect?

Our men are becoming effeminate. Stumbled onto a men's sub where men were complaining there's a growing trend of masculine women.

Excuse me, but how can a woman be soft and feminine if she has to constantly rely on herself financially? She can't. She has to put on her big girl pants, go to work and pay her bills while Mr. FAKE ALPHA wants to take her out for a coffee date.

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UPVOTES

**I left the love of my life because I thought I could do better.
Now I'm childless and alone at 42**

WhatsHerFace92 · 10 September 2014 · Archived copy · Reddit

<http://www.dailymail.co.uk/femail/article-2263518/I-left-love-life-I-thought-I-better-Now-Im-childless-42.html>

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UPVOTES

From "The Good Housekeeping Marriage Book" published in 1938. There are some gems.

iwishiwasa~~mermaid~~ · 1 March 2016 · Archived copy · Reddit

1. Did my husband start for work this morning in a better frame of mind for having married me, or would he have been happier as a single man or married to someone else? Remember, as you ask this question and apply your own answer, that we are talking about business; hard, practical business where intentions do not count. You may love your husband dearly, but if the results of your love are not constructive, you must write the word FAILURE across the record.
2. Do I always treat my job just as seriously as if I were working in an office for a monthly salary? Some wives feel that it makes no difference if they linger so long over bridge or cocktails or shopping or whatever in the afternoon that they are unable to prepare a suitable meal for their husbands in the evening.
3. Have I grown in poise and interests like the wives of my husband's associates and superiors? Wives who keep up with the procession are an asset; those who fail to grow are a liability.
4. Can I talk in the same terms as his associates and their wives? This indicates how carefully you have maintained your interest in the source of your income, and how accustomed you are to expressing yourself.
5. Do I dress and act like the wives of the business associates and superiors of my husband? You place a heavy handicap upon your effectiveness if your husband cannot be proud of you in the inevitable comparisons with other wives in his organization.
6. Do I entertain with reasonable frequency the people who are in a position to help my husband in business, or is our social life planned wholly for my own amusement? Perhaps this question should read, "How long since I have entertained So-and-So?" You may be surprised to find that months have slipped away without your having done a single stroke of good for your husband socially.
7. Do I limit our social engagements during the week to those which will not take essential energy from the job, or do I feel that my husband "owes" me constant amusement when he is not actually at the office? As employers pile responsibility upon your husband, more and more care must be used in the allocation of time to social affairs. You may be able to rest the next day, but business does not permit husbands to rest on the job.
8. Do I act as a balance wheel, cheering him intelligently when he is tired or discouraged, or do I rub him the wrong way on such occasions? If your husband does not share with you his disappointments, it is almost invariably because you have not qualified yourself to share them.
9. Do I try to smooth things out after unpleasant discussions—as I would if a new dress or theatre party were at stake? Many married persons have an uncanny capacity for making miserable the objects of their affection. It is said that the course of true love never did run smooth, but the wise husband or wife will not unnecessarily roughen it.
10. Do I carry my share of responsibility, or do I save up all the petty annoyances for our dinner-table conversation? Wives who complain that their husbands are silent during dinner have usually good reason to overhaul the quality of their own conversation. Don't bore him with your fight with the grocer or the catty things Mrs. X said at bridge or afternoon tea.

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UPVOTES

Unlock your feminine....and other valuable resources

wholelottarosie1776 · 16 July 2019 · Archived copy · Reddit

Hello my beautiful ladies!!! The past month I have been on a spiritual journey after a mutual break/h hiatus from my captain. This break has shaken me to the core so much so that I have embarked on a soul searching journey. What started out as how to win him back evolved into learning about my feminine energy, emotional blocks, attachment style, inner child, mother wound and how a man thinks. I wanted to share the links of the blogs/channels/coaches that are helping me. These coaches are speaking red pill truths and its refreshing.

The most important thing I'm learning is about feminine /masculine energy. Feminine is not just putting on a flower dress and being demure. It's about sitting back, receiving, sharing your true feelings, having boundaries and being warm. We as modern women have been raised to be in our masculine energy, getting things done, being strong, not crying, women of action. Yet when dealing with men, we don't revert into our feminine energy, being in our body, expressing our true feelings, listening, receiving from a man. This is what repels them from us. i have been talking to men I know and the common theme is they WANT to do for us. They are solvers, action takers. They want to make us happy, the want to solve our problems. But they cant do that when we are battling them everyday. They cant do that if we don't express what we truly want.

We more than likely also have an inner child/mother wound that is taking over and creating emotional distance or conflicts in our interpersonal relationships. This inner child is us as a baby, a child that still carries around the hurt, the fear, the feeling of not being good enough. That child peaks out and starts to make decisions for us, with the intention to protect us, but hurts us the most in the end.

-Helena Hart

[Http://helenahartcoaching.com](http://helenahartcoaching.com)

Her YouTube videos are awesome and so informative. Through her videos I was introduced to the other coaches that I have listed below.

-Adrienne Everhart

[Https://everheartcoaching.com](https://everheartcoaching.com)

One of my personal favorites, discovered her through Helena

-Valerie Greene

[Https://www.coachvaleriegreene.com](https://www.coachvaleriegreene.com)

She also has a podcast. She has great videos with Helena on attachment styles and feminine.

-Alison Bulman

[Https://www.intimacities.com](https://www.intimacities.com)

She appeared on Valerie Greene's podcast and talking about intimacy and blocks to it. I signed up for her course and it has changed my life in a tremendous way and I see the results every day.

-Suzanne Anderson

[Https://mysteriaWoman.com](https://mysteriaWoman.com)

This right here is blowing my mind. This is discussing the mother wound which is deep for me. At first I was hesitant because she spoke in a feminist way, but I let go of my bias and really listened to what she is saying. She's on point.

-Robin Reed

He has a YouTube video titled "How to spot emotionally unavailable men"

Trust me, just listen to him

-Dr. Gottman 7 Principles

Also check out Ted Talks on inner child, confidence, CBT techniques.

These are all fascinating concepts and psychological theories. Take what you want, discard what you don't need. Approach with an open mind. I hope that this helps any woman that has been struggling with herself. Please feel free to share any resources/concepts you have found. The road is not easy but the journey is so rewarding. All the best!

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UPVOTES

Nikola Tesla Explains Why He Will Never Marry

tiff · 18 October 2019 · Archived copy · Reddit

I thought this was an interesting blog post:

<https://anengineersaspect.blogspot.com/2011/07/nikola-tesla-mr-tesla-explains-why-he.html?m=1> and would love to hear your thoughts as well.

"I had always thought of woman as possessing those delicate qualities of mind and soul that made her in her respects far superior to man. I had put her on a lofty pedestal, figuratively speaking, and ranked her in certain important attributes considerably higher than man. I worshipped at the feet of the creature I had raised to this height, and, like every true worshiper, I felt myself unworthy of the object of my worship.

But all this was in the past. Now the soft voiced gentle woman of my reverent worship has all but vanished. In her place has come the woman who thinks that her chief success in life lies on making herself as much as possible like man - in dress, voice, and actions, in sports and achievements of every kind. The world has experience many tragedies, but to my mind the greatest tragedy of all is the present economic condition wherein women strive against men, and in many cases actually succeed in usurping their places in the professions and in industry. This growing tendency of women to overshadow the masculine is a sign of a deteriorating civilization.

Practically all the great achievements of man until now have been inspired by his love and devotion to woman. Man has aspired to great things because some woman believed in him, because he wished to command her admiration and respect. For these reasons he has fought for her and risked his life and his all for her time and time again.

Perhaps the male in society is useless. I am frank to admit that I don't know. If women are beginning to feel this way about it - and there is striking evidence at hand that they do - then we are entering upon the cruelest period of the world's history.

Our civilization will sink to a state like that which is found among the bees, ants, and other insects - a state wherein the male is ruthlessly killed off. In this matriarchal empire which will be established, the female rules. As the female predominates, the males are at her mercy. The male is considered important only as a factor in the general scheme of the continuity of life.

The tendency of women to push aside man, supplanting the old spirit of cooperation with him in all the affairs of life, is very disappointing to me."

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UPVOTES

Happy Talk

girlwithabike · 7 November 2019 · Archived copy · Reddit

The sub's rules contain the instruction: 'do not bad mouth your SO'. As far as I know, this goes back to the creation of RPW. Take that as an indication that it's really important.

Focusing on your partners flaws will only make them loom larger in your mind. It is also a way that we shift responsibility from ourselves (something we can fix) to him (something about which we can only wring our hands and clutch our pearls). Problems can only be fixed if you acknowledge your own role. The more negative things you have to say about your man, the more you will teach yourself to dislike him.

It goes further too. While I firmly believe that every woman should have a likeminded friend to confide in, if you spend too much of your time speaking ill of your partner, your friends and family will think ill of your partner. Your loved ones would be remiss to allow you to stay in a bad relationship with a bad man – so you see where this can cause problems to the long term stability of said relationship.

But hey, you love him, so that's not too hard. We might need a reminder from time to time, but all in all, a completely reasonable rule of life.

My challenge to you this week is to not bad mouth *men*.

Now there are plenty of lurkers out there who will want to burn me in effigy for this. *RPW serves the male imperative* they will say. *I only follow my husband* others will say. *Have you BEEN to TRP* will get thrown in there.

So I will elaborate.

I do not believe that men are the ideal specimens of humanity, so far above women that we must bow before them. I'm also not advising you to defer to any man in the room simply for being male. The male imperative is often in opposition to ours, a fact that is evident if you visit the male subs. It's not a secret to women over the age of 16 that men will say whatever they must to get in our pants, commitment is optional (*my husband once swore to me that mosquitos do not like still water in an attempt to con my pants off*). So why do we not discuss these things more on RPW? you may wonder.

You are the sum of your thoughts and your actions. If you spend all day thinking how terrible men are, it will be difficult to turn off and engage lightheartedly with your partner. If you are always waiting to mistrust men, men will pick up on that and they won't pick you up. If you spend your time discussing how all men are fuckboys and players then you are more likely to self sabotage by finding fuckboys and players. And if you come to RPW and talk about how you are surrounded by betas, then all you are going ever find are negative beta traits (*an aside: beta traits - not a bad thing. I'm so tired of hearing 'beta' as a pejorative. Leave that insult to the men. Ladies, we require beta traits if we want commitment and/or family*). Cognitive behavior therapy has been built and prospered around the idea of controlling your thoughts to your own benefit.

We do not need to be bitter and angry. You cannot be a soft place to land if you have a permanent scowl on your face or if you are always on edge waiting for a man to do you wrong.

What I am not suggesting is a wide eyed naivete. Life is full of risks that we must do our best to mitigate. Use your brain. If you feel too emotional to make a good decision, move away from the situation. Vet your men well, do not believe what you are told if it's not followed by action and don't believe what you are told if it defies logic (*lest you end up covered in mosquito bites*).

But don't badmouth men. It conditions your brain to be negative and keeps you anxious in your interactions. Even if you don't give a flip about men in general, that's not a healthy way for *you* to go through life.

Besides, you'd be so much prettier if you smiled.

Happy talk, keep talking happy talk. Talk about things you like to do. You've got to have a dream if you don't have a dream, how you gonna have a dream come true

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UPVOTES

As FEMINISM goes up, women's happiness goes down. What ever could it mean?

CultistHeadpiece · 3 December 2019 · Archived copy · Reddit

As FEMINISM goes up, women's happiness goes down. What ever could it mean?

219 points • 69 comments • submitted 5 months ago by [Cade_Connelly_13](#) to [r/MGTOW](#)

82

UPVOTES

My fiancé doesn't want me to do things for him

throwaway-127374884 · 31 October 2020 · Archived copy · Reddit

[/r/RedPillWomen/comments/jlq7ig/my_fiancé_doesnt_want_me_to_do_things_for_him/](/r/RedPillWomen/comments/jlq7ig/my_fiancé_doesnt_want_me_to_do_things_for_him/)

Basically what the title says.

I'm 27 years old and have been dating my fiancé, a 29 year old man, for 11 months before he proposed on my birthday 2 months ago. It was then when he told me he wanted me to move in with him until we got married hopefully a year later.

I moved in with him 5 weeks ago and it seems like he doesn't really need me to do anything.

He doesn't want me to cook for him, clean for him, do his laundry or dishes. He does all of his "individual" chores by himself, and he wants to split major ones like cleaning the kitchen, bathroom, and vacuuming the apartment.

In fact, he gets a little irritated when I offer to clean his dishes as a gesture.

I always thought that when we moved in together I'd be able to use all the tactics I learned here and make him a happy man, but he says he "doesn't want to marry a maid" and doesn't need me to worry about it.

The thing is, he also doesn't want me to pay for anything house related. He pays for rent and utilities and groceries and gifts and dates... you name it. I haven't spent any of my money since we moved in together other than buying gas for my car and maybe snacks for myself.

I asked him if this was how it was going to be like forever and he said "unless I get hit by a car, and can't move anymore then yes."

Even if I were to become a stay at home wife/mom, which was always my dream, he wouldn't want me to clean and cook for him. He says he doesn't want to set a precedent for something I wouldn't be able to continue.

He says he knows a lot of couples that get together and get divorced because the wife in the relationship feels like she does everything for a "man-child" and this causes her to build resentment and start hating their husbands. Like the women on the "breaking-mom" subreddit. He says the best way to get rid of the resentment is to never let it build up, so he wants to do everything for himself at all times.

I feel like I'm mooching off of him and bring nothing to the table because he pays for everything for the both of us and does everything for himself.

Really, what does he need me for???

I don't know what to do, or how to change how I feel about this.

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UPVOTES

Lunches

Captainsgirl · 10 February 2020 · Archived copy · Reddit

I usually like to send my man with some leftovers for lunch, because frankly it's easy and nutritious. I always make dinner from scratch, so leftovers are an easy way to make sure that they are the gift that keeps on giving.

But also, my Captain is really into Pho right now, so I thought I would surprise him with some "instant" Pho for lunch. It just takes boiling water and 4 minutes, both of which he has.

I had fun making this Mason Jar Pho, so thought I would share. I added red pepper and siracha and soy sauce.

[Here is the basic recipe](#)

[The end result](#)

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UPVOTES

How to be feminine while you're with a short partner, by societal standards.

babielamb · 17 July 2020 · Archived copy · Reddit

My boyfriend is 5'8 and I'm 5'6. Some old friends of mine — of whom I no longer associate with — used to constantly laugh at, and ridicule, my boyfriend behind his back. They loved to poke fun at our relationship. Nothing they said was harmless, in my opinion. Not even when they'd claim I "must wear the pants." It hurts more when they'd make fun of him, than when they made fun of me, even though I know he is secure in his height. I've gotten over them saying he needs to be with a smaller girl and that I'm too tall to be feminine. I haven't gotten over them reducing his worth to nothing over something he literally cannot control. Sure, he can't see over my head when he's standing behind me, but I love him and he IS a man.

As you can see, their mean words have left some lingering insecurity in me. I feel that — because he can't throw me around like a little rag-doll — I am not feminine enough for him, and that I make him feel emasculated (potentially all in my head).

Is anyone with someone that is only slightly taller than them/shorter than them? How can we cater to this lack of height difference to make our partners, and ourselves, feel more secure and safe? Because, let's be honest, feminine women are expected to be much shorter than their significant other and I'm sure the partner may feel that societal pressure as well.

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UPVOTES

Male Vulnerability: a hot topic on reddit

neuro_mancy · 3 June 2022 · Archived copy · Reddit

This week, there were **two posts** asking men about their experiences with "opening up" around women. Looking back, this question gets posted constantly and always has the same kinds of vague responses: even men in good relationships won't be vulnerable because, in the past, it either gives women the "ick" right then and there, or the woman immediately makes it about her, or it's used as ammunition in a fight down the road. I always read these threads in full because I've never reacted this way to displays of male emotion (that I know of, and this is key) and I'm combing through the threads for examples of what these scenarios look like. The male respondents never give examples because presumably the subject of their vulnerability is deeply personal. Men will say that "women reading this act like they have no idea what we're talking about, but chances are they've been the perpetrator without knowing it."

So I'm done with trying to get the male perspective on this, and I'm ready to hear it from women who like to think about their past and present relationships: do you have any regrets over how you handled certain situations that fit this description? Or are these men misunderstanding something about how and when to share their emotions? For example, maybe they're dumping emotions too early on, or maybe they are acting insecure and trying to make it their partner's problem. Maybe they were hiding a serious red flag that they were ashamed of and the woman is acting appropriately?

I'm inclined to accept that this is a widespread issue that men face, which makes me want to identify small instances of it that might be eroding my intimacy with my partner or avoid future instances. For example, I have to force myself to lay low when I can tell my partner is tired and doesn't want to talk, even though my impulse is to make up for his lack of communication. If I allowed myself to get frustrated by this, it might be a case of overlooking his emotional needs to return to the level of attention I'm used to. A very minor example.

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UPVOTES

Improving myself and pleasing my husband

Rose_Tremiere · 28 June 2022 · Archived copy · Reddit

Hello all,

This is my first post here. I'm 39 and married with a little boy (3). I became gradually disillusioned with feminism after giving birth to my boy and realizing that all the feminist ideals that were fed to me for decades left me ill-prepared to handle maternity. I hated the way that so many people around me, including close female friends, expected me to keep prioritizing my job and couldn't understand why I couldn't go out as much as I did before because my son and my husband came first. This led me to feel isolated and very depressed. During this time, I entered a cycle of overeating and neglecting my appearance, which made me feel even worse.

I'm seeing a therapist now and I'm getting better. But I'm still looking for ways to improve myself, to look better and to feel more feminine. My parents gave me strong values, but my mother never really taught me how to present myself as a feminine woman and be attractive. It's only now that I see how important these things are and how feminism has filled my head with "screw what any man thinks, do whatever you want and dress however you want, be a boss b**** with a loud mouth", etc. No thank you.

This is especially important to me as I feel my husband, who is a wonderful man and father to our son, really held my head out of the water when I was depressed. He deserves to come home from work to a wife who makes his day better with a positive attitude and a polished appearance. But it's still a struggle for me and I don't know anyone around me who can help.

Have any moms among you struggled with the same issues? Thanks in advance for any advice you might have.

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UPVOTES

Submission: a rose by any other name

girlwithasidecar · 22 September 2022 · Archived copy · Reddit

Much has been said over the years about submission. It has been described as a strategy that works to get and keep men. It has been renamed to give a better way to wrap our heads around it. Recently we talked about dominance thresholds and how women need varying degrees of submission in a relationship from “a lot” to “probably none”. But let’s talk about what the core of RPW submission looks like. This is the part of submission that is available, as a strategy, to any woman looking for a smooth and happy relationship.

We know that respect is how men need to be loved. Ergo, if we want to love our men, we must do it in their language. If you do not respect him, then you really do not love him. So when women come in here and say things like:

I'm a woman and will act how I feel a natural woman at all times, and yeah its my pleasure to smile and even take a guys shoes off for him or serve dinner in a see through gown. But I'll slap him and set shit straight if he's about to be a dickhead, not follow him and close my eyes.

Then she isn't loving her man the way he needs to be loved. These might be nice ways to show your love and devotion if you are **also** treating him with respect. If you make him dinner in lingerie but also correct him in front of his friends – he's going to remember the correction well after the dinner is digested.

one hand, one heart

So do you love him, respect him, trust him? Yes of course you do (and if not then we have bigger issues to discuss here). Submission is the word we use to describe *acting like you love, respect and trust* your man.

Broadly speaking, you do what u/_Pumpkin_Muffin talks about in her post on riding, falling and submitting.

Well, just trust me and follow me. If I lean down, lean down with me, don't struggle to remain upright. Relax and hold on to me If you keep tensing up, pulling against me, trying to go the opposite direction, it makes it even more difficult. I can't drive if you don't trust me.

All this is to say: you move with him. At my job we tell people to “row the boat in the same direction”. It is the same thing. On RPW we simply suggest that you allow your trusted partner to set the course. Then you both row in the same direction. When he leans right, you lean with him. If he leans right and you stop to argue then you fall off the bike.

This tells him that you trust his judgment which he will interpret as love and respect.

Do you follow him into a burning building if he asks? This is where most women puff up their chests and say “I would never risk myself just because a man asks me to”. My food for thought question is: how much to do you trust him? This is a hypothetical but I can imagine hypotheticals where yes, you do trust him enough with your well-being to follow him. A good man wants to be the protector of his wife and family. He will not ask you to do something where the risk outweighs the reward. (*We are not going to discuss here the type of men who do not cherish you enough to deserve your trust. It is obvious that there are bad partners. This is why we vet.*)

There is no one, compares with you

In more specific terms, how can you show submission? If you aren't a bdsm sub with strict rules and a diet of bondage and spanking, then what does this look like? Ask yourself what you can do to demonstrate that he is the head of the household and you respect him as your partner and husband.

- This can be small acts of service, like feeding him first or thinking to bring him a glass of lemonade while he's mowing the lawn. These things show your appreciation and your service acknowledges his role as the head of

the house.

- It can be praising him in front of others as well as never arguing with him in front of others. You are a team and you are rowing in the same direction. **STFU is a sign of respect & trust.**
- Arguing isn't fun for anyone and is usually avoidable. You can always ask him for clarification in a more appropriate situation.
- It means **bringing him your problems**. You don't do this because you are incapable of solving it yourself. You do it because men like a challenge and are happy to help fix a problem and be your hero.
- It can be telling him your desires and trusting him to build those into the life plan.
- It can be fixing your make up before he gets home each night.
- It can be asking him sweetly to order for you at a restaurant.

Submission as a means of showing respect is a way to hack the male brain. When we know men crave respect and affirmation, know they are worried that they do not measure up, know they need to protect and provide, then we can let those things guide our interactions.

This may all seem stupidly easy and obvious but you must remember what a standard relationship looks like in 2022. A glance at posts filled with "that's a red flag" and "I would never trust a man enough to..." tell us that even on RPW there is little trust and respect for men. Letting these concepts guide your interactions with your man will set you apart from all the lukewarm relationships out there. This as I see it, is the minimum threshold for "what is submission" and anyone can do it whether they are naturally submissive or just want to love their man in his language.

Bonus content: a post full of example posts thanks [u/LivelyLychee](#)

Special thanks to Kaos and Mae-Hem for their contributions in writing this post. This is to say that if anything requires further elaborations or clarity, we can chat about it in the comments...after bedtime!

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UPVOTES

What the heck! Got permanently banned from "r/Off My Chest" community for participating in r/RedPillWomen

False_Process_2473 · 10 April 2023 · Archived copy · Reddit

I know it's off topic. But I'm literally baffled. I've only posted in off my chest and that too 2 years ago. And I've just posted a comment in redpillwomen, and I got this notification of banning. I mean can anyone explain? How does this work? Are they just stalking us or anything?

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UPVOTES

When men marry

Ok_Outside149 · 27 October 2024 · Archived copy · Reddit

I read this article the other day

(<https://www.today.com/health/reason-why-men-marry-some-women-not-others-t74671>) and thought it would be good discussion and maybe helpful to some single ladies on here

Summary:

- There is an age where men start to feel like marriage is a real possibility. For men who have a degree it can be 26, for men who graduated from high school it can be 23/24, for men who go to graduate school it will be a few years after they are done with education. The window of marriage is open for 4-6 years and after this the chances a man will marry drop every year after.
- A majority of college graduates 28-33 are in their high commitment phase
- After 38, the chances a man who has never married will ever marry drop dramatically. Around 42-43 many men are confirmed bachelors
- Men want a few years to sow their wild oats after finishing education. For a few years after graduation they are in low commitment phase
- Men enter the high commitment phase when they're tired of the singles scene. The singles scene had lost some of its appeal and they were looking for the next step. A lot of men get tired of the singles scene and sometimes feel uncomfortable because the new attendees were much younger, and they were outgrowing the places they had frequented the last 5 years.
- However professional men still feel comfortable in the singles scene for a little while longer.
- Men who were balding or heavy wanted to get out of the singles scene much earlier. Women in the singles scene treat older-looking men in the scene as if they don't belong, which drives the balding and heavy men away.
- *It is not how old they are that makes men uncomfortable, it is how old they feel, or how old others make them feel.*
- If a woman wants to know how ready a man is to marry, she should ask how much he enjoys the singles scene
- Men who have been married before are substantially more like to marry again than a man who has never married in his middle age
- If a woman in her 40s has never been married the most eligible bachelors are divorcees and widowers
- If you're dating a man who has had one more long term relationships but didn't marry them, he may be a stringer. He enjoys the benefits a committed woman brings but is not the marrying kind
- The "practise wife" - a man dates one woman for a long period of time, then after breaking up immediately marries another woman after a short period (controversial idea on here I know). The second woman insisted they commit early into the relationship. When you date a man, make your timeline clear.
- *We ran across at least fifty men we could identify as stringers. They can be very dangerous. I estimate each one is responsible for at least two women remaining single. They are destructive because they con women into wasting their time during the years when they are most attractive and most likely to get a proposal.*
- Men feel their biological clocks too
- They worry not about fathering a child, but being a father to a child. They want to be young and physically fit enough to bond with their son through sports and exercise, like teaching them how to fish, ride a bike, play ball etc.
- Men over 40 who are eager to have a son are more likely to marry

- Men in their late 30s/early 40s who had given up on the idea of marriage usually lacked either looks, height or social skills. They had been rejected so often they didn't think they could find a woman who loved them
- A lot of these men said "if I could find a nice woman I'd marry her tomorrow". So excessively shy, late 30s men could be good options
- However some men over 40 see a wife as a bad financial investment. They've built a nest egg, women only want what they can get out of a man etc. However the men who spoke this way often weren't very successful themselves. These men are not the marrying kind
- If their parents divorced when they were young, men often say they don't believe in marriage, romance ends once married
- Older men with parents who had a good marriage often say they are not ready to be married or they're not the marrying type
- Men who live with their parents are less likely to marry than men who live by themselves
- Men who have never lived away from home are also less likely to marry than men who have lived at college or worked in a different city
- Men are more likely to marry if their friends have married in the last year.
- *More than 60 percent of the men we questioned coming out of marriage license bureaus told us they had a friend who had married within the last year.

this was supposed to be a summary but I basically rewrote the whole article, sorry! I guess it saves you clicking a link

any single ladies have any thoughts comments concerns? will this article change your strategy? I personally was surprised to see that men with degrees start thinking about marriage at 26, that's earlier than I would've thought (although the article is 8 years old). i usually have my age range on dating apps as 28-35 as a 25F but I think I'll try 27-33 next time I try the apps. I did initially think the older the better but generally I find 34/35yo men pretty overbearing and we don't get on that well personality wise. There's lots of women my age who are attractive and also looking for marriage from 27-33yo men so RMV has to be very high. I'm also going to ask men how much they enjoy going out with the guys still, if they have a favourite spot etc. How else would you action some of the points listed?

I'm not at all surprised men who have married before are more likely to do so again, my dad is on his third marriage. The follow the pack point rings true for me too; two of my brother's (29) friends have been engaged in this past year and my brother is starting to plan a proposal.

married women do any of these reflect your husband's circumstances at the time?

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UPVOTES

Men Want Us To Be Better Than Them (from “Fascinating Womanhood”)

Jenneapolis · 28 May 2026 · Archived copy · Reddit

I've been seeing a disturbing trend even in our RPW space of the return of the “Yes Queen, you are the prize” rhetoric. While it is important to have reasonable standards and boundaries (i.e. vetting), it is also important to swallow some difficult red pills. And here is one straight out of Fascinating Womanhood that we don't talk about enough – **“He wants you to be better than him.”**

You may be thinking:

“But he is supposed to be the leader? The man of the house? Why would I be better than him?” Or you may be thinking that this goes against RP principles because it is women who are hypergamous while men are more content with “good enough.”

So what gives?

Men want their partner to be better than them in many ways, specifically in regards to feminine matters like morality, spirituality, emotional maturity, calmness, gentleness, ability to nurture, and ability to control negative traits and base instincts. Fascinating Womanhood talks about men wanting a wife with an “angelic side” – they are looking for a woman to be morally superior to them and suggests men are drawn to women who they see as ethically or spiritually elevating. And this makes sense – essentially men are looking for his partner to be a good influence on him and a good influence on his future children/household.

Quotes from the book:

“Men joke about their wives being their ‘better half.’ This is based on the truth that men sincerely want us to be just that.”

“Men expect us to be better than them. To be more cheerful. To be kinder, more forgiving, more caring, more spiritual.”

“A cheerful, serene wife, one who is good and noble in her personality, is highly attractive to a man. She meets a deep need for virtue and wholesomeness in his life.”

“We can be so disappointing to our husband when we lower our standards. Sometimes he will even test us, just to reassure himself that we are as good as we seem. Men like to put us on a pedestal.”

You may be thinking:

"But that is not fair! Why do I have to be better? He should have to win me over after all as there are so many men who want to sleep with me and I have a lot to offer! I have my own struggles and I want a leader, I shouldn't have to be better than him? I thought RPW was about me getting a confident leader so I could step back and have a soft life? I want to have fun too after all, I am human and I make mistakes, I might need a night to drink and blow off steam with my girlfriends, why can he do all of that and I have to be the good girl? I have to do all the household duties and I also have to be of higher character too?!"

So why is this a red pill so hard to swallow?

It is hard to swallow because on the face of it, it seems unfair – it is asking more of us in this area than we are getting. It's also hard to swallow because it goes against what many women thought they would get with RPW which is an upstanding man who would provide and protect and lead. It also goes against many women's feelings that they ARE the prize and men should have to impress them. After all, we get flooded with attention on the apps, men will jump through hoops to date and sleep with us, so why do we now also have to be the more moral one? The more calm one? Why can't we have fun too?

But no matter how hard it is to hear, the fact remains that men want us to be the moral backbone of the relationship/household. This is why they don't want to marry the party girl, the woman who is out drinking and dancing all night. She may be fun for him to hang out with but deep down he knows he wants his wife to be someone who will **MAKE HIM BETTER**, to be a good influence on him. After all, do you want your mother to be a bad person, to lie, cheat, steal, yell, drink and party and curse? Of course not, you want a nice kind mother who is calm and warm and loving. And that is what he wants in a wife.

So while this might not seem fair, if you are trying to figure out how to separate yourself from the crowd, this may be it. It **DOES NOT** mean you can't be fun, you should be the goddess of fun and light, but think of a carefree childlike fun, not the fun of a party girl in a nightclub or the guys girl. And if you see yourself as the prize and expect him to be better than you in every way, you will likely be looking for a long time because this is one of those things we need to provide to him. It is our role.

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UPVOTES

Cassie Jaye, director of the Red Pill Movie, describes how "Feminism hid my privileges in my own relationship." Video

VigilantRedRooster · 1 June 2017 · Archived copy · Reddit

In this video (4:31), Cassie Jaye of the Red Pill Movie fame, describes how feminism kept her from seeing the privileges she enjoyed in her own 5+ year relationship.

(paraphrased) For the first 2 years of the relationship I was a hardcore feminist. I would argue that both of us worked, so why should I be responsible for housework on top of that? I came to realize that I was choosing easy, enjoyable jobs while my boyfriend worked in much harder conditions, longer and less desirable hours, but for substantially higher pay. THIS was his contribution to the household.

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UPVOTES

Feeling the benefits of my attitude change

RainingGlitter28 · 19 February 2018 · Archived copy · Reddit

Hey Ladies! Please forgive me in advance for not knowing all the acronyms. I'm new to TRP, even though I love the traditional relationship dynamics - I realised I haven't been behaving in a way that reflects that.

So recently I've been seriously trying to work on my relationship of 2 years, with a wonderful man. The first year was great, and the second was a disaster to be quite honest. We both had our own personal problems and this led to a really crappy cycle of us treating each other badly and there was not much peace left in the relationship, constant fighting, an almost DB and feeling pretty hopeless.

I really did think it was ALL HIM. And that I was simply reacting to his bad treatment of me. how far my head was up my own ass I couldn't tell you.

I thought that being rude and aggressive towards him would 'make him see' that I needed him to treat me well. I thought that rejecting his advances towards me would 'make him try harder' for me. Sadly, this list could go on and on. I'm a huge asshole and I had no idea just how much (and how deeply) I was hurting him. Didn't realise I was damaging his pride and damaging the love he had for me. I was pushing him away, whilst expecting him to love and adore me. How ridiculous!

So this is a (small) success story about how I realised I was being witch (with the help of TRP), and what I have done to change it and what results I have seen!

- *I've become aware of my tone of voice when speaking to him! (I was snappy and short sometimes)
- *I compliment him on his manly attributes often, which makes us both blush!
- *I dress in a more feminine way when he is around. I take care of the little details, makeup, jewellery, nice nails etc. (instead of covering up all the time in boyish clothes)
- *I randomly make him snacks/meals for work/home without him asking (we do not live together)
- *I initiate sex more often, and I never reject him when he approaches me in that way.
- *I ASK him for help and/or advice. And LET him help me. My 'fierce independence' was ridiculous and egotistical.
- *I've taken an active interest in his interests, and I'm trying to get involved in them.
- *I show him appreciation for the things he does and the man he is. For example telling him when I feel cared for/loved/looked after. Letting him know he is a good man to me.
- *Behaving in a more feminine way, realising I do not need to compete with him or 'one up' him, ever. Actually being submissive.
- *Respecting his authority, and his wishes.

There are more but I realise I am basically writing a novel at this point.

I have noticed he is treating me better, and is happier within himself. He feels more confident because I am not knocking him back all the time, and he wants to do things for me without being nagged. We have had some amazing sex, and some lovely long chats (which was a thing of the past!) He has told me he can see that I am trying to be better, and he in turn wants to be the best he can be for me. I really feel like I am building him up, instead of tearing him down.

He has shown me brief bits of tenderness over the last few weeks that have almost made me sob. He WANTS to take care of me and be my captain. I just wasn't letting him before.

He is softening towards me and I am so grateful that it wasn't too late. I am ashamed at who I was to him before, never again will I be that witch.

If you made it to this point thankyou for reading!! And thankyou for sharing so much great information and all your stories, they really do help! LONG LIVE TRP!

Xxx

81

UPVOTES

Field Report: I tried using the Bad Excuse!

wannabebaddie · 28 August 2018 · Archived copy · Reddit

I recently made a post asking for advice on meeting men in college, and [u/ellewoodsy](#) linked me to [u/Whisper](#)'s [post](#) about the art of the bad excuse. I thought the post was brilliant, and I made it my goal to try it out within the next month! I've been talking to strangers (men and women) left and right to basically take away the approach anxiety I had when it came to talking to strangers, particularly attractive men. It worked!

There was a guy next to me in the elevator and I started a conversation about the weather. I know, real clever stuff - but I'd rather that than an awkward silence for 8 floors! But that was all it took for him to turn to me with a bright look on his face and start an actual convo. I didn't really check him out when I started talking to him, but once we stopped outside of the building to talk a bit more, I was taken aback by how attractive he actually was. We only talked for a few minutes since I had to be somewhere else on campus, but I was shocked at the way he looked at me. I couldn't believe he was giving me flirty eyes, since he was way cuter than most guys I've dated! He initiated a physical (but innocent!) IOI and I told him that I'll see him around. I should've hinted at staying in contact, but baby steps, lol! I could definitely feel some tension in the air, in a good way.

Before, I could barely make eye contact with men even when they talked to me first. Then I would question why I couldn't get anyone interested in me even though I thought I was reasonably attractive. I thought maybe I actually have a low SMV; maybe I smelled funny; maybe there was just a negative energy about me. After today, it was clear that it really is all about the way you carry yourself and how you put yourself out there. The lame excuse to talk to him probably let him know I was interested without looking too forward, which was the one thing I struggled to show to the men around me in the past. I'm happy that I'm finally putting these RPW theories to the test and seeing them come true right before my eyes!

On a side note, I also wanted to mention how BP media continually laments things like "mindless" small talk about the weather and the minutia of daily life. That's what made me hesitant till now to try the bad excuse - I didn't want to seem boring. Thank God I got over that! Sure, it's a bit shallow to talk about the weather but it puts your foot in the door so that you could have the opportunity to meet someone new and eventually talk about the things that do matter.

Edit: link to the bad excuse post if anyone else wants it!

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UPVOTES

Baby fever...

Deedee554 · 30 August 2020 · Archived copy · Reddit

I'm 20 years old currently and I have to restrain my natural desire for wanting to become a mother. I think about having a baby alot. Obviously this does not mean that I want one rn but I have found that people nowadays are almost disgusted by the concept of a young woman bearing a child. My partner wants children by the time he is 30 or so - I will be 26 and fair enough i think that will give us time to lay down a foundation. Grow ourselves then to have growth in the relationship and to marry to raise the child in a stabilised environment to the best of which we could manage.

I have been dreaming about little patterings of baby toes, curls and the smell of baby powder. I really look forward to motherhood. However, I find it sad to recieve a mostly negative reaction from mothers as well.

I want children after marriage and that comes after I graduate from my degree. As me and my partner have agreed but until then a girl can day dream. I just think maybe our bodies and hormones may be suggesting that you're ready when you see a baby and your first reaction is to smile then crave its little touch. It's one of those things - as a traditional woman in the modern world I feel as though I must negotiate with the social pressure and ignore my biological wiring.

Thank you feminism. It is now low brow to be married and have a child at a young age. It is considered the less educated and less productive alternative- or for many women as I it is not even an alternative. There has been a removal of choice.

No one woman wants to welcome a child into the world whilst having her family and friends judge the choice as a waste of potential. And now men are less inclined to actively desire fatherhood and marriage because of the death of femininity in the culture and the collapse of respect in society for masculine responsibility bearing men.

I truly feel a loss and maybe many women will. Whilst I am holding off and fulfilling the status quo like a coward (as an agreement to my family members who wish for me to have independence rather than a family - a career which for me is more of a backup than a goal) I am losing eggs. My fear is imagine if holding off means difficulty in conceiving later on in life... I would of shot my own dreams in the head. Sorry ladies for the dramatisation but I feel truly alone in this. I have discussed this with my partner but he empathises with the situation. However, I feel as a man he does not understand. And women before would be each others crutches in the realm of womanhood and it is lonely. It is very lonely. I have no mother. I have feminist friends and family members. It is lonely and scary to not express these repressed anxieties. Thank you.

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UPVOTES

Notes about my 7mo nun mode

varvardski · 12 October 2019 · Archived copy · Reddit

TLDR: I'm in the nun mode for 7mo now, I've made some dramatic changes and would like to share what I've learned.

Hi everyone. I'm 29F and I'd like to share my experience until now about my nun mode. I entered the nun mode at march, after the end of a relationship. When I saw how miserable I was, and how I was always at relationships with the same kind of guys for a while, I decided I need some alone time to focus. My nun mode is supposed to last until the end of the year or until my birthday (february).

Some background: I started dating at 14 and have been in some serious relationships. Some were very good and some were catastrophic. When I was 25, I spent a year at casual dating, but I felt horrible because it seemed like I was disposable. At the relationships, I was somehow clingy, anxious and validation seeker. And my 4 last relationships were with selfish, manipulative, cold and gaslighter guys, and beyond. I didn't saw those things at the beginning because they were also very good actors, and I was also very blind, VERY naive and also forgave a lot. More background, outside relationships: I'm graduated, have a job, have mental health issues since kid (anxiety, depression, etc), have my hobbies, some friends and many insecurities.

Here I am at my 7mo and decided to share some of my experience until now because I made a good decision today.

So, as I said, I have depression. This week I'm feeling very lonely, very "omg my friends don't like me", "I'll never make new friends, I'm very uninteresting and boring", yadda yadda. I thought of go back to dating, since I could at least talk with someone, spend some time with a new person and at least have some company to have dinner. Then, the bright light: I decided to not make this, because I was seeking a guy to fulfill something I can fulfill myself. I realised I need to learn how to make friends before go back into dating. Find a way to deal with this false loneliness before go to any date. Or I'll make the same mistakes as before. Sounds obvious, but I'm really proud of myself of being aware of this now.

Speaking about this, my mental health is SO much better now. I don't have to deal with a toxic guy who makes my mental health go on a downward spiral. I have so much to improve, but I'm more conscious now about my qualities, my self steem, my flaws and my power. I know what triggers me and what boost my mood.

I'm pursuing my dreams, reliving my hobbies, interacting with outside world more. I'm pursuing what I really want, not what it's convenient for some guy or some relationship. I'm really owning my life.

Being without sex this whole period was easy at the beginning, since I was disgusted by my ex, but now is becoming difficult. On the brighter side, people are starting to look attractive again. And I'm learning how to make myself interesting, be better at conversations, how to flirt and things like that. Very important, I'm training some vetting with random people I meet, like coworkers and friends of friends, and starting to understand people better.

I'm aware now of how much I used to give of myself at my past relationships. I would give myself and my whole time if they asked. Now I know better what is the ideal balance for me. I'm more aware too of unacceptable things, and what are my true interests if I have another relationship again.

I started to make courses, to travel more, to explore more the city I live, to dedicate seriously to my career, to remake bounds with older friends, to accept myself. I'm also back to therapy to discuss about a lot of past traumas and get better with my self steem, this attachment and validation problem, and so on.

Also, I feel so happy right now. I'm really learning to love myself and be my best company. I'd never learn this without the nun mode, since my whole life was about seeking a guy to feel good. Thank you so much for the posts, the advices and the community, you are a very important part of this growing.

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UPVOTES

How to deal with snarky comments (especially from women) in a graceful way?

applepies4kittens · 23 December 2019 · Archived copy · Reddit

In the past, especially in public settings like work/family/friends dinners and school events, I have received quite a few snarky comments, 9 times out of 10 from women. Usually it seems with the aim of making themselves superior compared to me in front of a crowd. These comments may be about my single status, makeup, hair or outfit. (I would like to point out that I always dress in a way that is appropriate o he occasion, and my go-to makeup is usually a natural "no-makeup" look, and an red lip or subtle eyeliner if it's in the evening).

Example: I was having a conversation with other women at a hair salon, and a hairdresser asked me how do i usually style my hair. I have long brown hair with naturally a slight wave, so I usually leave it as it is and add some volumising spray, or I might straighten it for a more "sleek" look. I'm 21 y/o so I don't feel the need to dye it or do too much to it, except trims. She replied "So if you go on a night out, you go out like this???" as if I looked like a stray cat. I felt absolutely humiliated. I just kept going with the conversation and pretended I didn't hear it.

Another example: at a neighbours' dinner party a woman I just met pointed out in front of everyone that "She is a more natural and laid back type of girl, unlike women like me who wear makeup". I guess she was virtue-signalling to the men present. Another comment I got from my older sister, after someone complimented me on the dress I was wearing at a wedding, was "of course you have to try and dress nice when you've got to find a husband".

So, what is the effective way of dealing with these sort of backhanded compliments in a graceful way? I usually ignore them and go on carrying the conversation with someone else present, as I tend to be a non-confrontational person.

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UPVOTES

Question: I am a bisexual woman, but I also love the values here at RPW

Provellone · 21 October 2020 · Archived copy · Reddit

I am SO sorry if this is the wrong place to post this, but I literally just discovered this subreddit and found out that I was not alone in my worldview (LOL).

To put it simply, I absolutely *love* being a woman. I'm very in touch with my femininity. For me, that means I enjoy doing womanly activities (cooking, cleaning, caretaking, appearances, etc.) and I don't feel bad about liking those things because it makes me feel, well, *womanly*. Which I like.

However, I feel at odds with the world view because I am also ~bisexual~, which seems totally wack, right? I mean, it does to me at least. Aren't the gays supposed to hate this kind of gender-role stuff? (I say this in a joking way, not intending to harm, I am a big gay so).

However, I'm only interested in women who are also quite girly and feminine. I don't have any attraction to manly women. Nothing against them, this is just how I genuinely feel. And when it comes to men, I like beef cakes who could throw me across a football field. Guys who make me feel small and feeble. Basically as far away from feminine as possible.

This has plagued me because I don't really fit in with the norms for either perspective. I am a very self-aware person and I don't second guess myself hardly ever. I trust my instincts to guide me with almost everything in life.

The main point being: I don't know if being bisexual means I can't abide by the values held here? I don't know much about this group, so I'm sorry if I am coming way out of left field, but is this so strange? Are there any others who feel similarly?

Sorry for the long read, just speculating here!

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UPVOTES

How to stop being competitive with other women and overall insecure?

deerprudehence · 3 February 2021 · Archived copy · Reddit

I have a really hard time not being overly competitive with other women, especially when I'm in a relationship. I am insecure about my intelligence and self-worth. I just need some direction, because I become extremely angry and annoyed by other women who I deem to be better than me. And in the end, I take it out on my boyfriend through accusations and it's unfair. It does motivate me to become a better version of myself, but that motivation seems to be short-term. Any advice? Honestly, this is a huge reason as to why I don't have that many female friends.

Edit: THANK YOU for everyone's advice seriously. I'll be replying to everyone soon. I've realized that there's so much growing to do this year. Again thank you for taking the time to read+respond. ♥♥

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UPVOTES

So so tired of this conversation with my husband

anothergoodbook · 6 May 2021 · Archived copy · Reddit

My husband got promoted about 7-8 months ago. At first he was super excited about being a manager and he talked about it constantly. Okay - I figured the novelty would wear off and we'd go back to "normal".

Now here we are. He's having an issue with a particular employee and he is *all* I hear about. It's affecting sex (he's got the lower drive) - literally it is all he takes about. He tried initiating and I'm like "two hours ago I wanted to.. but now I've been just talked about this guy for 2 HOURS. It killed the mood". He wakes up talking about it. He goes to sleep talking about it.

I said something and he acted all upset that I didn't want to hear about his work and things that are important to him. I told him I think he needs a balance.

Our dates are centered around his work and almost always about this one guy. And the conversation never solves anything. It's always the same thing. Last night he passed out at 7:30 and tells me this morning it's because the stress at work and this guy. We had planned on sex so that sucked. This morning I'm being flirtatious as he's getting dressed for work and literally the words out of his mouth are... about that guy at work and how frustrated he is.

UGH!!! I'm going to scream!!!

I said I think he needs to learn to balance work and home. I said I think he needs a hobby (especially since our kids arent babies anymore it's much easier to have hobbies). His boss has even talked to him about leaving things at work (regarding other things).

Maybe I need better things to talk about... but if even sex can't get his brain off of this — maybe not. I have *no idea* how to tactfully say "I don't want to talk about this". He takes it as I don't want to hear about his day. And then he shuts down. I'm at such a loss.

Help?!?!!

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UPVOTES

Thank you RPW ladies

mm1414 · 15 April 2021 · Archived copy · Reddit

Hello ladies

I had come across RPW last February. I followed it diligently for a couple of months, but then the pandemic happened, and life happened. I went back to my own ways of being a nagging girlfriend. We were really struggling at that point.

We got married in November last year. The few months leading up to the wedding were such a struggle because my fiance and I were living in different cities and I had 20 different people sharing their own opinions about what being married should and should not be like. (Not even going to talk about how the pandemic was an obvious downer) It was very overwhelming

I rediscovered RPW this year. It's been 2 months that I've been following as much of the advice as I can. We're still living in different cities for 3 more months but we meet every week or so. Last time he was here, I cooked for him, made cocktails for him. Put on nice clothes, some makeup. I gave him a safe space, a place to unwind after a heavy work week. He gave me a call after the weekend and said "you look after me so well, I love being married to you" I cannot tell you ladies how happy that made me. We're in a good place now. He makes obvious efforts to drive down to see me as often as he can. So I just wanna say thank you for showing me the way!

TL:DR - Came across RPW in February last year, lost my way for a bit, but I'm back now and more than happy to be back.

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UPVOTES

I can't get over Redpill's (especially TRP's) treatment and attitude towards ugly women.

Maryniaa_ · 6 October 2021 · Archived copy · Reddit

I'm a lurker here. In general, I agree with majority of theories and strategies posted here, but I can't get over the way ugly women are talked about in a whole Red Pill community.

I've tried to read TRP, as it was advised here, but I cannot feel any compassion or understanding towards men there as long as they're so hateful towards unattractive women.

I've always knew that men despise and loathe ugly women. But I have no idea about the extremes of it till I started reading. Women, that happen to be ugly, don't even register as a human beings to men. They're are being constantly taken advantage of. Guys force themselves to talk to them to make themselves look better in front of their attractive friends. Or use them as "practice girlfriends" to work their way up to hotter women.

I was especially repulsed by an advise that was practically trying to gang up with the hot friend and ridicule and laugh at the "ugly friend" together. Something like this happened to me actually. I loved how my friend practically punched a guy who tried to make fun of me in my presence, like I wasn't there at all.

I feel discouraged from improving my appereance. I don't want to end up with a guy that wouldn't even spit in my direction had I been ugly.

Ugly women have feelings, you know. Their self-esteem is most probably in shambles, they are lonely, bullied and petrified. Aand every time they decide to leave their houses, they are exposed to such disgusting male actions.

I'd like to get over it and stop obsessing about it, but I'm afraid nothing short of men in general and Redpill community in particular completely changing their behaviour towards ugly women would satisfy me. Do you have any advice? Or maybe you did some kind of glowup and your perspective changed completely?

PS. No, ugly ≠ fat. I wish it was that easy, just to loose weight.

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UPVOTES

Being an RPW can be in the little things

SnowOnCinders · 18 February 2022 · Archived copy · Reddit

I broke up with an ex about 3 months ago and was in a bit of a nun mode. I wasn't actively dating and just focusing on myself, my family and friends. I haven't gone on anything romantic with anyone since end of November.

I went on a date today intentionally for the first time in 3 months and realized some things about myself which I never played attention to before. Thanks to this sub, I saw the little ways in which I have subtly changed my approach to even a first-date conversation:

1. I have been making an an effort to not use "like" in my general speech and could tell that the way I spoke was different from the norm.
2. I speak slower and with more intent.
3. I am better at subtle flirting and playfulness with just my tone of voice.
4. I hold eye contact during a lull in conversation longer than usual (without being afraid that it will be "awkward") to increase tension and see if there is chemistry.
5. I am a better listener. We women love to talk and I have this problem sometimes, especially when the topic is good. I make a conscious effort to ask open-ended questions and hear what HE has to say.
6. I don't reveal all at once. This one may be controversial because I like authentic people and I like being authentic. However I think keeping a little mystery as a prequel to more deep conversation is pretty nice.
7. I was gracious in receiving compliments and giving them. I said thank you and smiled. I felt feminine. I let the feminine energy radiate rather than suppress it.

This is in stark contrast in how I approached first dates a year ago (before I found RPW subreddit). There was no softness, little intention, less feminine mystery. I don't think I even fully developed these yet, but thanks to this first date I realize I am on the right path.

Thank you [r/RPW](#)! :)

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UPVOTES

Red Pilled Women don't want to be with red pill men, which is a misconception I see people making on other subs. Difference between a HVM and a RP man.

kittycops · 25 March 2021 · Archived copy · Reddit

[removed]

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UPVOTES

Made to feel guilty for wanting to be a trad wife

Ok_Perspective_8441 · 21 July 2023 · Archived copy · Reddit

I (33F) am so burnt out from being a professional for the past 10 years. Finally got married a year ago and am ready to give up career to be a stay at home wife and mom (asap).

My husband is supportive but I feel pressure from his mom (my MIL), my parents (who I support financially) and friends (who all happen to be professionals) to keep working full-time outside of the home.

I am even considering a career switch as a middle ground - so I can work less or even remotely.

Really feel sad living in this generation that basically expects women to be men (literal tears). Any advice or thoughts welcomed.

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UPVOTES

Bad friends or products of liberal dating culture?

jchesshi01 · 28 November 2025 · Archived copy · Reddit

As a woman (24F), I have been casually dating in a new city and recently entered a sexual relationship with a guy. I thought it was a good way to get over my dating anxiety and build confidence in myself, however, the truth always reveals itself...

Decided I need to go celibate for a little bit and figure out what I want in a long term partner if I ever want to get married.

I told this to my friends that I was “worried about racking up a body count for no reason” and their reaction was so disappointing.

“who cares what a guy thinks?” “if a guy cares about body count, he’s not the one » « it’s your body” “Men are trash you don’t need to please a man unless they commit to you”

And honestly, I’m just kind of sick of this narrative, and I have never met female friends who are actually willing to admit the truth and hold each other accountable

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UPVOTES

Your man may just be laid back, not passive.

[deleted] · 11 December 2015 · Archived copy · Reddit

For those of you ladies who are new to RPW or just read The Surrendered Wife, I wanted to share something I have come to understand about my captain and men like him. He is laid back and not overly controlling. This used to frustrate me because how was I supposed to be submissive if he wasn't giving me specific orders and desires to submit to? Why couldn't he just tell me what he wanted for dinner so I could submissively cook it for him? Why wouldn't he decide what we should do on a Friday night so I could submissively go along with it? Ohh, how frustrated I was getting.

Then I realized that there is a difference between being laid back and passive, and a difference between being controlling and in charge. The problem is never that my man is willing to eat whatever I feel inspired to cook without his input, or that he is happy to delight me by considering whatever would make me happy on a Friday night. There certainly would be a problem that comes from ME if he did express a preference and I did not defer to it. But absent of that, there is no problem in our relationship dynamic unless I create one, which is entirely possible if you consider how emasculating and demoralizing it is when a man gets criticized by his woman for not being more decisive. Getting frustrated with your man for being laid back (and therefore "not manly enough") is going to undermine the very thing you're after, and it's very disrespectful to him anyway.

Instead of getting frustrated when he is willing to go along with whatever you decide, THANK HIM. Thank him for allowing you to do whatever makes your little heart happy. Seeing his indifference towards decisions like these in a frustrating light just means YOU ARE PERPETUATING THE POWER STRUGGLE, and a sign that you have so much more letting go to do. This work is on you, not him.

In other words, don't try to subtly (or not so subtly) dominate him into being more dominant. Your job is not to teach him how to be a better man. Make yourself a better woman and leave him alone. Accept that you have an awesomely laid back man and be sure to defer to him when he does have an idea, plan, or preference.

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UPVOTES

RPW is not a zoo

LuckyLittleStar · 11 February 2018 · Archived copy · Reddit

RWP is here for like-minded women to discuss topics from a red-pill perspective. It is not for uninterested people who want to study the behaviors of women who think differently from themselves.

If you are want to learn what RPW is for research purposes you may:

- Read the side bar
- Read posts
- Ask questions on [/r/purplepilldebate](#)

You may not:

- Ask questions if you're not here to participate in the group's purpose
- Concern Troll
- Poke and prod at the women
- Take selfies

We will be revising the rules to include this.

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UPVOTES

Field report in online dating: you are who you attract

labelleindifference · 9 March 2018 · Archived copy · Reddit

Hi everyone! I am a 31 year old woman who has had some pretty significant issues with dating the last few years. For most of my 20s, I was in a 7 year old long relationship with the same guy who was wonderful in most ways, but we had entirely different perspectives on finances. We argued a lot during our relationship and likely developed an unhealthy codependency. Having met him in my 20s, the only thing I knew about life 4 years ago was him and my career path. I had lost of my sense of self and had such a poor understanding of what it meant to be a complete person.

So when I started dating again, I had no idea who I was. Somehow, in my mind, I had developed this idea that being that cool sexy party chick was the ideal. I don't even know why. I think I was always the "cool girl" to hang out with in college and so I could easily get the attention of most of the guys I was interested in so I assumed a similar approach would work at this stage in my life as well. My taste in guys was also likely questionable back then...

Anyways, after leaving my ex, I reverted back to selling myself the way I did in college, and was confused when I seemed to only attract players or really socially awkward men who were very uncomfortable with themselves. I didn't get it. I thought, "Why doesn't anyone of value like me? I have a good job, I went to an Ivy League school, I make lots of money, I'm nice, I have varied interests." In retrospect, I didn't have any interests, I was merely trying to be what I thought people wanted and everyone else could probably tell.

Since I was really lonely and wanted some companionship, I spent a lot of time obsessing over my failures in dating. My friends seemed to be meeting men fine so I knew there was something that I was doing incorrectly. I kept digging myself deeper and deeper into the hole that I was in, thinking that if I would succeed if I tried even harder to be the laidback fun party girl and completely neglected developing my own personal interests. There was also a part of me that thought I shouldn't have to put much effort into dating since I am objectively physically attractive (only saying this because I have been told that I am). So I put minimal effort into my pictures and profile. I described my career in great detail and my interests consisted of "music, drinks, hanging out with friends."

After a series of failed attempts and perusing this board, I decided to take some time off and work on myself. However, my initial attempts to "work on myself" still consisted of trying to squeeze myself into this box of what I thought guys wanted, so I greatly overcompensated and tried to turn myself into this demure, innocent, child-like girl who was only interested in home-making, cooking, and fixing whatever other problem I thought I had that had transferred over from the last guy that I dated. The whole thing felt awkward to me and of course it did not get me anywhere either.

Finally, starting this year, I told myself that I would really focus on who I am, listen to my heart, and follow my interests. I picked up a number of hobbies that had nothing to do with trying to attract a man. After 9 years off, I started snowboarding again and developed the courage to go on snowboarding trips by myself even if my friends weren't interested. I decided that I would live life for myself and just be happy. If my friends wanted to come along, great. If not, that's fine too, I wouldn't have to wait around for them on the mountain and could board at my own pace. I stopped trying to be that cool chick, stopped trying to be Suzy homemaker, and just did what really spoke to my soul.

And I finally revamped my online dating profile and actually put some effort into it. I took out the references to live music and drinking (because I honestly didn't do it anymore) and added in what I actually truly enjoy: nature, art and photography, food. For the last year, I had been wanting to get a group of people together to climb Mount Kilimanjaro and I realized that I should add this fact into my profile. I don't know why I never thought of it! I was so stuck on trying to be a certain type of person that I didn't realize I was suppressing so much of my true personality. I think I feared being honest out of low self-esteem. I was afraid that I would have to live up to my promises if I revealed my true interests and for some reason I didn't think I was capable of that.

After making these tweaks to my profile, I immediately started seeing a different response from the guys online.

The ones who I was interested in, who always seemed to ignore me before, suddenly were liking me back and wanting to chat and learn more about me. I had honestly never seen such a positive response before. And I think what was so reassuring about all of this was getting good feedback for finally pursuing life on my terms.

I've learned that whatever sort of weird preconceptions I had about men before were totally incorrect. Sure, guys are very visual and enjoy sex, but they aren't these mindless beasts who just want to hang out with a pretty face who will drink with them and make their beds. In fact, the good ones are probably turned off by that. They probably can sense the desperation and the attempts to be something that you are not. But if you have a vibrant life, a good attitude, a good work ethic, and you don't spend every waking moment of your life trying to build yourself into what you think other people want, people can sense that too. And the start to all of that is to really know who you are and to be that.

I know I have so much farther to go since I am just starting to figure this out. I have to learn how to take this knowledge and apply it to how I interact with people in my day to day life as well. In all honesty, it's probably still too early for me to start dating. But I am very hopeful, excited, and happy that I seem to have finally started to solve some of the problems in my life after many, many attempts.

I'm grateful for this sub as I wouldn't have spent nearly as much time really digging deep and trying to figure out what I've been doing wrong all of these years without studying the teachings here. I think I took it a little too literally in the beginning and focused way too much on trying to pursue what I had imagined to be the image of the "ideal" woman. But really, I think what this sub advocates for is growth in your personal life (develop your personal interests and work on your appearance), physical health (stay fit and active), and your mental health (stay open-minded, kind, nurturing). And to be honest to yourself and admit that dominant men can be very attractive and how to allow that dynamic to develop between you and him.

Anyways, I just wanted to share my latest learnings with this community. Dating definitely will be more difficult for me as an older woman than it was in my 20s, but I have a feeling the quality will improve greatly. :)

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UPVOTES

It works...! Just got engaged to the perfect man for me.

tempintheeastbay · 20 July 2018 · Archived copy · Reddit

Hello! I wanted to share some happy news with the community, because I feel the information espoused here has contributed so much to my life. My amazing boyfriend has proposed! This was not altogether a surprise, although the precise timing and circumstances and ring were wonderful surprises! The experience so far has been everything I've dreamed.

In every relationship prior to this one, I had been a sullen, chronically dissatisfied, disrespectful and frankly at times mean lil' brat. I would oscillate between craving my boyfriends' love --turning into a needy, pouty, clingy sex kitten- - and considering myself somehow "too special" for them --ignoring their thoughts, needs, lives.

My fiance, though, inspired a new deep respect in me that led to a lot of changes - one of which was finding this forum and taking its advice to heart! Change, to my happy surprise, is possible. It's hard, but it's possible, and the rewards are so sweet.

I'm so excited to continue working on my humility, my patience, my devotion and my respect. Thank you all for all the invaluable lessons so far!

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UPVOTES

The Cheerleader vs The Soccer Mom and how to support your partner!

Cookiedoughspoon · 24 July 2019 · Archived copy · Reddit

Hello again sisters! :D

Been having a couple thoughts about supporting men. And when I think hard about women I've met, women I know, ect, it truly feels like your average woman *fears* the choices her man will or wont make in life. She's concerned about what will happen if her husband doesnt come to her for direction, permission, or advice. Shes afraid of him allowing the kids to eat pizza and ice cream for 3 days straight when she goes to visit her mom. Shes concerned that if she's not there he'll add too much laundry detergent (instead of reading the instructions like an adult) and screw up the machine. Shes concerned that if she doesn't *loudly* vocalize their financial need for him to get that promotion that'll give him an extra 15k a year, he just won't go for it because he rarely goes for anything. Shes afraid every day. She's rarely comfortable. She's waiting for the next disaster that she'll have to slave over. And deep down, she thinks hes kinda stupid. I'm sure you know someone that honestly thinks her husband is stupid!

Now. Who does that sound like? If you guessed a mommy with a rogue toddler, you're correct! Always vigilant, always terrified, always...NOSEY!

So obviously our number 1 issue becomes picking the appropriate man because plenty of men have just never gotten off of the mothers nipple. They have no ambitions. They're meek and easily discouraged. They watch other men feast then rush in to grab at any scraps that are left. They inspire *fear* in a woman. We know this man is a red flag so I wanna skip ahead to when you've chosen the right partner but still have flickers of fear because I'm sure a lot of us have dealt with someone like that at some point. And of course everyone has to be introspective and question what about them attracted a meek, unambitious man. (Loud bossy mouth? Masculine attitude? Willing to be the manly woman of the house?)

And this is where the cheerleader vs soccer mom dichotomy comes in when you're in your happy relationship. And this has little to do with age, you can be a 19 year old soccer mom yelling at your bf to not be late for his shift and you can be a 40 year cheerleader that showers her man in compliments after he gets a great review at work.

The cheerleader, at her core, is cute, fun, lighthearted and encouraging. She bounces around, is *happy to be here*, and shes vocal with her support but quiets down once the match is on. She'll be right back out there with her pompoms when her man needs a pick me up and when he finally wins, she celebrates *him*. She doesnt celebrate the promotion, the review, or the boss that hired him. She celebrates *him*. She thanks him verbally and with action. "You're so smart, baby!" She rushes up to him and squeezes him and showers him in kisses. Yknow why? Because the cheerleader did her job and whether or not her team won, she did *her* job well. When the team is losing, the cheerleader doesn't rush out on the field to join the game! She knows that isnt her purpose! And most importantly of all, she *trusts* her man. A loss doesnt scare her because hes not a *loser*. He picks himself up, she assists in dusting him off, and right back out he goes. She's as supportive as he is reliable.

So our soccer mom is obviously the opposite of our cheerleader. Shes rough, she yells, shes scary, she chooses her mans goals for him because she doesnt think he has any common sense. At her core shes afraid, her self esteem is low, and she worries every night. She does not trust her man. She barely trusts herself. There is no encouragement, just shoving. When hes feeling down she berates him. If he wins, she *takes* the credit for it because she truly believes he wouldn't have wanted this if she didn't tell him to want it. "Well yknow I'm the one that told him to go for the manager position in the first place!" She also will skip over celebrating him to celebrate the win because she does not admire *him*. She admires the result of her nagging. "Now we finally have enough money to go on vacation and get a new dryer!" or "Thank god Bill gave you the promotion over Harry!" These are not compliments. They're damn near insults!

And just like a real life soccer mom situation, there is no moment to relax and bask in his accomplishment for the man, because the next game is on sunday. Soccer mom has already picked out her mans next goal. Nobodys happy.

Mom always wants more, kid starts to hate both mom and soccer.

So this is something I've noticed a lot of women struggle with. A womans trust is something super special and fragile, but if you logically know your man is worth it...butt out. Be a cheerleader. I had to learn how to shut up myself! Now if your mans decisions lead you to behave like a soccer mom out of fear for your own future and livelihood...is he really the man for you? And this dichotomy can be applied to a lot of issues. Alcohol, food, hygiene, sex, financial responsibility, ect. And ask yourself, "Do I think he's kinda stupid?" Be honest!

If your mans unreliability scares you, hes not the one for you! But if you have a good man with a good head on his shoulders, trust him completely and without fear. And as always, if no one asked for your two cent, keep it!

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Mindfulness in Service

kittxxn · 21 September 2019 · Archived copy · Reddit

Happy weekend ladies.

I came across something a few days ago on twitter, that I can't manage to find, that said something along the lines of: "The problem with modern women is they have lost the desire to serve, and have instead given into self-indulgence and self-obsession." I apologize to the original poster, whoever she is, for lack of due credit and imperfect recollection. But her words have stayed with me and I wanted to bring you all my thoughts.

Lost the Desire to Serve. Can you hear the ripples of gasps among empowered modern women? *Serve?*

Yes.

These words came to me at a time much needed. Though I pride myself on being a woman of service, a nurse-by-night and homemaker-by-day, I have found myself becoming, regrettably, service-spent. I came home a few days ago in the morning to find the few things undone I had asked Q to do before going to sleep, trash he had left by the couch, food left on the counter, and a pile of recycling climbing up the wall. I had spent all night serving patients, families, and coworkers, and ended up coming home exhausted, and scrubbing the dishes with seeds of unfamiliar resentment. Can't I get any help around here? Is it so hard to put one Tupperware in the dish washer? I made him his usual breakfast and lunch, and got ready for bed in a huff. I climbed into bed and in the sweetest style possible I told him I wanted to have an argument but that I would apologize straight away. I asked why he couldn't do just the few little things I asked of him and that I really needed some help around here to keep up. I plan to be a stay at home mom eventually, but while I'm still working, I felt it was no fair to do everything around the house too. He was so sweet, held me and kissed me and apologized, and told me he would be better. I didn't sleep well and woke up feeling guilty.

I have decided that it's me who needs to be better. Of course there's nothing wrong with asking for help, and I'm glad I did, but I had totally forgotten in that moment everything I stand for as a traditional woman, a woman of service. A woman who *desires to serve*. A woman who derives *contentment* from dedicating her time and heart and hands to the service of others, especially her man. But already, at nearly the beginning of my journey, I have witnessed how easily I might slip and falter. So I have decided to commit myself to Mindfulness in Service, a mental focus to mindfully and consciously reset daily, reminding myself of who I want to be and what energy I want to bring to the world, and to my home. Why I serve.

I don't know what that might look like for you, it might be a daily prayer, it might be a sticky note on your desk, it might be meditation, or maybe you have been practicing long enough it comes more naturally. But the goal for me is no longer merely to serve, but to *desire to serve*.

I have everything I could ask for - a kind and generous and hardworking man of steadfast morals and convictions, an incredible mind, who is patient, appreciative, thoughtful, and dedicated to building this life with me. Why on earth did it matter to me where he put a tupperware? I'm proud to say I woke up this afternoon early enough to accomplish a few power hours of delightful service, thoroughly cleaning the house including several things I've been meaning to do for weeks (doesn't that feel so good!), making dinner, running errands for Q, and putting together a gift for him I've been meaning to finish. Yes, I even took out the recycling, and yes, I truly and genuinely enjoyed doing it.

Let me know if you ever need a reset button, and maybe for some of you, this can be it. If you have any other tips for Mindful Service, please let me know! It's so lovely to be on this journey with all of you.

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I had always followed rpw philosophy but didn't know it had a name until today

notyourmotherdotcom · 14 October 2019 · Archived copy · Reddit

I stumbled across this subreddit earlier today. Looking at it, I can't believe how much I relate to in in almost everything and how relatable every single post is to my relationship dynamic. I've been preaching to myself and others everything this subreddit says and nobody believed me...and it turned out I was right. Utter and total devotion to my husband during our eight years of marriage proved me I was right regarding all of this...and I'm happy to had found people who think similar to me.

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Being a red pill woman $\neq$ being his mum.

AnnaAerials · 31 December 2019 · Archived copy · Reddit

<https://lauradoyle.org/blog/husband-not-attracted-to-me/>

Has anyone else read the above thread? Loss of what seems to be physical attraction is sometimes an attitude issue. The author of this article explains it very well and I thought I'd share. Enjoy

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UPVOTES

Thanks for the advice: curbing ex

theohoh · 30 January 2020 · Archived copy · Reddit

Two or three days earlier, I posted about my first ex coming back to haunt. I took your unanimous advice not to see him and instead had a phone call.

It was just a lot of bullshit about us starting over again at my pace since I discussed my sexual inexperience with him and he wanted to help with that. No changes just “exploration”. Thank all of you for preventing my emotions from getting in the way of looking for a Captain that cares.

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Advice on Dealing With Insecurity About Being Attractive?

saintphrodite · 18 March 2020 · Archived copy · Reddit

I don't even know how to word this without it sounding really insane- here goes. My mom was very masculine growing up, and any type of femininity was looked down upon. Years later after discovering myself, I find that I'm actually very feminine and girly naturally. However, I still hold so much insecurity and resistance inside of me from years of being taught that being feminine is bad.

For some examples, I always looked down upon girly girls or "weak" women. Girls that were always in relationships, popular girls in school, girlfriends of celebrities I had crushes on when I was younger. I know they're petty insecurities, but even being aware that they're just insecurities and self hate projected onto others, it still won't go away. In fact, being self aware has kind of made it sting more.

I find myself trying to hide or be ashamed of my sexuality/appearance. Like, I feel guilty for being attractive. I'm not even saying I'm super attractive, but the thought of people finding me pretty makes me feel guilty. I always feel like I have to prove myself, that I'm not just stupid and vapid and girly. I've spent nearly my whole life downplaying my femininity and being bitter at women/girls who could just let themselves be normal and feminine.

A lot of the times, I feel like a 12 year old boy trapped in a girls body. It's difficult for me to even see myself as a woman, but I'm not even one of those girls that wants to be a "cool girl"! In a way, I'm almost like a caricature of femininity, like a drag queen, but I feel like I lack femininity inside of me. And it makes me bitter and jealous, I admit it.

I hope I got what I meant across, and please tell me it gets better lol. I'm only 18 so I know I have some growing to do, but I'm tired of feeling like a jealous child having a temper tantrum.

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Best things you did while nun mode?

moredollals · 26 March 2020 · Archived copy · Reddit

Hi all, tonight I have finished with a guy I was dating, and am actually excited to start nun mode. One good thing about him is that he introduced me to this kind of thinking, and despite the reason for me ending it, he was always kind, never raised his voice at me ((and 5 years previous I was in a physically abusive relationship, so this was lovely)). We dated for roughly a year, but in the last 2 months I have:

-Read fascinating womanhood, the power of habit, and when I say no, I feel guilty, and am awaiting the delivery of 12 rules for life, and plan to keep reading RPW/life improvement books

- quit smoking
- upped my housecleaning repertoire
- started eating an unprocessed foods diet
- lost 20lbs (and counting)
- started some feminine hobbies, such as knitting, breadmaking. I can already cook/bake

So I'm wondering what else you would recommend? Whilst I continue on this journey of self improvement. Thanks!

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Going out with better-looking female friends

LanaTownsend · 7 June 2020 · Archived copy · Reddit

I know most of you are married or otherwise partnered but more for the single women, when you've gone out and your friends got more attention, did it bother you? I don't mean a one-off situation where she got more attention from men and then the next time, you get more attention.

If this is/was a *habitual* occurrence, how did you react? Did it erode at your self-esteem? Did it bother you? Not bother you? Were YOU the one who had the spotlight on?

And I'd rather not hear the Barney after-school advice about "everyone is beautiful!". Yes, everyone is beautiful in their own way but fact of the matter is, some women are going to be treated as and seen as more beautiful than others, especially in certain locations. It also depends highly on the beauty standards of where you live and the demographic of the establishments you're attending.

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Why You Should Read TRP

CountTheBees · 10 November 2020 · Archived copy · Reddit

... And WhereAreAllTheGoodMen... also a big shoutout to Alexander Grace and Stefan Molyneux.

Because it helps us understand men. If every woman was born with the ability to immediately understand what life was like for men, we wouldn't need RPW. We wouldn't need STFU or Captain/First Mate or have to be told that most men prefer domestic, sexually available, supportive virgins. In every other place on reddit, male speech is censored. Only in places like TRP will you find men willing to say things like "I will only ever marry a virgin". Even if it's not true for everyone, at least you're hearing an uncensored cross section of beliefs.

Because western society is gynocentric. It's considered acceptable to call men trash, and all sorts of other names, but not acceptable in reverse. If you want to find out who the most privileged members of society are, find out who you can't criticise. Harmless jokes like "women can't drive" are believed to be thoughtcrime. It doesn't actually result in any discrimination, but that doesn't matter. It's taboo anyway. So everytime you feel *offended* reading TRP or WAATGM, take a deep breath, and realise this is good for you. It's building you a thicker skin. Have a laugh at yourself and move on. **As Norah Vincent said** being a woman is a privilege. Relax, you are already winning.

It helps you realise your own faults. There are many things to criticise women for. You need to be able to take a good hard look at yourself and determine whether it is truly something you are at fault for. Are you guilty of withholding sex? Are you guilty of monkey branching? Are you guilty of dating men you knew to be losers? If things like this bother you, it may well be because they are true. Take the time to reflect and chill out. Work on what you can fix and don't make the same mistakes again. Forgive yourself and make a plan for self improvement. There are many good people here on RPW who can help - in fact, it's probably already in the sidebar. **Self awareness does not come naturally.** It has to be sought out. And no one realises women's faults better than RP-ers and MGTOWs.

Potential downsides. You could begin to hate men. You could begin to hate yourself. You could go through the TRP "anger phase" - I certainly did. But it was worth it. It took about a year or more. I can now read TRP and other subreddits without batting an eyelid. I find in real life, men who dislike your actions or your past will never stick around long enough for you to find out. And I am very secure with the friendships and mentorship I have from older men, who view me as a worthwhile woman, without any promise of sexual access.

Thanks for reading.

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Why Won't Men Commit? Oh...Yeah, Because Women Are Ballbusting Shrews That Steal Their Dreams. A repost. A repost and how it broadened my perspective

stevierose789 · 4 May 2021 · Archived copy · Reddit

It was mid-October when my husband kissed me good bye and left for a three-day canoe trip with his good friend. They had plenty of beer, the basics in survival gear, and they planned on living off the land (meaning hunt or fish and rely on canned goods.)

He had taken a similar trip with the same friend the year before and arrived home safe and sound. However, this time they were starting out further down river in a much more remote location. And this time I had six-month old twins added to our family along with our three-year-old. There was no cell phone service so they planned on another friend to pick them up at the end of their trip in a designated spot.

Of course, at the time it did cross my mind that he might not make it home to me, but I knew better than to ask him not to go. He was so excited about the trip and I trusted his friend. I knew they wouldn't be stupid, so I just had to put all the unforeseen danger out of mind.

But that didn't mean I wasn't one worried woman. I worried about the dangers of the river, the dangers of camping rough, the possibility that their friend wouldn't find them to pick them up, the chance of broken limbs, or drowning, or being shot by a lunatic farmer. The list goes on.

I managed just fine for the three days my husband was gone and he did come home safe and sound.

I never gave this time in my life another thought, other than gratitude, until I re-read a post by wingnut, written five years ago:

<http://theredarchive.com/post/210192>

When I read this post, when it was first posted, I found the title offensive and I argued that women give up their dreams too. It took me a few years to understand why it is different for men and how they process the disappointment.

After reading this post for a second time, I realized my husband had given up his boyhood dreams of being a mountain man to live in suburbia with a wife and three kids. I never appreciated that before.

Edited to ask: Why do I have a red and white pill attached to this post? Never mind. Figured out it was because it was an archived post.

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UPVOTES

Back to the basics - the creation of TRP

loneliness-inc · 3 May 2018 · Archived copy · Reddit

Important note - before I begin, it needs to be acknowledged that a post like this should really be ten miles long and riddled with links to the many studies, news articles and anecdotes that corroborate what's said here. However, this isn't possible for several reasons. Therefore, this post will be a summary of a summary of a summary of what can really be written on this topic, feel free to add whatever important points you feel are missing in the comment section. I also will not be adding any links. All the evidence has been covered extensively by others and can be easily found in the various RP, MGTOW and MRA subs, blogs and YouTube channels.

The olden days

Go back to before the industrial revolution and life was brutal and short. Poverty, starvation and serfdom were a way of life for most people. No one had rights, everyone had responsibility. Responsibility to your parents, your spouse, your children, your community and God. War and disease were real, ever present dangers that could strike at any moment.

In this context, the man was in charge of his family. He had to be, his wife needed him to be, his children needed him to be and his elderly parents needed him to be in charge of the household. As the strongest member of the family whose hormones don't yo-yo, it made most sense for him to be the undisputed leader. This was so out of necessity of life, not because men are tyrants nor because women are pushovers. There simply wasn't any other way to survive and raise the future generation.

Modernization

Massive, unprecedented changes swept over the world with the industrial revolution. The brute force of male muscle was being replaced by machines in factories. Sure, men still needed muscle to operate many of those old machines, but that was a step away from the back-breaking labor that preceded the invention of industry. Thus, men were slightly less needed in their traditional roles. The first seeds of feminism and rights for women soon followed. (Many other changes came to the world as a result, we will only focus on what's pertinent to this very specific discussion).

As society developed, the need for the husbands protection diminished due to communities being better protected against marauding bandits and the like. The need for the husbands provision was diminished because women can also operate many of the machines which required less and less brute muscle power. The idea of equality for women became more and more of a debate in its many manifestations. This was never a viable thought before the industrial revolution because there was no way a woman could survive in the world without a man in her life.

The birth control pill

The one thing that drastically changed the debate and was perhaps the main contributing factor to ushering in second wave feminism and the sexual revolution of the 60's was the birth control pill. With the pill, a woman could have sex without the risk of pregnancy! This is when marriage took the bullet of death, the institution has been bleeding out ever since.

In the past, if a woman got pregnant out of wedlock, she was royally screwed. In the distant past, she had little chance of survival in the harsh elements even if she wasn't pregnant, nursing or raising a child. Since the industrial revolution, she could work in a factory, but that wasn't possible while pregnant and nursing etc. Getting pregnant had **serious life altering consequences** and that's why women were extremely selective about whom they had sex with. For this reason, women **needed** marriage as a form of security before you were allowed to even think about sex.

All this changed with the pill. Women were now free to have consequence free sex, **and that's exactly what they did!** Women "threw off" the old shackles of "sexual oppression" and were now "liberated". Men went along with it

because what man wants to turn down free sex? Please see - [Women are the gatekeepers of sex](https://www.reddit.com/r/RedPillWomen/comments/8dgnhj/back_to_the_basics_women_are_the_gatekeepers_of/)

The Red Pill

As you can see, feminism evolved as a natural result of modernization. Various mini evolution processes within feminism can be traced to specific developments in modern invention that raised the standard of life and thus diminished the absolute need for a husband to a need that was less absolute and then less of a need. To discuss each specific step along the way is way too long and has been covered extensively by others. The point here is to observe **that** these changes coincide with ever shifting changes in the standard of living and the family dynamic.

All this led to greater and greater freedoms for women and unleashed female sexuality in a way the world has never seen. Never before was female sexuality unrestrained like it is today. At first, remnants of old values still existed and so it wasn't that bad for men. However, as time progressed and society continued to shift, the individual man became less and less needed to the individual woman while the collective man (via the government) became more and more the replacement husband. Women began demanding things from the government and the government husband began to fulfill those demands because women are the majority of the voters. Divorce laws, child custody laws, laws pertaining to domestic and sexual violence all began shifting in a manner that favors women and mistreats men.

Additionally, female sexuality is [hypergamous](https://www.reddit.com/r/RedPillWomen/comments/8fujkz/back_to_the_basics_hypergamy/) This resulted in more and more men being deemed undesirable and excluded from the sexual market place. Most of these men aren't objectively undesirable, they would have made wonderful husbands in the past. They have **become** undesirable due to unrestrained hypergamy.

Furthermore, men began to notice how much the game was rigged against them. Free love is only free if you're on top of the attractiveness scale, otherwise you have to pay. Even if you do take on a wife and happily pay for her, she can leave you at any time for any reason and take away most of what you worked for through alimony and child support. She can claim domestic abuse and she'll be believed, she can claim rape and she'll be believed. As a man, your life can be over if any of these things happen to you, how much more so is your life over if all of them happen.

A bitter, bitter pill

Thus, The Red Pill was born. Men began forming online communities and trading notes with each other. Some men were burned through divorce and/or false allegations. Some were burned through harsher trials and longer prison sentences for the same crimes. Some were excluded from the sexual market place. **Some weren't burned at all**, they simply watched others get burned from touching the hot stove and decided not to do the same.

The logical conclusion is to walk away from all women until the pendulum swings back to a normal, fair and sustainable place. However, this is **not easy at all!** Men have a **tremendous** sexual drive that is insanely massive and ever present. Forgoing women and sex altogether is nearly impossible for most men. So what's a man to do? How does one engage with the positive sides of women without being burned by the ever increasing negative side? This inner struggle is why taking TRP is so bitter for men. This is why most men don't take TRP, **TRP is forced down the throat of men by women** in most cases. Women instinctively know this, that's why the first question often is - who hurt you?

The answer to this question (how to engage without being burned) is a topic of great debate in TRP communities. The first thing many men try is the MRA route. This seems the most sensible way to restore equilibrium. However, the MRA has been around for quite some time with no real results. This is because feminism is the natural outgrowth of societal changes that released biological tendencies (as explained above). Therefore, while every RP man believes in the MRA, most aren't willing to engage in a futile battle. Instead, some will enjoy the decline

through learning game and pumping and dumping. Some will incorporate RP ideas within their marriages. Some will go MGTOW. There's no objectively true answer as all the options are disgustingly bitter pills to swallow.

Conclusion

Feminism was a natural result of hidden/squashed biological traits of female sexuality being released due to modernization. TRP is male self preservation being unleashed as a direct progression from feminism. TRP is contrary to the core of male sexual desire and is therefore an extremely bitter pill to swallow, albeit extremely necessary.

Cheers!

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There is no one, objective archetype of the High Value Man

KittenLoves_ · 18 September 2018 · Archived copy · Reddit

It's not uncommon to see a lot of posts here where the OP will say, "high value men want X!", or "high value men don't care about Y!", and then the comments will be a mess of differing opinions about whether or not these statements are correct. "Actually, high value men don't care at all about X, and they really love Y!" A good example of this is the recent post about [men not caring about a woman's accomplishments](#).

I'm sure many people reading these discussions are tempted to believe that there is one objective response, one absolute list of things a high value man likes and cares about, a checklist of everything a woman needs in order to snag the man of her dreams. Unfortunately for those of you looking for your Ultimate Checklist, life is a bit more nuanced than that.

These types of posts always bring about a lot of discussion because people have different experiences. Some women found their high value man having only a high school education and working as a waitress. Good for them! Others only found their high value man once they had a master's degree and lucrative career. You go, girl! But what this means for everyone reading and commenting here is that there isn't one single list of things that every high value man cares about, because there is no one, objective High Value Man.

Are there *objectively* high value men? Yes, of course they are. Nobody would dispute that a high-ranking politician, a world-renowned actor, or a CEO of a multi-million dollar company are high-value men. But for most people reading posts here, these types of men aren't attainable. And even in this list of men who would be objectively high value, there is still a huge amount of difference between them -- the kind of woman a politician would like to marry is likely quite different from the kind of woman a celebrity would like to marry.

A man can't fuck your law degree: the difference between SMV and RMV

One of the things discussed frequently here is the fact that men don't care about your career or your personal achievements. And on some level, yes, this is true. That level is the level of SMV -- the sexual attraction you inspire in a man. Trying to get a man to notice you involves looking nice and acting pleasant, it doesn't involve waving your CV in their face. Imagine if a man tried to get your attention by constantly talking about how well he can cook and take care of children. That's all well and good, and you may find that impressive (who wouldn't want a delicious meal, after all?), but I highly doubt most of you would be desperate to rip your clothes off as he drives you to his apartment in his sensible minivan in order to cook you a meal and look at pictures of cute babies. Why? Because this man is trying to inspire *sexual* attraction using things that are really only important once in a long-term relationship (and not in every LTR, either). This is what a woman does when she tries to snag a man by talking about how she earns six figures and went to top universities. That's all well and good, and a man may find that impressive, but the first stages of courting and attraction begin in the genitals, and no matter how many *cum laude* degrees you have from Harvard and Oxford, that's not going to make anybody's dick hard.

So yes, if you want to attract a man, being beautiful and feminine, open, warm, and approachable is pretty much the basis of what you need. But nobody is here just to learn how to *attract* a man. That part is pretty easy. What we need is to know how to *keep* that man -- and that's where things start to get more tricky, and where what you bring to a relationship (aka, your RMV, aka that fancy PhD in astrophysics) comes into play.

Know the type of man you want, and know the type of woman that man is looking for

Everyone doesn't have the same idea in their head of a "high value man". I'm sure some people would look at my boyfriend and think, "I'd never go for that!", just as I look at some people's partners and think the same thing. That's because even though at a very base level women want similar things (protection, security, love) we have different tastes, different interests, and different goals in life. A woman who's childfree and loves to travel is not going to be happy with a hard-working family man, and a woman who wants to be a homemaker with many children isn't going to be happy with a man who travels a lot for work and doesn't make enough money to support a

family of five on his own.

But these big disparities aren't the only ones to keep in mind. Want to be in a relationship with a highly-educated professor? He's going to want someone he can have intelligent conversations with, who will hold her own among his peers during gathers. Does this mean you need to have a PhD? No, but it does mean that, for this kind of man, your education *is* important and if you want a relationship, your academic "credentials" will be taken into account. Likewise, it's been brought up a few times that business owners, lawyers, doctors, and other people with high-ranking careers often look for a partner who can match up to them. No, you don't need to be a lawyer to date a lawyer, but it's pretty unlikely that someone who's got a lot more opportunities to meet women who are both accomplished *and* beautiful is going to settle for someone who brings significantly less to the table. Beauty and femininity are good and important, but they are not the only traits a man is going to consider when picking a partner. After all, just as a man is more than a wallet to women, a woman is more than a vagina to a man. Both parties are picking a partner, and different men are going to have different needs.

So rememeber, if you're interested in the high-ranking career man, it may not be impossible to get him if you're a high school educated waitress, but it will be more difficult. Don't just think about everything you bring to the table when looking for a partner -- remember that different sets of men have different requirements as well. And if you're looking for a specific type of man, you need to be the specific type of woman he needs.

Let's close off with some anecdotes:

My cousin is probably what most people would consider "objectively high value" (lucrative career in finance, high earning, etc). His wife is a CFO.

Another cousin is an engineer. Her husband is also an engineer.

My best friend is a lawyer. Her long-term boyfriend has a PhD and lucrative STEM career.

My friends in academia are all dating or married to other academics/educators.

My friend who works as a caregiver for the elderly is dating a very lovely veterinary technician. High-ranking, high-earning careers? Nope! But that's not what either of them were considering when picking a partner.

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UPVOTES

Who are your favorite fictional RPW?

ironsoul99 · 17 August 2019 · Archived copy · Reddit

I really like Kitty from That 70's Show. She's a working mom and she just said something I really like, "I bring home the bacon, I fry it in a pan and I never let my husband forget he's a man." 🍳

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UPVOTES

How to be a good wife when your mother was a bad example?

bowlcutboy1994 · 21 December 2019 · Archived copy · Reddit

So I'm back home for Christmas (alone) and just today my mum has told a story of how she threw a 2L bottle of coke at me dad when they were young, shot down his ideas and criticised him.

I always try to do things differently with my bf (I guess fiancé as we get married next year but no formal engagement) but I'm just wondering if there are any ways of avoiding falling into habits like her. I recently bought the surrendered wife and it's been amazing so maybe some more book recommendations

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UPVOTES

Thank you for speaking the truth (NSFW)

Theflowerswillbloom · 6 February 2019 · Archived copy · Reddit

I have only been frequently posting here fairly recently, but have read on and off for a couple of years. I'm not completely sure on the point of this post, I just really wanted to share.

My husband and I have naturally always had a very red pill relationship, however we have never been intimate as much as he'd like. We've always had sex, but whereas I was happy with a couple of times a week, he would rather it most days.

I don't wish to go into any details - but a few things from my childhood gave me some hang-ups about sex, and I never felt completely relaxed. I always thought that overcoming these issues would be some big revelation...but nope. We have recently had our second child, and I just really missed my husband in all of the craziness. I missed us so much, and just wanted to be with him.

Suddenly, I have no hang-ups about sex, and it's been completely amazing. My husband and I feel closer than ever before, and he has this pure joy and love in his eyes. We are being intimate more than ever, and I'm sure even more in love.

My husband told me earlier, "you tick every box, you're perfect", and I want him to always be so happy. He has always been so patient and kind, and I hope this lasts forever. He even told me that I could be a horrible wife (although thankfully I'm not!) But if we had sex every day he'd probably let it go.

Of course I'm not going to do that or anything, I just found it interesting. Our culture seems to teach that after you have children you'll bicker and won't have sex much. But that really doesn't have to be true.

We are both just so happy, and I'd like to thank this sub for speaking such truth amongst all of the lies.

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UPVOTES

Why would my boyfriend cheat on me with a much older woman?

ConsciousAudience1 · 21 February 2020 · Archived copy · Reddit

Yesterday morning, my boyfriend had left his phone behind in my car. I didn't find it until i had to drive to work and heard it beep. He recieved a text message from some unknown number. All it said was "My refrigerator went out again, can you come by and fix it?"

I gave him his phone back and showed him the text, which he snatched it back from my hand. I started putting 2 and 2 together, i remembered he's been a little more distant lately. Like last week, i waited up all night for him to come pick me up for a date at the movies, but he never showed up. He told me he tried to call 10 times, but my phone never rang.

That night, i invited him over. I asked him about his strange behavior, he said he'd been interviewing for a new job and meeting up with his new boss and was trying to keep it a secret so he could surprise me in case it didn't work.

I wanted to give him the benefit of the doubt so i just dropped it, but then he just blurted out "I can't do this anymore." I asked what he meant, he said he'd been lying. That, yes, he was cheating. I had a feeling he had and now he just confessed. I asked who it was with, because i was genuinely curious. I assumed it was this girl from his work, i swore i've seen her checking him out. I asked him if it was her, he denied it. He said it was Mrs. Ortega. (She's this woman who lives in his apartment complex, like on the same hallway. She's in her 40's, my bf said she's divorced and lives alone.)

I remember clearly, the first thing out of my mouth was "What?! She's 43! What the hell is wrong with you?" He spilled his guts and told the whole story. That she asked for help getting her new furniture, and just started rubbing flirting with him. That he just lost control and before he knew it, he was in bed with her. He said he's been going over there every day almost for 3 weeks. He started going into detail about how she seduced him and everything, but i told him to shut up.

He said he wasn't felling fulfilled with me anymore. That she gets him. And then he left.

I just wanna know why? Why would he do this? And with someone who's old enough to be his mom?

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UPVOTES

Did my first stitches today!

Sp3c1alSn0wflak3 · 31 July 2020 · Archived copy · Reddit

My boyfriend is a surgeon and has been teaching me how to do stitches on his practice pad.

Yesterday my dog got attacked by a coyote and ended up with a bad bite mark :/ but instead of taking her to the vet he handed me a syringe, numbing solution, and suture needle and sent me back home. Then I did it all by myself!

Being with him has been wonderful. He is an amazing person all around but today I am especially reminded of how much he has helped me grow as a person.

He pushes me to give 100%, he has incredibly high standards, and at times is like a drill sergeant. But because of him so many areas of my life have been improved. I try hard every day because I know I have to keep up. I can never be lazy when he is working so hard.

I guess my point here is that having an awesome man, someone you think is Superman, makes you a better person. I'll never be as cool as him, but today he is impressed with my work.

Today I got some respect from my man. I bet he is even going to go brag to the other doctors at his work tomorrow and show him a picture of the perfect stitches.

Feels good.

This one is a keeper.

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UPVOTES

This Definition of HVM Is Flawed

SunshineSundress · 16 August 2021 · Archived copy · Reddit

“A HVM is commitment- and marriage-minded.”

“Only HVM are willing to step up to take care of you by protecting and providing.”

“He isn’t a HVM if he goes 50/50.”

“A HVM prioritizes his woman.”

I’ve been seeing sentiments like this around here a lot lately. While they seem pretty in line with traditional relationships where the man leads, there is one BIG pitfall with this mindset.

—

First, let’s discuss what a HVM even is.

If we just look at the words, a High Value Man has to be a man worth high value. Does this mean he has to have a lot of wealth? Or that he’s highly coveted by other women in the sexual/dating marketplace? Or do we take the word “value” to mean morals and character?

While the general consensus does have *something* to do with his **resources**, **demand**, and **character**, an individual’s definition of a HVM is gonna be pretty different on a case-by-case basis and will vary in her stances/expectations on these three things. A bohemian woman might see a zen **yoga instructor** who’s done a lot of work building his community as a HVM, but a woman who works in finance looking for a hardworking **superstar on Wall Street** with an assertive and pragmatic outlook will probably not. A Christian woman may fawn over the God-fearing **pious man** with little to no sexual and dating experience, but an atheist sorority sister going to school in a liberal state might pass on him for the exciting **student body president** who has a strong network and vibrant social life (and extensive sexual history).

I firmly believe that all these women and everyone in between could benefit from RPW strategies. From my observations, the common link between these seemingly disparate kinds of men are the **desirable masculine behavioral traits** responsible for the success they found in their different lifestyles. While we may not all love the yogi, we *do* admire stoicism and a mastery of emotional control. While some might think the finance bro is a douchebag, we *can* all appreciate passion, drive/dedication, and cleverness. While we may not share the same beliefs as the Christian man, we *do* respect men who are unwavering what they believe in. And while we might not necessarily be interested in the student body president, we *are* drawn to those with strong leadership skills and magnetic personas.

(Some food for thought: what are some other desirable masculine behavioral traits that the vast majority of women look for in a man?)

That’s how we all want different types of men, but still have SOME shared understanding of what a HVM is. **At the end of the day, a HVM for the intents and purposes of YOUR RPW journey is simply a man with DESIRABLE MASCULINE BEHAVIORAL TRAITS that manifest in a way that fits your goals, lifestyle, morals, and preferences.**

—

So now that we know what a HVM is, let’s break down why those sentiments I mentioned earlier are fallacious and unproductive.

What do all those statements, and anything else along those lines, have in common with each other? **They all place the onus on the HVM to do something that would benefit YOU.** Why is this a bad thing? Isn’t RPW all about finding men who have a protective instinct towards you? Hunting down a man who wants to take care of you?

Kind of.

Yes, we absolutely **want** men to protect and provide for us, to lead us through times of hardship and prosperity. But trying to **find** a man who's automatically ready to protect and and provide for you? Who's chivalrous and caring from the get go? With that definition, we're not looking for a man's *desirable masculine behavioral traits* anymore. The definition of a HVM from those statements at the top of this post is more akin to a BuzzFeed listicle of what constitutes a "real man" (i.e. a man who does stuff that **I** want him to do for my benefit) than it is RPW strategy. With that mentality, you might as well add "HVM don't care about your n-count" or "only HVM are willing to step up and become a step-father." You're more likely to end up single and alone with that list of demands that solely benefit you if you don't put in any work to make those demands into a reality.

So how do you create committed relationships with men who have a protective instinct for you? With men that want to prioritize you and provide for you? **You have to inspire him to want to commit, protect, prioritize, and provide.** This means that you don't go looking for men with innately chivalrous or protective or providing tendencies, but that the onus is on YOU to inspire commitment, protection, prioritization, and provision from an HVM (aka a man who shows *desirable masculine behavioral traits* that manifest in a way that fits your goals, lifestyle, morals, and preferences).

How do you do this?

- The bare necessities: keep his ego happy, balls empty, and stomach full
 - Be small, be cute, and stay close when danger is around
 - Be childlike, not childish
 - Be a multifaceted RPW
 - Be malleable
 - Use submissive behavior as strategy
 - Use dread for women
 - Be nurturing
 - Know the difference between appreciation and gratitude, and show both
 - Have happy thoughts, use happy talk
 - Cultivate a receptive spirit
 - Be his safe place to land
 - Let him be the Captain...
 - ...but also be a good First Mate
-

"But what if I want a man whose *morals* dictate that he's marriage-minded and that he's chivalrous and that he protects and provides? Don't such men exist?"

Sure they do (though they're rarer by the day). Some men were raised to always pay the bills, whether it's at the restaurant or for your house. Religious ones are actively looking for wives. Other men will choose to go to war or sacrifice their spot on the rescue boat simply because they believe that women and children need to be protected

and prioritized.

If you're tradcon or religious, you'll probably be looking for these men anyways even though I told you not to, and in your circles, you might even find him! However, here's why you should work to *inspire* his commitment, protection, provisioning, and prioritization anyways: even though the sky would fall before these men stop picking up the bill or start thinking with an every-man-and-woman-for-themselves attitude, they still respond to a lack of feminine inspiration like all other men would - with resentment and contempt.

So sure, he'll continue to do all the things on your list of demands simply because he was raised that way. But you're gonna have to deal with a lot more fights, conflict, anger, and hostility from him because of your lack of effort and refusal to hold up your feminine end of the bargain. Continuing down this path is a surefire way to end up divorced or in a loveless marriage.

So if you **MUST** include this strategy of finding men whose morals make them protective of women, **DON'T** lead with it. Instead, focus on the work **YOU** need to be doing to inspire him to stand by those morals. Wouldn't you rather he **WANTED** to do those things for you instead of feeling burdened or obligated to, by **inspiring** him with your girl game?

—

TLDR: The term "HVM" doesn't mean "a guy who does things for your benefit" - it means a man who has desirable masculine behavioral traits that manifest in ways compatible with your goals, lifestyle, morals, and preferences. Knowing that, working to **inspire** a HVM's commitment, protection, prioritization, and provisions is the best way to get those things, and more importantly, to keep your HVM.

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UPVOTES

Fiancée cheated weeks before the wedding. Please help.

moonchildcountrygirl · 15 May 2022 · Archived copy · Reddit

He's slept with an ex fling multiple times over the course of 3 years (before and after the proposal, and buying the house) and has DM'd her as recently as 2 weeks before getting caught.

She had a mental breakdown when he rejected her advances a few days ago and both her mother and she herself emailed me with screenshots detailing everything.

He's provided a beautiful home and has the same values I do with raising children, me staying home etc but beyond the cheating had become an angry volatile person who took out his guilt and shame on me and blamed me for our relationship problems, comparing my flaws to the image he was pretending to be, the hardworking perfect husband to be who never broke his word.

My parents urge me to be cautious in deciding to leave him, even though the extravagant once in a lifetime wedding they were going to shell out for is cancelled. They loved him like a son and when they confronted him he seemed truly deeply remorseful. They know everything including the psychological torture I endured. They think it was his harboring his secret and the adderall he's been taking from years corrupting his nature and encourage me to give him another chance. I'm almost 29, in debt (he was going to pay off) with no real career aims, I have hobbies and talents and dreams but they've never involved a big career.

It's a risk to go back to him, but it's a risk to jump into the unknown. I wanted to have kids before 30, I feel depressed and lost, my dreams are falling apart. Has anyone else dealt with this?

There is love and goodness and gentleness in him. I do wonder how much of his mistreatment was because of extenuating circumstances like the adderall and harboring lies or if he's a cliché gaslighting narcissist. The advice from my family confuses me. I also have to tell wedding guests something... if I tell them the truth then I can't return in the future. Either way it will cause a scandal. What the actual fuck do I do?

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UPVOTES

Banned from a group for making a simple observation about the increasingly hostile attitudes toward men.

littlelunacy · 25 October 2022 · Archived copy · Reddit

In all fairness, I was leaving them anyway because I no longer align with most of their views, but also being a multifaced and complex person, I don't take sides 100% because life is complicated and the wisdom is often in the gray. I like to keep an open mind so I kept them around. Recently, someone made a post linked to a woman who had been cheated on by a man I think, or otherwise abused. The title of the post was "On single men being lonely. a possible response." And she rightly stated that women were no longer putting up with abuse. Amen to that! I didn't have an issue with that. But the comments.... were so vicious and severe. Many of them just lacked even a pinch of empathy for men. Someone else similar to me posted about women not taking accountability at times for the parts that they play. 100s of downvotes. I agreed and said something akin to, "yes and women are the ones mostly raising boys, who are brought up to be emotionless and then these boys grow up and lack emotional intelligence, unlike girls who are trained to be in tune with their feelings and not called sissies for it." that post disappeared. Then in response to something that someone else, "90% of crimes would disappear if men were disappeared/banned/obselete (cant remember the word but along these lines)" and I said, VER BATIM, this attitude is extreme. Downvoted to high hell. Someone referred to me as having "a dump of a brain." Not once did I insult anyone. Go and see for yourselves!

While it may be true that men commit a majority of crime, no one is looking at the context behind that and that was my point. But before I could defend myself.... banned. I wish I could say that I was surprised. Im not. Im sad. No one wants to hear another opinion anymore. It's like everyone backs into their respective corners and spits at anyone who maybe holds a more complex view. I just wish we could hear each other out! I think any faction or group really should be careful about black and white thinking and not allowing discourse. I think its dangerous, even in this group where "no feminism" is allowed. I respect it but its like.... if discussion is moderated and civilized, why ban it? What happened to free speech and the ability to agree to disagree? We have lost that art and it hurts my heart. Anyway, just coming to vent a little.

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UPVOTES

How do I get over his wandering eye?

do_less_god_bless · 19 April 2023 · Archived copy · Reddit

I (31F) will be engaged soon to my boyfriend (29M) of 3 years.

Long story short, I overheard a conversation he was having with his friend, who is newly single. They were talking in my kitchen when I arrived home and they didn't know I had come through my garage.

They were casually talking about how "life is so short" and how they can't "shut off the wandering eye". They'll always be wondering if the grass is greener, etc.

I don't care how biologically honest this truth is. It still hurts to know that my future husband will never have eyes only for me, or at the very least, it hurts to know that he feels no real shame in the urge or empathy to how it could hurt me.

It puts me in a spiral. Should I even want to be married if I'm never going to feel special? Will I not care about it as much once I have children with him? Am I always going to feel insecure?

How do you maintain dignity and feel safe?

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UPVOTES

I got what I thought I should want, and I miss what I threw away

alarmedbubble22 · 28 February 2024 · Archived copy · Reddit

I (30F) feel like our society pressures women almost into this corporate girl boss feminist role that should want a 50/50 relationship with a liberal and not traditional man. And I bought into that, making political beliefs and complete equality in chores and stuff more important. Overall have ended up dating insecure men who make less than me and expect me to pay 50/50 while also ironically me still doing more of the chores and the planning and basically fucking everything. Current partner even wants me to be dominant in bed half the time. I'm fucking sick of it and I want a more traditional dominant man. Someone who wouldn't be upset that I may want to stay home with the kids for a bit when we start a family. Someone who I could do cooking and cleaning for but in exchange not have to do all the "masculine" stuff too. I fix things around the house and cook and clean and still current partner wants ME to be dominant of him.

I just want to cry because I thought this guy was everything I wanted from the outside but the further in I get the more unhappy I am. Four years ago I broke up with a guy who was a strong gentle traditional man, but we disagreed politically and I was embarrassed to have him near some of my friends who are really into politics and thought it reflected badly on me that he was conservative (I'm not even friends with those people anymore...). It was the most fulfilling relationship I'd ever had with a man and it could have worked if I had just let my own wants guide me instead of listening to other peoples opinions. I spoke to him last almost two years ago and he still had some feelings for me, but I'm sure he has moved on by now. He lives in a different state now too.

I just feel like I've made a mistake in my life. I guess at least I'm getting closer to knowing exactly what I want by finding what I absolutely don't want. But I just feel so lost.

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UPVOTES

"I'm so glad we're not like them."

SkylarWyte · 8 December 2015 · Archived copy · Reddit

I just wanted to share a small victory that I can't think of anywhere else appropriate to share.

My husband and I have been together for 12 years (since I was 19!), married for 6. When we met I was at the beginning of my college education with plans to become a lawyer, but my heart wasn't totally in it. I wanted, more than anything, to be a wife and partner, but the current state of American society made me feel like this wasn't enough and I needed to be ashamed of the fact that it didn't make money. I think I've carried this shame with me to some small extent until very recently.

When I met my husband I knew right off the bat that he was brilliant, and could change the world. His job takes him all around the world, consulting where he is needed. This, obviously, is not compatible with being a lawyer, but I knew in my heart of hearts I would much rather be his best friend, support system, creating a home life for him wherever we landed, and serving as his confidant then spend my days doing legal paper work for other people. I knew this immediately, but still, it was important to us both that I have options, so I finished my education, graduated at the top of my class, then decided to marry him. With that came moving to a new state (sometimes a new country) every year or so... It's hard, like really hard, but I couldn't have ever asked for as much joy as I've had in life, and it's still early!

Even with all that, I carried with me this nagging feeling that I wasn't contributing enough and needed to feel bad about not having a "career." Is helper really enough?

Last week we had dinner with one of his best friends in the same profession. He's in a serious relationship with a very nice Biology professor, and they spend 6-8 months a year apart. Still, they are a lovely, if unstable, couple, and as we left dinner with them I felt that old insecurity over my lack of profession rearing...

Until my husband looked over at me and said "I'm glad we're not like them, it never would have worked. I'm so blessed that you chose to be by my side rather than chasing your own interests."

You guys, I melted. It's all worth it. Stay the course. A lot of people have a lot ideas, but that doesn't matter one bit.

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UPVOTES

I sewed my boyfriend's jeans

secretcutiepie · 9 January 2017 · Archived copy · Reddit

So I'm not sure this counts as a full field report but I wanted to share this little moment. I started reading and following RPW a few months ago and around the same time moved in with my SO. The ideas surrounding feminine behavior and embracing a feminine role in your relationship really appealed to me and I have been trying to apply them in my life.

The other night I had a lovely epiphany and it may seem a little silly but stay with me! So, my SO finds he has had a hole in his favorite jeans. He looks around a bit for new ones but doesn't have much luck and we are trying to save money at the moment so he doesn't want to spend too much – I love how responsible he is on this front :) I'm sure to many of you ladies this wouldn't be a big deal but I offered to mend the hole for him. I haven't stitched in a long time and never in front of him but I remembered how and recently got a little sewing-kit to rebuild this skill. It seemed like a little thing to offer but I could not have predicted how happy he was and how content doing this little act of service for him made me. Now, I am not the world's best seamstress by any stretch but as I was sitting beside him on the sofa stitching I just felt this contentment wash over me - I felt so pleased and proud that I could add this special value to his life and that he so valued me for it. I also felt feminine in completing such a task and empowered by that.

When he tried them on he seemed so amazed and proud and said he couldn't wait to show everyone at work – we had to laugh because he won't really be able to show anyone due to the “delicate” location of the hole! But it just showed me how me doing this seemingly small thing – a thing which a few months ago I might not have even offered to do due to a misplaced fear of betraying some sort of principal of “equality” – both made him super happy, me super content and led to an atmosphere of laughter and lightness in our home. It inspired me to keep working on ways in which I can develop feminine skills which are often underappreciated in mainstream culture but can bring such a lot to homes and relationships. I'd love to hear how you ladies develop and use these in your homes!! Thank you for this sub which inspired this and for reading :) ☺

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UPVOTES

I recently found myself in a dangerous situation and am now agonizing about carrying a gun. Do any of you ladies conceal carry?

stevierose789 · 12 August 2020 · Archived copy · Reddit

On a Tuesday morning my husband went to work and I put my small dog in the car and drove an hour away to our weekend cabin which we have owned for several years and visit most weekends. This week end we had a family gathering coming up and would not be down, so I drove there to pick up some items we needed at home.

When I got there, I unlocked the gate and drove back several yards through woods until I reached the crest where I could see the cabin. When I braked, I noticed that our fire pit had a raging fire in it. I was so surprised at that, I didn't see the man walk from behind the cabin toward my car until he entered my line of vision. He could tell from the confused expression on my face that he had caught me completely unaware. My dog wasn't even barking.

But he did nothing threatening, just stood there. I rolled down my window an inch and he walked close enough to the vehicle to say that he was there to meet someone about a job.

I told him he was at the wrong place, he was trespassing and to please leave. I did say please. I was very polite. When he apologized about the fire, I told him I would take care of the fire and to please leave.

And he did. I watched him walk down the driveway and then I drove to the end of the driveway to see which way he went. After I returned to the cabin I checked the door and it was still locked. I unlocked the door and turned on the water pump and then proceeded to put out the fire. It took six five gallon buckets.

Next I checked the area around the cabin to find the ladder was taken down, but there was no sign of forced entry. When I came to my senses and recognized I needed some help in knowing what to do next, I drove to the neighbors whose land joins ours.

They helped me call the sheriff, calmed me down after the reality hit home of how scared I was, and then sent their oldest son to meet me at the drive way and follow me back up to the cabin.

The ending to this story is the trespasser on our property was a convicted felon of arson, assault and drug trafficking who had recently gotten out of state prison and was roaming the area for a place to stay after he was kicked out of a friend's house. So you can see why I am now considering a gun.

Here are my concerns:

Was I safer being unarmed, vulnerable and someone who posed no threat to this man and so could be ignored?

Would carrying a gun possibly fuck up the best chance I have to be ignored?

If I am carrying a gun how much would it help when I am caught unaware as in this situation?

Would it have to be loaded all the time? That scares the shit out of me. What if I accidentally shoot someone?

I am worried I might not be able to kill someone. What if I can't pull the trigger? Isn't that worse as then my gun can be taken?

Even though I see the sense in it, I am finding it very hard to convince myself to enroll in a concealed carry class and learn to shoot a handgun. I feel it just goes against my nature and in trying to force it, I am asking for trouble. At the same time I want to take the course because it will give my husband peace of mind and I would have the knowledge to properly handle a gun.

Any and all advice on a path forward on this would be appreciated.

*Edited to say: Thank you all for your good practical advice and your expertise. After reading the comments I have decided to :

Start by having my husband take me to a range and learn to use and be comfortable with his gun. It makes sense because it is the gun we take to the cabin.

Meanwhile research guns that would be a good fit for me and learn how they work and the differences between them. Once I understand this I will come back and read about the recommendations women suggested.

When I feel comfortable, take my husband gun shopping and buy one that is right for me. Practice with it. Then take the concealed carry class.

And most important, learn to safely handle a gun and get my head in the right place to use it properly if it becomes necessary.

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UPVOTES

epitome of femininity

meadow_sleep · 18 January 2018 · Archived copy · Reddit

Some background- After watching how my parents interact (my mother cooks and cleans, father works, but my mother is the actual leader and criticizes my father, he is short tempered.. not ideal) and reading here, I began a relationship with my now boyfriend of 6 months. My nature can be.. cynical, brooding, and depressive. I actually was able to climb out of a deep depression these past two years that had taken control of my life. I wanted to enter this relationship with the fundamentals of RPW.. not the fluffy stuff like.. dressing like I'm in the fifties or letting him flirt with women to have confidence.

Here are a few things I have done.. I believe in him. I don't nag him & I don't ever make him feel small. I constantly build him up, by complimenting his physical traits and personality traits. I let him lead, he takes care of me, and it gives him pride & comfort to do so. I greet him happily when I see him, and always try and lift his spirits. I'm childlike and bubbly. I bake for him and worry for him. Seeing me is .. as he's said - is like a respite from the rest of the world. It made my heart glow!

After reading here for a while I finally have my first noteworthy story. He told me that I remind him of his mother, because she is the epitome of femininity! Shes sensitive, warm, and emotionally led. Usually being compared to your s/o's mother is a bad thing- but it put a big cheesy grin on my face.

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UPVOTES

Wow. I'm amazed at how threatened some women are by other women's femininity [x-post from /r/pics]

wearing_yoga_pants · 30 June 2014 · Archived copy · Reddit

I'm sure most of us saw [this lovely comment](#) on that girl's post on the front page yesterday with all of her awesome baked goods. This is a subject we've addressed before and I think this is just a perfect example of what /u/LadyLumen said in [this post](#) a month ago:

"I think rather than admiring feminine women, many women are jealous of feminine women.

Yet jealousy is a form of admiration itself. Women get jealous of feminine women, because they see them as a threat to their own lack of femininity."

And what /u/TempestTcup also said:

"By being attractive, we are creating (unfair they think) competition, and taking the best guys. When feminists say "equal" what they really mean is "equal access to the hottest guys."

Just thought I'd bring it up again because we have some new subscribers and this is a great example of an issue at the core of our ideals here.

EDIT: a word

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UPVOTES

What advice do you have for women in their early or mid twenties in terms of vetting and finding the right man for them ? What are common mistakes you see?

sammy_neutron · 24 September 2020 · Archived copy · Reddit

I discovered this sub several months ago. Since then I have been improving myself both psychically and internally. I recently read "Marry Him; the case for mr good enough" . I thought it was great and I actually personally know a few women in their 40s and 50s going through what she was going through. One quote that was said was something like ' I think one of the main differences between women who get married and those who don't is that women who don't get married never let go this idea of prince charming and the thought of never marrying doesn't process to them' (I am quoting out of memory but you get the idea). However I don't want to go too far the other side where I am in a relationship with someone who isn't good for me or I am not attracted to just for a fear of being alone. What do you think women in their 20s get wrong about dating and finding not only a good man for themselves but one that pairs with them well? What general advice do you have for women at that age range ?

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UPVOTES

Are there really men who don't cheat or who strive not to?

TranslatedSky · 14 January 2020 · Archived copy · Reddit

Maybe a stupid question, but I've been cheated on twice now and I feel like I really tried my best after discovering RP with the second relationship. It made me happier too to tap into my feminine energy, and my ex told me of his own accord that he felt happy and appreciated with me unlike with his exes.

I posted about discovering he cheated just over a week ago and how he was likely a narc. Since then I've sought comfort in my girl friends, only to find out exactly how many of my friends had also been cheated on. It's scary because they're sweet girls who look like a 7-8, are feminine, can cook, have great careers and intelligent personalities etc.

I'm back in nun mode but this whole experience really terrifies me. I know I will recover eventually, but idk how I'm going to vet for a guy who values loyalty and commitment, who guards themselves like I do

I'm a 7-8, usually date guys 5-6 but who are ambitious self-starters and highly educated so I don't think I'm dating higher than I can. Both relationships the guys have told me I made them feel very cared for and explicitly stated they were happy and looked happy. Sex life was also good for the first. The second one was less experienced in sex but somehow still managed to cheat. Both men tended to put me on a pedestal at first due to my career achievements then slowly changed their attitude towards me when they found out in a relationship I'm more submissive and less independent

I'm confused and feeling scared and dejected. I just want a principled captain who I can support and whom I'm their one and only.

Since I'm in nun mode, how to I be the kind of girl that attracts a good quality man that doesn't cheat? I'm not religious so I can't look to church

Edit: thank you for the many responses, was really not expecting much of a reply. Very grateful. Will reply in the day since it's late night now

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UPVOTES

Bitterness about lack of a proposal from my (25f) boyfriend (31m) of seven years is making me an insufferable partner. Advice?

oneconfusedwriter · 29 October 2020 · Archived copy · Reddit

In the spirit of the posts lately about not moving in together without a ring on your finger, I feel like my situation is a prime example as to exactly *why* that can be a bad idea.

In many ways my bf is the masculine man of my dreams. He is happy to work long hours to save up for kids and a house while I stay home, cook, clean, and pursue my own interests. He always pays for dinner, deals with all the spiders, and is overall very dependable and sweet. Our sex life is also quite good. I know that my life is a lot of people's dream, and to a large extent I do feel very blessed and privileged.

However, I feel like our situation is almost ~too~ comfortable. He gets his housewife, without having to expend the money and effort to lock down the "wife" part. We moved in together 2.5 years ago, when I graduated college, and since then I've been very upfront about wanting to get married soon. We talk about kids all the time; I really want to start having them while I'm still young. We also talked about what I'd like in a ring over 2 years ago. Several times, we've had very serious conversations where I tell him that I'm upset that we aren't engaged yet, and he always tells me it's coming and he wants it to be a surprise. He is also well aware that I'm very touchy about other people getting married. He originally told me (in the fall of 2019) that we'd get engaged in the spring of 2020, but COVID hit, and the spring and summer came and went with no ring.

Here's my real question:

I've dropped several (massive, elephant-sized) hints about wanting a proposal at an upcoming event we have planned. I let him know this over a month in advance and he didn't raise any objections (but again, he always talks about wanting it to be a "surprise" so I doubt he'd tell me anything either way). **As the event gets nearer, I'm getting more and more anxious about the very real possibility that, once again, he just won't propose.** As a result, I've been pretty moody lately, and I know he's picking up on it. I always strive to be supportive and, to use Laura Doyle's term, "surrendered," but it's just not happening these days. I've blown up on him over minor things, and even though we always make up afterwards, I'm afraid that if he was considering proposing my bitchiness this past week has made him rethink it. I don't want to talk to him anymore about it, though, because I know that he'd just be annoyed at me for messing with the "surprise."

The thing is that I'm firmly considering staying at my mom's house for a while (a few months, maybe) if a proposal doesn't happen on or before this event. My mom lives in another state, and due to COVID, he and I wouldn't be able to visit each other. I really love this man, I think he's an amazing catch, and I honestly don't think that I could leave him even if he didn't propose for another 3 years. But I don't think it's good for us to keep living like this right now.

Is this a bad idea? Again, I am very happy with almost everything about our relationship, but the engagement thing is becoming a bigger and bigger problem and at some point I have to do something other than wait patiently and be surrendered, right?

Edit: Wow! Thanks for all the responses so far. :)

One thing I wanted to respond to is that I am seeing several accounts that seem to be run by men saying to stop hinting and to just keep showing my trust and patience in him. This is solid, reasonable advice and likely my man's perspective too, so thank you for the reality check. However, I am really hurting from waiting so long. Seven-plus years of dating was not at all the timeline I envisioned for my life, and I've always been upfront about that. I am happy with red pill values in most areas, but I'm realizing more and more that I do want at least a say in the timeline of my life, especially because to me, living up to red-pill values includes getting started on having a family sooner rather than later and not endlessly dating without real, legal commitment. The pain of waiting endlessly for a ring is

truly damaging our relationship, and I don't think that me being silent about it will fix that.

Edit #2: This has been tremendously helpful, much more so than all the "Dump-him-first-and-ask-questions-later" replies I got in the general relationships sub. :) Hearing from ladies on the other side of all this made me feel a lot better, and I realized that I absolutely do need to divest myself from thinking it should happen during the event. I will give it some more time, with the awareness that I eventually do need to have a calm, open conversation about the fact that I cannot wait forever. Thanks all. <3

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UPVOTES

I'm 17 years old and terrified of the future dating holds

actual_mall_goth · 1 March 2020 · Archived copy · Reddit

I was going to ask in askredpill but that's a mostly male space. I'm 17, a virgin and I'll be in college soon. I've had pretty much no serious relationships, unless a middle school relationship and a one week relationship with a dude who I broke up with because he shoplifted count. I'm looking at both sides of the spectrum for advice, but most of the stuff I've been told irl comes from a blue pill perspective, so here are my questions.

1. How much is too much to demand from a partner? I think equal, like equal salaries, attractiveness, education is probably a good starting place.
2. What are good things to look for in a partner, that I'd probably miss otherwise?
3. What do men look for in a women, appearance (like clothing) or personality wise?
4. How valued is sexual experience? I'm a virgin and I plan to be for a while and I've seen a large gap between the people who want experience or virgins.
5. Is it realistic to want to wait for marriage?
6. Is monogamy a requirement for a healthy marriage?
7. Is it realistic to at least try for an equal relationship? I'd like to split duties, and I'd rather not have kids. Obviously I can cook and clean and sew and all that stuff, but It'd be nice if we could spilt duties if we both worked.
8. I've seen some threads that say that men don't like when women don't have interests, and I've got a lot of them, but does it bother them if they don't necessarily line up with traditionally male interests?

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UPVOTES

What is it like to have children?

scarletxoxo · 5 March 2020 · Archived copy · Reddit

mid 20 yr old woman, university student. Notice that the message to young women is that pregnancy is the worst possible thing that can ever happen to you. Don't do it, have abortions. It will ruin your life.

Is this all a whole bunch of bullshit?

UPDATE:

Thank-you all you beautiful peoples and parents. I cried a lot when reading your comments. They are really touching and have good points. Some of you really pegged it with the university campus propaganda, I feel like abortion of shoved down my throat in the liberal 3rd wave feminist male hating campus I attend. Its horrible to be a conservative and to want a family and not think that getting a career is the most important thing. Fear pedaling is super powerful though, it plants doubt and that shit is toxic. I am not pregnant right now as far as I know, I think I have found the right man, just have to wait and see. I will not be wasting my time though. I thought about traveling around and not doing the family thing, but I feel like life is just kinda egocentric for a lot of people I know who do that. They get to their 30's and realise that their whole life has just been about helping themselves. Its not black and white but it really helps to have so many of you telling me your stories and perspectives. Its scary to feel it in your body and soul to want something that is so natural yet be told that its something that you should not want. My father is turning 60 next month and he tells me that I have so much time to have a family. Yet my grandparents died when I was 10 and my father had grandparents till he was quite old. I want my parents to be grandparents, I want my children to have grandparents. I don't want to wait, I want what I want and I will do it right but its super sad to know that this is something that requires other people to want too. Its not just up to me to have a happy little family whenever I want it. I am just having faith, being honest with myself/others, planning responsibly and I hope it will all happen when/if it's suppose to.

xoxoxo

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UPVOTES

Do you find that insecure men have a problem with "confident" women?

PastaAndDogLover · 9 April 2020 · Archived copy · Reddit

When I say confident, I **DON'T** mean arrogant.

I mean a truly confident/secure woman who :

- Truly does not seek external validation from anyone (especially men)
- Who has self-respect in the aspect that she has values/boundaries and sticks to them
- Not a doormat
- Knowing her worth
- Willing to walk away because she knows what she deserves
- Doesn't always have to be the center of attention

Would you say insecure men have an issue with this because truly confident women won't put up with any of their tomfoolery?

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UPVOTES

How to be "fun" when you're together 24/7

blurgg77 · 27 May 2020 · Archived copy · Reddit

Hi all! I'm wondering if any of you can relate to this, especially since most of us are on month 3 of being quarantined with our SO. Now that we spend so much time together, I'm worried I don't seem as fun as I did when we spent only a couple hours a day + weekends together. Almost like my novelty has worn off? I can't be "on" all the time when we're spending all waking hours together, but somehow I feel pressure to entertain him even though he isn't explicit asking for that and doesn't make me feel bad for being quiet - but I can't help but feel like it's the elephant in the room? This could be my anxiety talking of course.

To make up for this I go on solo walks and talk to my friends to give us some space, but I still feel like I need to be able to make conversation with him all the time and it's a lot of pressure! He also loves to drink, but I'm trying not to drink during the work week, so I feel even less fun for this.

I'm wondering how the rest of you are dealing with this? How much of your time with your SO is "quiet" vs. hanging out and actively engaging with each other?

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UPVOTES

Is there a point where virginity/inexperience is more of a turn off than a turn on?

Mosagun · 21 January 2021 · Archived copy · Reddit

It seems like most men want a woman who's been with few, if any, other men, but is there a certain point where it's off-putting because you're not experienced enough? As a virgin (19F) who has never even held hands with someone I'm unsure whether my lack of a history adds or detracts from my appeal. I feel like I'm getting to the age where it's weird that I haven't done anything and men might suspect I'm asexual, a closeted lesbian, or something like that. I know different people have different preferences and some guys will like that while others won't, so answers might not apply to the general male population. But is there a difference in how this is perceived by high versus low value men? I wouldn't go out and gain experience just to seem more attractive or well-adjusted. These things are reserved exclusively for someone I have a connection with, and a serious boyfriend or possibly even a husband for the more intimate ones. And I hope that whoever I share my firsts with appreciates that I waited so long for him instead of giving into teenage hormones with someone I didn't care about that much. But as time goes on it seems like more of a liability than an asset.

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UPVOTES

Always tear up after masturbating because I don't have a boyfriend and can't find real things.

vjqqq · 11 December 2020 · Archived copy · Reddit

It used to be fun for me. But at the age of 24 and upon two years of entering workforce, I have nothing fun going on outside work. Every day is sleep, go to work, repeat. I deal with a lot of stress from work but love my job very much.

In all honesty I don't want to invest in a relationship before my late 20s. But I do eager for some companionship. Every day when I come back home, no one wonders about my day, no one texts me. I feel so isolated once I clock out.

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UPVOTES

Ten years a RPW, hit the wall with no loving marriage in sight. Trying to figure out why?

breezynbrave · 29 March 2022 · Archived copy · Reddit

Hi ladies,

I could get into my whole story but basically I've been redpilled for ten years but still never secured a commitment. I'm not a paragon of perfection but I've followed the principles -- especially how to vet, how to be fit & pretty, and how to be a quality feminine partner to a man -- to the best of my ability. Not to brag but I think being raised by a feminine stay at home mom really helps me feel at home with RPW principles and practices.

I wish I could say I have some circumstance like life events, or a wild phase, or a cool career (though my job is pretty fun!), or a small town contributing to my singlehood at 30, but it's just me! I've had several LTRs, none ending in marriage. I don't THINK I'm dating out of my league, I've been focused on compatibility and shared values. Maybe my girl game isn't tight enough or my SMV/RMV is lower than I thought?? Maybe I'm doing something that's a turn-off??

What are some more introspective questions I can ask myself to figure out why I've been unmarried for most of my life? What are things that sometimes get overlooked when developing as a feminine woman?

Thank you in advance for your insight!

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UPVOTES

There's a reason why no branch of the US military has officers start as Captain...because being a Captain is earned.

jaja667 · 13 July 2022 · Archived copy · Reddit

So is someone else being *your* Captain.

No amount of submission, long hair, heels, and soft voice will inspire noble behavior in a man who does not aspire to noble behavior.

Taking any man off the street, slapping a Captain's shoulder boards on him, giving him an officer's pay and honors without him proving himself would be a disaster and a disgrace.

I have just seen too many posts in here from anxious young women asking how to please their man. He's angry. He's volatile. If only you're just a little more submissive! A little more feminine! Maybe you'll inspire him to protect you!

Misinterpreting the Red Pill in this way is a grave mistake. It contributed to me staying married to an abuser.

We need to do better and to teach younger women better.

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UPVOTES

A warm welcome to our two new mods!

LivelyLychee · 19 February 2023 · Archived copy · Reddit

Hello everyone! Since [u/pearlsandstilettos](#) has retired after YEARS of hard work to maintaining our sub, we have added two new mods to the team!

Please give [u/ArdentBandicoot](#) and [u/FastLifePineapple](#) a very warm welcome as the two new mods who will be joining the mod team and helping us maintain [r/redpillwomen](#) as a productive, red-pilled community for all women who want to use our toolbox. Rest assured that they have been thoroughly vetted and are long-time and respected contributors of the community who are using mod accounts for privacy and safety.

As a fully staffed team, we have lots of ideas and plans that we hope to put into effect in the near future. Keep an eye out for future updates and have a great day!

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UPVOTES

Sexy pictures?

sunflowergirls85 · 23 September 2024 · Archived copy · Reddit

I've been married for 18 years with my husband. We've had a pretty good marriage. Three kids. I'm still crazy about him and I think the passion is still there for both of us. A few weeks ago, I noticed there were reels on my Facebook of women in lingerie and bikinis. We share the same Facebook and I know how the algorithm works and that I'm not the one watching those reels. I asked him about it and he didn't deny it but said he wouldn't do it anymore. I know he has looked at similar pictures online before. I've never seen pornography and he's so busy that I know it's not something he does too often. But it's something that has bothered me. After this last time, he's been handing me his phone and has just been trying not to be on it much when he's home. The other day, he was on it for a while in the living room with the kids and I was in our bedroom. I sent him a picture of me in my bra and he ran right in and locked all the doors to keep the kids out. lol. It seemed like he really liked it. I've been thinking that maybe I should send him more pictures like that. I'm a pretty shy person though and I would never send any nude photos. Is it normal in a marriage to send sexy photos? If I could get more of his attention, it's not something I mind doing. Is it ladylike? lol.

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UPVOTES

Did anyone else go into Nesting Mode when their frontal lobe developed?

Twilight_Rose99 · 12 March 2025 · Archived copy · Reddit

I feel like when I turned 26 I lost all my motivation to be a “boss babe” and have a career, now I just want to cook for my family, take care of animals and a house, volunteer for my community and give my fiancé/FH a brood of children. Anyone else?

I sunk \$6000+ into becoming a real estate agent this year and now I don't want it like at all. I dread the idea of trying to pick up this career and I really just want to be Suzie Homemaker, help with our family business, and pick up work whenever I can on set (I've been an actor most of my life, so that plus other similar set jobs.)

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UPVOTES

What I've Learned About "Self-care" in the first 3 Months of Marriage

Jenneapolis · 15 January 2026 · Archived copy · Reddit

First, I hate the term "self-care." It evokes (to me) an image of a woman lying in a bubble bath surrounded by candles soaking and decompressing from the stresses of the day. While there is nothing wrong with a bubble bath, this is not the type of "self-care" that is really needed to make a relationship work.

If you've read Laura Doyle (who isn't my favorite person but has solid points) or books like "Why Men Marry Bitches," you will hear about the importance of self-care, boundaries, living your own life, and overall having things going on other than obsessing about a man (regardless of whether this man is a dating prospect or your husband). The point here is to ensure your happiness is not contingent upon what HE does or does not do, but rather, creating your own happiness. This creates a "happy wife, happy life" scenario where you are fulfilled and less stressed at home, which rubs off on your man. It makes sense.

Going into marriage, I had an image of what I wanted it to be. Tons of physical and emotional affection (my love languages), I saw us eating nice dinners together nightly that I made, cuddling and sex every night or at least every other night, doing fun activities on the weekend, laughing together, and so on. I never expected tons of time from my husband who I know works long hours, but I did expect the time we do have together to be highly emotionally connected as this is how it was during dating.

Of course, that hasn't played out. My image of dinners together was replaced by a husband who prefers prebought meals (a workout program) or a last-minute Uber Eats or picking up food for himself on the way home from the office. Often we eat separately or he eats in his office.

My husband is fairly quiet after long days of working, doesn't want to talk, sometimes doesn't feel like touch, and just needs to spend a couple hours before bed decompressing with a show. Sometimes sex is nightly, other times we go for a week without. It ebs and flows. He has started expressing his needs to me which he didn't do in dating – for example, when he's not in the mood to cuddle or if he doesn't like to be touched in a certain way or if he just can't handle a conversation on a particular day.

At first, this all created some sort of panic in me. It's so much change from dating – does he not desire me as he used to? What about MY needs? I've been working through these emotions and figuring out how to deal, and recognizing that much of this is MY problem, my unrealistic expectations, not his.

So back to self-care – what can I do to ensure my happiness exists regardless of what HE does and is not focused on what he DOES or DOES NOT give me in any given day?

1. **I had to change my mind set in many ways.** Just because he is quiet or doesn't want sex on some night doesn't mean he doesn't love me. This is marriage, it's meant to be lifelong, it isn't dating where you can be ON every time you are together. He has a right to live his life the way he wants, he doesn't need to conform to my way.
2. **Stop taking him into consideration in regards to my every move.** I am just now realizing how much my daily life has been surrounded by trying to tailor all I do for him. Examples are: (1) I want to eat? I think if he wants to eat, what does he want to eat, will we eat together? (2) I want to go somewhere. Does it fit into his schedule? If I go and he becomes free from work to hang out, will I miss out on that precious time with him? (3) Does he like what I wear? I thought being a good wife meant catering to his every need. What I found happened was I was creating resentment when I tailored myself to what I *thought* he wanted (which many times he could care less) and then he did not do the same (COVERT CONTRACT ALERT!). I have started to do what I want, when I want. If he asks me to do something, I will of course, but unless he asks, I eat the food I want when I want, I make my own schedule, I don't plan it out to maximize time with him.
3. **Work to make my happiness not contingent upon him giving it to me.** This is hard and admittedly is a "me" problem (call it anxious attachment or love addiction or the may other labels it could have). I am working

hard to ensure my mood is not based on what he does or does not do. I am finding the things that bring me joy and doing them (of course if he had a problem with something, I'd respect it, but he's so easy going). I'm doing a lot of work at the gym, getting into volunteering with dogs, getting more involved in my religious groups, reading more, cooking more of what I want (which he does end up sometimes eating and I can have those nice family meals I want!, I just can't plan it or expect it), I will garden in the spring, and so on.

4. **Doing what I want even if he might think it's "weird."** So this is my first time living with someone in 20 years (I only lived with one other ex when I was early 20s and upon him knocking up and subsequently marrying another woman, I vowed never to do it again until I married) and I was so worried he would see my "weird" habits. Now I realize they aren't crazy weird, but things I like to do like always sitting in front of a space heater (we live up north and I'm always freezing), randomly sitting on the floor doing yoga while watching TV, taking moment to sit in the sun on the front porch even when it's only 15 degrees and snowy out, constantly listening to podcasts while doing everything, etc. I was SO worried he'd think my habits were odd or dorky... now I embrace it. I am me, I need to be me, and that's that.

So why have all these things been a challenge for me? In part because I believed (and still do) in **submissiveness as the best strategy to secure the best partner**. But in being submissive, I realized I had become **obsessive** – I had become obsessed with him, his needs, and his actions, trying to meet his needs and sacrificing my own in order to be the perfect wife.

Being submissive is NOT being obsessive. Being submissive means working to meet his needs but his needs are those he expresses to you, not those needs you make up in your head. My husband is easy – he doesn't care how often I clean the house, dirt doesn't bother him, he doesn't expect me to cook for him but will enjoy it on the occasion he's hungry and the food is there or enjoy leftovers. He really "expects" and asks for very little from me. So I now focus on those things that matter TO HIM, not those things that I think a perfect wife does that he truly could care less about. And in doing so, I focus on filling my time with the things that bring me joy.

In Arabic, the term "Sabr" means "patience" but the meaning is a little more of a serenity type of patience than the English word implies. And in moments where my anxiety or fear runs away with me, I remind myself to have sabr... I repeat the word in my head over and over. It's been a busy 2 weeks with little emotional connection between the two of us. We see each other and spend a couple hours at night but it's not the deep emotional connection I crave, and I just tell myself to have sabr. Today he asked if we could have a date night tonight at our favorite lobster joint. Focus on your needs, have sabr, and reset your thinking. That is the real self care. And in doing this, you will get what you need but maybe not exactly when and how you want it. Accept it and have gratitude.

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UPVOTES

Improving/Skyrocketing your SMV outside your appearance: The Guide

cristiana33 · 27 December 2015 · Archived copy · Reddit

note: This Guide is based mostly on reading TRP on a daily basis & personal observation. I believe this is a decent guide for new Rpwomen also. If your do not understand a word click on it and it's going to explain the term for you via urban dictionary. Also, non-native english speaker but I am trying:).

Summary: you can improve/skyrocket your **SMV** outside your appearance, by observing qualities that lack in the general female population and acquiring them.

Introduction: I read [/r/TheRedPill](#) on a daily basis and most men complain about the quality of 21st century women. Indoctrinated by feminism and mostly clueless about their role and biological engineering, today's women seem to embody "qualities" that men try avoiding at all cost. Let's see what men complain about:

- **Fat** - women today are getting fatter because it's not politically correct to promote eating less (it also damages economy. people must consume. a lot.). Fat women artificially increase the SMV of thinner women and inflate their ego.
- **Confrontational** - women are taught to put men (and other women) in their place and never let men step on their pride. This leads to a defensive and aggressive demeanor, which is off-putting & replaces feminine demeanor.
- **Slutty** - this is a very easy one. RP women are aware of the **CC** and it's limited tickets (to nowhere). Most women are not aware. They believe casual sex is "so cool" and by sleeping with a lot of men they see it as a "revenge" on the opposite gender. *"You're using me for your pleasure? I'm using you, baby boy! Come here and show me what you're made of"* thinks the empowered woman. That is NOT attractive.
- **Career-crazy** - If you're fat/slutty/confrontational or all of the above, it's no wonder your personal life is a mess. Your standards are high and your SMV low, so career becomes your main focus. You try filling the void by making career a priority thinking it's going to make you a successful woman
- **Entitled** - this is the main one I observed. Because we are born in a feminist climate, we are born entitled to EVERYTHING. I want to be equal to men, but pls open the door for me. I am very strong and independent, but I don't split the bill. I am a career woman, but I must conceive (biological clock) so let me engage in casual sex maybe somebody will commit. I deserve commitment even though I am not offering anything in return. Entitled to everything, the 21st century woman demands...demands...demands.

Body: As RP Women we are aware how much of our value is based on appearance. Well, as long as you do everything in your power to look good, you're good. Maybe even with your efforts you don't feel competitive enough in the Social/Sexual Marketplace. It doesn't matter, because there are some VERY important qualities which are in HIGH demand. Acquiring these qualities will skyrocket your SMV. **Beauty is rarity. There's no lack of beautiful women but there's a lack of feminine qualities and using this information wisely will make you extremely valuable, an asset to every quality man and to society.**

- **Thin** - This guide is not about appearance but I feel this needs to be said: Get thin the RP way! Men feel like we need to put so little work (compared to them) to look good. They must count calories, macros, lift, be disciplined, be long-term oriented. All we have to do to look good is eat less (or count calories). **That's it.**
- **Non - confrontational** - this is so rare these days. I feel like all women are just waiting to engage in a verbal-fight at any moment. This may not be true, but the tone in their voice, the lack of kindness in their words is an indicator to that. If your tone is aggressive, make it honey-sweet. It works like a charm. I used to be a crazy/psycho aggressive girl when I was a teenager but your tone/attitude can be changed with practice. A girl

watched too much **Bad Girls Club** and wants to put you in your place? Don't step to that low-level behaviour. You are going to meet a lot of people who deserve to be put in their place, who are going to try stepping on you and so on. The trick is to CONTROL your impulses and not act on them. The prize will be so much better than letting off steam in the heat of the moment. Think royalty. Think of a high-status lady and how she would never engage in confrontational behavior. That's what you should be aiming for. **Because true ladies are very rare these days, this kind of demeanour is very appreciated by men and will make them respect you and value you.**

- **Prude** - If your partner count is low and you never engaged in casual sex, this is not a problem for you. But sluttiness comes from more than a high partner count. It comes from the appearance of "availability" and "easiness". You can look easy by dressing trashy and drinking alcohol like a man. Swearing, shouting and attention-seeking are also classic components of slutty behavior. Needless to say: **DON'T DO THAT**. Your aim should be to look pure and innocent - this means never engage in sexual conversations outside of your relationship (*Note: My boyfriend pointed out to me how his coworker (f) started a discussion about condoms as a sexual strategy to get in his pants*), never be sexually-suggestive and don't showcase a dirty mind. **These are for your bedroom only**, and you know that. You'll stand out in the crowd like the most beautiful gem.
- **Financially stable** - As a RPwoman you should aim for financial stability and a field of work which you are passionate about. A RPwoman is smart and knows that providing for yourself is an intelligent move, but she keeps balance. I read [/r/RedPillWomen/](#) and I see a lot of discussions about how you should balance career & personal life and this subreddit is a great resource for information. Keep in mind: **If you are impressed with a man's career achievements this does NOT mean he is going to be impressed with yours**. It does not work like that, so never use career in your sexual strategy.
- **Modest** - You are not entitled to anything. I quote from TRP "Your purpose on this planet is to reproduce. You are NOT entitled to happiness, you do not deserve this or that. Be prepared to work for it but don't expect it or feel entitled to it". I completely agree with this view. Don't inflate your ego. Set your boundaries and your moral code and follow it. If a man does not provide you with what you feel you need, just leave. Do not make scenes about how you deserve this and that, do not expect him to love you and provide for you. Just keep working, improving yourself and be rational. TRP suggest women should lower standards, but I do not really agree with this. We (RPwomen) are a valuable asset to society by understanding our weaknesses and strengths. You should never lower standards as a Redpill woman as long as you are willing to WORK at your SMV. Realize you are not entitled to anything, but you are willing to WORK for everything.

A few mentions and tips:

- On TRP a very common commentary is "*A man will see a mountain and try climbing to the top. A woman sees a mountain and declares that the top is where she is*". An example is the fat acceptance movement. Instead of working to be fit and beautiful, women declare their current look (fat, overweight, rolls) attractive. Is it attractive? It does NOT matter! **THEY SAY SO!** Don't be like that (I'm sure you aren't), just be willing to accept your flaws and improve.
- Keep your mental problems in check. No matter what tumblr says depression, bipolar disorder, psychosis etc **ARE NOT ATTRACTIVE**, romantic or intriguing. Present yourself as a perfectly sane person.
- Don't drink, don't do drugs! Personally I do not consume alcohol at all, but I suppose drinking a glass of wine will not compromise your lady-like image. Men loathe women who engage in drugs and binge drinking. This is simply too common, trashy and low-value. Just don't...
- Never be too radical in your views. Even if you own enough knowledge on a subject and a solid, strong opinion, the smart way is to keep it to yourself or share it with a pretty pretty... pretty package. Tone it down. I used to be so radical in my (political) views and I looked like a complete psycho. I am very passionate about a lot of things

and so are you, but let's not let our views spoil a good climate and ruin our feminine frame.

Conclusion: Observe the marketplace and identify what it's lacking. Acquire qualities that other women seem to be oblivious to and skyrocket your SMV. Use your wits to be better. I read a thread on a forum once where men were discussing how unfeminine women are and how *"Even if she's a 5, if she's feminine she's an 8 to me"*. That's right. I read that even before knowing about TRP and it made so much sense. Study, observe, study, observe and never stop in your quest for becoming the best woman you can be.

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UPVOTES

17 Gestures that make men feel loved

[deleted] · 23 April 2016 · Archived copy · Reddit

I thought this was a good list of things that make *men* feel loved. So much marriage advice is like 'make him a scavenger hunt!' 'talk to him about your feelings!' and that's so unhealthy. This list was a lot more man-friendly, though there were a couple of blue-pill assumptions in there (like 'let him have his man time' - you shouldn't have to 'let him' do anything!!!). There are a couple on there that I haven't tried in a while!

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UPVOTES

Taking the red pill is resulting in the LTR of my dreams.

a_cat_in_the_stacks · 11 November 2016 · Archived copy · Reddit

Hello hello! So I'm newish to RPW and I've been upping my girl game, confidence, and feminine zest for life following a dark stint subscribing to the feminist church in college.

I have posted here previously regarding a sigma/introverted man I've been seeing for a year now (https://www.reddit.com/r/RedPillWomen/comments/55p63f/he_has_given_me_a_conditional_offer_to_move_me_to/). Just to recap, I lost his trust/attraction during the tail end of my SJW days and I fell into a depression related to my paranoid world views and lost sight of myself/life goals. Understandably he had little interest in a relationship with me earlier this year and expressed he didn't want to be my boyfriend and was skeptical of me. We still kept in touch/slept together and during this time I did a complete 180 and took the red pill.

It really wasn't easy and I went through a depression phase. The "empowerment" that feminism claimed to offer me turned me into a reactionary, paranoid, and clingy woman. The way I viewed men was not out of respect and understanding, but out of fear. Feminism taught me that ambiguous forces such as the patriarchy and male privilege influenced men consciously and subconsciously. This supposedly leads to toxic expressions of masculinity, which can manifest in all sorts of ways. Long story short, I was seeing malicious intentions in the men around me that just were not there. While I never had a combative personality, I was needlessly avoidant of men and vetting them incorrectly.

I'm in such a great position today and I owe much of it to finding my inner grace as a woman and respecting the contrasting imperatives/goals that men have. With my (now) boyfriend in particular, it was just a matter of allowing myself to fall in his frame and adding worth to his life outside sex.

You guys weighed in on the situation and I'm happy to say that I've earned a chance with the man of my dreams. Upon him offering conditional LTR/girlfriend status based on my own self improvement, I was confused about if it was a good idea to continue seeing this guy, but things seem to be heading in the right direction since I've decided to continue giving the relationship a shot.

He recently brought me to his brother's fiance's bridal shower, which was a great opportunity for me to make a good impression with the other ladies in his family and meet family members and family friends. He told me it was a rare occurrence that his whole family got together like that, so I felt really special that he trusted me to represent him in that situation. His aunt told him that I was really sweet and he seemed pleased by my manners around his family. I might be spending Christmas with his family now. Yay!

I only get to see him once a week or so since he goes to college an hour away from me, but I really try to make his visits worth it. I've been dolling up in dresses when I see him (he always comments that I look cute!), give him massages, let him relax after a hard week, giggle with him, buy him his favorite snacks, talk about our shared hobby (trading card games) etc. All those little things add up!

I'm having the best sex of my life. Last time he visited we went at it three times in one night. He really opened up to me during sex. He wanted to look deep into my eyes and talk to me. I told him I wanted to be good to him so much and I didn't want any other guy to touch me or have me. I told him he's the man in my heart. He said "I know. You are so good to me. That's why I want to have sex with only you. I love you more than anyone. I hope you can feel that."

He then told me that he loves our sex and that it means something. He told me I am special and when I told him I wanted to be with him he said I was with him. God it was so hot and afterwards he held me tight in his arms and whispered in my ear that he loves me and we fell asleep sweaty and happy. This is some top tier mythic romance novel level stuff. I've been swooning for days.

He's been sending me more "I miss you" texts. I just let him initiate conversation and give him space when he needs to focus on school. He has another semester left after this one before he is ejected into the "real world" and starts

the amazing IT job he's been offered. No more stage five clinger behaviour! Of course having a job and a couple of new projects in my life helps keep me occupied and content. I've been helping a coworker out with her vintage clothing shop on Etsy and I've been taking a introductory web design class and kicking butt at that. Of course I'm watching my calorie intake and doing leg lifts/crunches. I'm already at a healthy weight, but I'm looking to tone the booty and legs.

My end goal is probably what most of you want. I want to make a home with a life partner. Marriage would probably be a part of that. I can definitely see myself with my boyfriend for life and I feel like I'd be the happiest girl alive to stand by him every day. I hope to continue on being a phenomenal girlfriend and respect myself as well.

Thanks ladies!

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UPVOTES

Do you satisfy your Captain's sexual desires even when you aren't in the mood? Why or why not?

LittleMissAfrodite · 12 December 2018 · Archived copy · Reddit

I do it because I know it makes my man happy and I view it as necessary maintenance for the relationship in the same way I view working out. I don't always want to work out but I do it anyway because I know it's good for me in the long run. I view my man's sexual desires in the same way.

I don't think I've met another women with this same mindset. Was this ever a thing? If so, what changed? How do you view it?

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UPVOTES

A high value Man's checklist for his partner

Caulifluer · 31 August 2020 · Archived copy · Reddit

Hopefully this hasn't been talked to death here already.. I've seen this concept around this sub, I think it originates from Fascinating Womanhood. The idea is you make a list of every quality your dream man would have, and then envision the man described by those qualities, and make a second list of what you think a man like that would look for in a mate. In your opinion, what is on his list?

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UPVOTES

Article: "A Wife Who 'Surrendered' to Her Husband"

neoharmonia-venusta · 4 April 2019 · Archived copy · Reddit

<https://www.thecut.com/2019/04/a-wife-who-surrendered-to-her-husband.html>

I was surprised to come across this article from the New York Magazine online today! It was really cool to see this interview with the husband and wife about how her shift in attitude improved their marriage. What do you think?

(I've been a lurker in this forum for a while now but finally decided to make an account - thanks to all the ladies whose advice has helped me in my own relationship!)

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UPVOTES

Biting your tongue - a lifesaver

holyyammo · 19 January 2020 · Archived copy · Reddit

(apology for the weird formatting) I feel like this field report is going to be a no-brainer but even for someone like me, who was never really vocal about things that upset me, it's stuck in my mind now. As simple as it sounds biting your tongue can certainly be a lifesaver and it has little to do with letting someone trample all over you, it's more like elevating yourself from what angers you.

So quick field report of something so so tiny and insignificant that made a difference: I (20F) am in a relationship with my (23M) boyfriend who I'm hoping to get married to one day. He usually wakes up at noon since it's his vacation, but it was already 3PM, he hasn't replied to me asking when he'd come over. We were going to have a fancy lunch at my place and since I cook, I need to know when I should start, so it's just done by the time he arrives (pesky "gotta eat the food hot" complex) i'm also notorious for getting things and making them right away, because he won't eat protein that's been in the fridge for more than 24h, so looking at fresh beef filets withering away is making me more and more anxious. So I wait for another hour and then I get a quick reply of "dunno, make the food tomorrow". I was about to go into interrogation mode "why? Couldn't you have told me this earlier? But you said yesterday we'd have lunch today!" Instead of all that I just put down the phone and rationalized, replied with a genuine "no worries! Are you okay?".

Turns out he was feeling really sick and was up all night because of his coughs. He came over looking like a snowman, nose running and feverish. Imagine feeling this bad and getting an unnecessary temper tantrum from your girlfriend. What a nightmare! We spent the night together, I made him soup and gave him a massage, looking at him having this heartwarming smile on his face and it was honestly one of the most intimate moments we shared.

Again I hope you didn't expect anything spectacular, I just feel like this tiny tiny slipup could've obliterated this experience and it would have never turned out to be such a great night if I hadn't bitten my tongue over this minuscule thing.

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UPVOTES

Women Needed a Magazine that Doesn't Lie to Them. So I Started One

mhandanna · 29 December 2020 · Archived copy · Reddit

An article in Quillette, from founder of Evie Magazine:

Women Needed a Magazine that Doesn't Lie to Them. So I Started One

As founder and editor-in-chief of a new web site aimed at women, I often get asked: Why do we need yet another publication in this already crowded media niche? It's simple: Until now, all of the major players have had one common characteristic. Can you guess what it is?

When Bryan Goldberg announced in a blog post that he had raised \$6.5 million to start Bustle.com, a site for women, many competitors weren't happy. "Isn't it time for a women's publication that puts world news and politics alongside beauty tips?" Goldberg wrote. A Jezebel writer, Hazel Cills, responded that such sites already exist. And she was right—perhaps more so than Cills knew: All the publications mentioned in her Jezebel article—The Hairpin, The Toast, Bust, Bitch, xoJane, Autostraddle, Refinery29, AfterEllen and Jezebel itself—push a liberal, feminist message. The same is true of older outlets such as *Cosmopolitan*, *Elle*, *Glamour* and *Allure*. Go ahead and find me a single successful, mainstream women's lifestyle-and-culture publication that doesn't regularly exhibit a bias against conservative points of view.

There's been a shift in recent years in the kind of content these publications push. Do most women you know really want to grow hairy legs? No. Do they really want to forgo feminine hygiene, because "a real man loves his woman any time of the month"? No. Do they like cheering for male-bodied individuals who dominate women's sports—like when Fallon Fox crushed a woman's skull in MMA? Definitely not.

For decades, magazines have sold women countless lies about sex, emotional fulfillment and health issues—usually under the guise of "empowerment." They prey on women's insecurities by normalizing unhealthy extremes (first it was borderline anorexia, now it's obesity). They encourage casual sex and lie to readers about its emotional ramifications. They tell women they'll be unhappy with a husband and kids but fulfilled working for a male boss at a big corporation. They laud celebrities who aren't good role models, turned Hillary Clinton into an object of worship, and attack or ignore women who don't share their views.

... read full article:

<https://quillette.com/2019/02/20/women-needed-a-magazine-that-doesnt-lie-to-them-so-i-started-one/>

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UPVOTES

Being a virgin at 18 and social pressure

secondaccforreasons · 23 March 2020 · Archived copy · Reddit

So first of all I know this isn't something new and a lot of people have experienced this, but please hear me anyway: A few years ago as a teenager I decided to save myself for marriage. I am willing to marry early, but I believe marriage to be something special that should last a lifetime so I try to stay pure and be special for him as well.

I may have to add that I am German and it seems way less common to wait with sex than in America (at least as far as I can tell, only knowing the US through the internet). I guess that's mostly because of the religious component that we mostly lack.

I am 18 now and people react strangely to my believes: my mother asked me if I would be into women instead, my girl friends think that I am just a shy prude and don't believe me I really want it that way and boys don't seem interested at all in me if I tell them.

My mother also said that living like this will limit the number of men wanting me drastically and I see where she is coming from with this. Is it really the case? How doable is staying a virgin until marriage nowadays? Do you think it is better to gather experience for your future husband or to stay pure for him? How to react to people talking me down because of this?

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UPVOTES

Thank you -- and what do I do now?

Unicorn62829164 · 15 April 2020 · Archived copy · Reddit

I have posted several times on this sub about my relationship. Overwhelmingly, the responses identified it as abusive. That I did not have boundaries, that I had childhood trauma I needed to deal with, that I needed to work on myself, that he was not a captain. I was resistant for a long time -- I still loved this man, saw what was good about him, and had a hard time seeing objectively that I was miserable and afraid around him. But I read and re-read your comments, because I did in some capacity realize these things to be true.

Encouraged by your words, this week I finally told him that I could not thrive in this relationship. I got my keys back. Finally, I put myself first and said no to this situation that was hurting me.

Thank you for your kindness, your honesty, and support. I am so grateful that you all, complete strangers who did not know anything about me, cared about me when I did not care about myself.

I feel so relieved. Now that I am out I am realizing that so much of what I did in my daily life was driven by fear and anxiety. And at the same time...I miss him so much. I really, truly loved this man. He was remarkable in so many ways. I think of how he was hurt in the past and I think, of course he would behave this way. In his own way, he was also afraid and suffering.

I am afraid of going back (he still has some of my things) and yet I keep wanting to reach out. I know I did the right thing and yet I still have doubts. I keep thinking: it would be OK just to text him once.

What do I do now? Where do I go from here? Thank you for everything you have already done for me, and please, help me continue forward.

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UPVOTES

Cute Feminine Loungewear Suggestions

dontouchmybutt · 18 April 2020 · Archived copy · Reddit

Hi ladies! Now with being laid off and home all the time, I decided to invest in some cute comfortable loungewear. I was feeling pretty crappy wearing sweats every day. The man I'm dating and quarantined with noticed the other day that I'm wearing cuter stuff around the house and he stopped me in the kitchen and randomly grabbed me and kissed me and looked me up and down and said "Yes sss you look so good.....you're so cute." Later that day he decided to do a bunch of home improvement things I've been asking him to do for a while, and I truly believe he saw the effort I put in to look cute and it lit his fire to do some nice things for me too. I know we usually think men don't care too much about what we wear, but they notice when we try and feel cute. :) I'm also in my early 20s, so some of the styles may be a bit younger but I think most of the items are versatile for all ages. Ok now for the suggestions...

[livesozy.com](#) has a TON of cute midi and maxi skirts that are so so so soft, and I'm obsessed with a wrap top that they have. It can be pricey, but search for promo codes...I found one for 40% off and saved a ton.

[onelovedbabe.com](#) is a cute modest clothing shop. Most things aren't loungewear, but their t shirt dresses are nice and comfy. They also have a ton of nice skirts and feminine tops.

the Gap also has had a lot of new soft fabric dresses. I got the "twist-knot dress in Tencel fabric" and it's on sale and SO flattering, particularly if you want to create more of an hourglass shape. Just look up "softspun fabric" or "tencel" on their website, and anything made with that is AMAZING and washes so well. Also check out their activewear line!! There's a lot of cute wrap tops that I wear for everyday more than working out.

Lastly, is [upwest.com](#). They have mainly lounge/pajama wear, but it's a little bit cuter than sweats :)

Hope you all are staying safe, and please share any other shops you have discovered too!

(Fun quarantine drinking game...drink every time I said cute in this post hahaha)

EDIT: looks like the 40% off coupon code is done, but you can still get 20% off your first order at Sozy

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UPVOTES

You cannot hide being insecure

saltlamp67 · 25 May 2020 · Archived copy · Reddit

I'll start this by saying that I'm only 21. Because of some problems I had with my mom I've always told myself I was going to be the best wife and mother I'd ever seen. So from an early age I believed in the philosophies here. My first serious relationship really brought these qualities out in me — but I've never been able to pull it off perfectly. I think I've finally found the reason for that, and it's insecurity.

Insecurity is childish but unfortunately it is not easily outgrown. I've always been a little insecure about one thing or another, and I would tell myself I'd never let it negatively affect my relationships. But it does, and while women cover up their insecurities in numerous ways it always surfaces, even in healthy relationships with zero infidelity. An insecure woman asks more from her partner than he needs to give, or thinks he needs to give. An insecure woman might think she needs more reassurance, recognition, and attention than is actually healthy and normal. And she may think that there is something wrong with the relationship when her needs for reassurance aren't met. Insecure women often fail to acknowledge what their partner feels because they can only see what they themselves lack. And this leads to arguments — about effort, miscommunication, and the classic “who cares more”.

The sad thing is that it is so hard for someone who deeply feels like they are not good enough to simply change their behavior. Nobody wants to be too needy. What works for me in the moment is when I feel like I am being too needy and it's causing a problem with my boyfriend, I just shut up. Even if I want to say more. But obviously there's still the underlying cause. Maybe you all have tips.

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UPVOTES

Would you rather be with someone who will provide 100% financial security but not much emotional connection, chemistry, and compatibility, or someone with all that but could not provide TOO well financially?

dickensianhoe · 13 July 2020 · Archived copy · Reddit

[/r/RedPillWomen/comments/hqcvhx/would_you_rather_be_with_someone_who_will_provide/](/r/RedPillWomen/comments/hqcvhx/would_you_rather_be_with_someone_who_will_provide/)

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UPVOTES

Lurking for years but have always swung back and forth between this ideology and the mainstream left leaning being empowered ideology. I am naturally more of a Tom boy, but I had a date the other night where I tried to be extremely feminine. Such a change.

ThrowRA293948494885 · 10 January 2021 · Archived copy · Reddit

I did my hair, makeup, wore a very feminine outfit. Got my nails done. Shaved everything. The response was crazy!!!!

He literally noticed everything I did and loved it.

I partake in a very masculine subculture that will go unnamed, that's how I met this guy. Unusually when I go on dates with guys where I wear big t shirts and act like a bro (pick me syndrome, I'm learning) it either doesn't work out of it does and the dude is a beta loser.

All the little details that people say "don't matter" do. Yes people fall in love with a personality, but being feminine works!!! I let him buy me food. I let him make me coffee and do stuff for me all night when he offered. I made him feel like the big strong tough guy and he fucking are it up.

I feel like I just hacked the system.

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UPVOTES

Men don't need women - and that's wonderful

MirriMazDuur · 10 July 2021 · Archived copy · Reddit

*I was inspired to write this post by /u/sunshinesundress's comment on a post, whose bottom line is that men don't **need** women, but **want** them.*

"Men don't need women!" scream the angry rebellious men, to the shock and offense of some women. Truly, it feels insulting to be told you are not needed, as if it meant being useless! The impartial and non-sentimental reality though is that men have two arms, two legs and opposable fingers, not missing anything detrimental to their survival. In the past, men didn't need women to wash their clothes as they marched for months or years on end in armies. In the future, men might not even need women to carry children, if artificial wombs will be a thing. *But don't we want to be needed, as women?* Hmmm ... why? Is dependency what should keep men next to us? Is value attributed only to that which is strictly necessary to function?

At the same time, it is quite obvious to everybody that men really *really* want women, starting with wanting the simple act of heterosexual sex and hook ups, up to wanting a lifelong marriage with a high value woman to raise children together. A lot of men's actions spin around getting women, keeping women or making them happy. Teenagers learn to play guitar to impress their crush, young men buy fancy cars to get the eye of a potential mate and those past their prime still struggle to remember anniversaries and bring flowers to make their wife of twenty years smile.

Which of these processes do you want to be the subject of? Need or want? Which of these forces makes you more valuable as a human being?

In his "Art of Rhetoric", Aristotle presents the two ways in which you can argue over an object's greater value over another. "[...] gold is a better thing than iron, though less useful" can say one side, while the other can argue "what is often useful surpasses what is seldom useful, hence the saying: The best of things is water." . What do you want to be? Gold, iron or water?

A bitter truth is that dependency breeds resentment. If something which we need is inaccessible to us, we feel frustrated. As little children it is of no bother to us that we need our parents to feed us, but as we mature, needing parents for money becomes a source of stress. After we gain independence from our families, we never pay any mind to the groceries we need, but we put a lot of value into getting that gadget/bag/car that we want and getting it with our own means. If there is an institution gatekeeping something we need (for example, a healthcare institution charging you obscene amounts for a life-saving drug), do we have more respect for it or less?

"One definition of good" Aristotle also notes "is what beings that acquire understanding will choose in any given case". "Good" then is not something that is needed, it is something that is chosen without constraint. Isn't that a much more wonderful alternative?

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UPVOTES

Book Club: Anna Karenina. Let's do this!!

JanuaryArya · 4 January 2022 · Archived copy · Reddit

Hello RPW. It's a New Year. I love resolutions. And we should do a book club.

"Anna Karenina is a novel by the Russian author Leo Tolstoy, first published in book form in 1878. Many writers consider it to be one of the greatest works of literature ever written, and Tolstoy himself called it his first true novel."

I've mentioned several times that I love this book!! I've thought long and hard about how much work it would be to summarize and discuss this book. It's approximately 800-900 pages depending on the publisher.

It is narrated by Maggie Gyllanhall as an audiobook that is 35 hours long.

But I'm in a mood right now. So I am going to commit to this.

Anna Karenina is not a guide about how to be a Red Pill Woman. In fact, it's the opposite. Anna Karenina is a selfish anti-hero. She fails herself at every turn, and destroys her life.

I think a lot of us can relate to not having positive RPW role models. But I find negative role models to be more compelling when I decide, "I don't want to be like that"

There are male characters in this book who embody different aspects of RP men. Some of them are Red Pill or Blue Pill. Some of them are MGTOW. It's an interesting perspective to watch these characters both fail and succeed.

There are other female characters who embody RPW. Kitty grows a lot throughout the book. She experiences some forms of being an alpha widow, as well as nun mode.

I've always said that the entire book is filled to the brim with Red Pill principles and analogies.

I think reading this book will:

1. Benefit you just by reading classic literature
2. Give you nuanced examples of red pill theory and philosophy. The good and the bad.
3. Give life lessons about the consequences of selfishness
4. Be a more interesting New Years goal as opposed to "lose weight and be better."

So...I'm wondering if you are interested in reading this book over the next 6 months.

The book is broken up into 8 parts. I think I could do a write-up for each part every few weeks if you want to follow along.

I'd like to tag [u/HappilyMrs](#) because you followed along so closely to my other book club.

And [u/PearlsandStiletto](#)s to see if this can get Stickied for attention.

PS. Don't watch the movie(s) no one thinks it's a good interpretation of the book.

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UPVOTES

Is it over for me?

Cecebunx · 4 March 2022 · Archived copy · Reddit

I am a 17 year old girl and I have been abused by my mother my whole life(ex:getting slapped,hit with belts and bottles thrown at me).I don't have a dad and I have never had a positive role model in real life.I want to know if there is a chance for me to be a feminine girl and a wife in a non-abusive relationship.My mother has recently started making comments on me being too skinny or being a hooker for dressing up.I usually wear skirts and stockings with a white collar shirt to go out.I don't know if I'm going down the wrong path and growing up to be a woman known for selling her body.

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UPVOTES

One more reason to keep marriages intact

DelicateDevelopment · 31 May 2022 · Archived copy · Reddit

We overlook a significant factor in mass shootings: fatherlessness

This comes as no surprise. I am glad that they say it that clearly. Children need fathers for stability and structure and mothers for flexibility and warmth. A healthy character balances both.

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UPVOTES

Why is there such a stark difference in how charming 90s actresses were in interviews vs now?

Sea_Bonus_351 · 14 July 2022 · Archived copy · Reddit

I can't point out why, but would love to know, why I find 90s celebrity interviews so charming. There is some sort of femininity and stardom that they exude. But actresses these days, I really don't find that sense of aura in them that leaves us 'awe-struck'. Again, not generalising, cause there are sure exceptions. Discuss?

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UPVOTES

Finally claimed

Bigg_Teass · 25 January 2023 · Archived copy · Reddit

After a series of abusive relationships, and then a period of celibacy, I have finally gotten into a relationship with a quality man who treats me right, and I couldn't be happier 🤔

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UPVOTES

[Self Improvement] I think I just had a breakthrough? So grateful for this place

avandoorslaer · 22 March 2021 · Archived copy · Reddit

I had always silently mocked femininity because I was never taught how powerful it is. I always thought phrases like "love is your strength/vulnerability is a strength" were copes. For the past year or two of my journey, that's how I had approached femininity and the leveling up process.

Deep down, I was still holding myself to masculine/impossible standards. I consciously thought that I was becoming more feminine, but I knew I wasn't making progress. I was really closed off to my emotions and my soul. I might have learned to put on makeup and curl my hair but I still had a huge energetic penis protruding from my energy and mindset. And it hurt.

It still hurts to admit that I'm just not masculine, I still feel like embracing femininity is somehow just coping with inferiority. But I know that's just my neuroticism and it will go away. I'll never be one of those girls that's hot but also knows how to work on cars, knows sports, is one of the bros etc. I'm learning to accept the fact that I want to be the princess, not the knight that has to go slay the dragon.

I appreciate all of the ladies here so much. At first I started hate reading these types of subs, but now I love read them <3.

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UPVOTES

Help! My husband and I are at a complete gridlock as it relates to personal belonging boundaries.

Chapitta · 26 October 2022 · Archived copy · Reddit

Hi, this is my first post and I've heavily debated what title I should use... But that is pretty much the largest point of contention in my marriage lately. I hope this is not too long of a post but I do desire to include as much context as possible.

Within the last 6-8 months my husband began reading/watching "Red Pill/Manosphere" content. It started with Rollo Tomasis's Book "The Rational Male," Andrew Tate's Videos, Kevin Samuel's videos and other articles/opinions on this topic. After all of his research, he (for the most part) adopted this way of thinking and began implementing certain changes in our relationship.

I would like to note that I am pretty open to "Red Pill" ideas. I come from a conservative Christian background which embraces a submission aspect of womanhood and the traditional gender roles.

Fast forward to now, we are at a complete gridlock when it comes to personal boundaries. My husband is asking for full control over my personal belongings. He wants the ability to take my phone, car keys, wallet with my personal CC's and even move me into the guest bedroom as a form of punishment whenever he feels "disrespected." He says.. "Under MY house everything is MINE."

To me it feels/seems (I'm sorry to say) overly controlling. I have stated that I would like to keep my things because I worked hard for them, bought them, use them as tools to enrich my daughters development, buy groceries etc. I am not an over spender, I am not a dangerous/reckless driver, I may use my phone (what he would consider "too much"- though I think there is a double standard here) a bit too much but I do not give it to my daughter and I do try to not be on my phone around her or if him and I are actually resolving conflict. I understand him wanting to give me frame/structure and feel respected but is this "too" much?

He says it makes him very uncomfortable that I would want to have boundaries as it relates to my possessions in our marriage. He has voiced that he feels manipulated and that if he allows me to have this boundary then I will continue to manipulate him and take more and more of my individuality so as to squeeze him out and give him zero ability to give me frame and structure. I feel this is a very huge unfair over generalization and I am unsure how to calm his fears of the future.

My questions are:

Is it okay to have boundaries in a red pill type marriage?

Is a personal belongings boundary at all an "ok" thing to request?

Is it "disrespecting" my husband by desiring to keep my things and standing my ground?

Is it okay to "get punished" if I do not "submit" my belongings to him?

Does red pill philosophy address this topic?

Is my husband taking the red pill philosophy to an extreme or in a way it is not meant to be played out?

Are there other creative ways I can explain to my husband why I want to keep/use my things freely?

I need help! I am unsure how to move forward on this issue. If anyone needs me to further explain something please let me know. If anyone is moved to give me their opinion or advice please feel free to do so. I am very new to this worldview and I do not understand it well- but I am open to learning.

Thanks!

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UPVOTES

I made one comment in this sub and I got banned from other subs wtf

Ok_Captain3855 · 9 December 2023 · Archived copy · Reddit

I didn't know this sub even existed until abt 30 mins ago. Then I commented on someone's cheating husband validating op's opinion that her husband did cheat and offering her support. Then I get a notification I am banned from other subs for being an incel???

Has this happened to anyone else beforeV

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UPVOTES

Interesting Thoughts on Marriage

Beachdog1234 · 10 August 2025 · Archived copy · Reddit

I was in an airport the other day and overheard an older gentlemen talking to (who I believed) may have been his granddaughter.

She said something like she wants to get married. Sounded like she was talking about someone specific. The man basically asked her- does she want to get married or does she want to become a wife? Obviously, that sparked some interesting dialog.

I thought that was really profound. When we say "I want to get married", it has the feel of obtaining or possessing something. Like, I want to get a new car or I want to get a new dress or I want to get a house.

When we say "we want to become a wife", it means we want to grow or transform and be someone we are not today. It's facing into the fact that, through marriage, you will be someone different, someone better, someone more fulfilled.

It bothers me when people struggling in marriage say they lost their identities and who they were. Duh. It's like they figured they would get a party, a ring, and piece of paper and they will just go one being who they are.

This applies to both men and women.

Thoughts?

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UPVOTES

Things I've learned as a 19-year-old in college

itsnadya101 · 18 April 2015 · Archived copy · Reddit

Here are some things I've been changing in my lifestyle that have worked. Follow these rules and you'll definitely earn more respect.

1. Stop cursing. Every time you say "fuck" or "shit" it's a turn off. Try substituting them for something else like "stuff".
2. Cook more/bake more if you can. Colleges usually have communal kitchens or if you're living in a dorm with a kitchen, try to cook something on the stove instead of microwaving things. I've started to bring baked goods and share them with my classmates (male & female) and people always have a positive response.
3. If it's nice out (spring/summer), wear a dress. Yesterday, I was walking around and I had a female stranger at Chipotle compliment me along with my two male classmates. If you make the effort, people notice.
4. Spend less time on your phone when you walk around & smile. It's so easy to walk around campus, have resting bitch face, and be on your phone. Don't be that girl. You might be that girl and not even realize it. Take more time out to walk without your phone. I've practiced smiling at strangers when I walk and I've been getting compliments and guys are more willing to ask me questions, tourists are more willing to ask me for directions (I live in a big city), and guys talk to me more.
5. Become interested in something on campus where you're involved with men (aside from baking, artsy stuff). I've been going to pick-up soccer games and been watching more soccer matches to learn more about my favorite teams. I've also been upping my language game and been learning more German and French since those are my favorite two languages. Watching soccer is fun but I also get to surround myself with quality guys who are athletic/masculine.
6. Never have sex before you know that you're in an exclusive, committed thing. Know that as a woman, you're the gatekeeper of sex and when you give that up too easily, it's hard for a guy to actually see you more as a plate. This was the toughest lesson I had to accept but it's so true.
7. Never tell a guy that you want to "go watch a movie" because that's basically code for sex before you've established boundaries. You're going to end up having sex.
8. On Facebook, don't take any pictures with red solo cups, drinking, partying, spring break pictures, etc. It's trashy and if you have any delete them even if there's just one of them up there. You will differentiate yourself between 90% of the women of on your campus. Also, selfies are kinda dumb.
9. This is kinda debatable but I've stopped initiating kissing when and if I go out on a date with someone. I honestly believe that if the guy is really into you, he'll kiss you first assuming you've given out all the right signs.
10. Skincare is important. Go to a dermatologist and get your acne/eye bags/other skin problems treated so you look good naturally.
11. In college, you're going to be tempted to join Greek life, go to fraternities, and go out to bars/clubs. Now, even though I'm a fan of Greek life and I have friends in sororities, none of them have ever met their boyfriends at a fraternity party even though some of their bf's might be Greek. If you do join a sorority, learn about their reputations. Just remember that any place with alcohol is never conducive to meeting your future bf.
12. Having a boyfriend is never your end goal. You must keep improving yourself as a woman and that's gonna take time.
13. I stopped drinking two months ago for good. I went from being drunk at pregames to drinking a beer or two to

quitting. It's been a journey but honestly, I don't regret the decision. I think it's okay to have alcohol every now and then but honestly, I think I'm better without it.

14. Don't date a guy based on looks alone and don't justify your plate status because the guy you're seeing is hot. He's hot and he knows it. And chances are, if you're a plate and he doesn't want to commit to you, he probably isn't committing to you or anyone. Again, if you go into something with the intentions of wanting an LTR, leave with those same intentions.

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UPVOTES

Passion

Whisper · 11 April 2016 · Archived copy · Reddit

- Men want women with a low (ideally zero) partner count.
- Men want women to leap into bed with them as soon as possible.

We know both of these things to be true because we see them every day. And when we see both, we are confused. Surely men make no sense at all! Aren't these two things contradictory?

And our whole society is caught in a war between two cultures.

The tradcon side, which is slowly losing, says

- "Men, you must give up the desire for a woman to sexually surrender quickly... instead, you must invest time and resources in her, make her promises you cannot easily break, before she will give you what you desire."
- "Women, you must restrain your desires and be calculating. It is your job to test a man's commitment to you and make him jump through many hoops (ideally on fire) before he gets access to your precious lady parts."

The liberal side, which is slowly winning, says

- "Men, you must give up your desire not to marry the town bicycle. You must learn to cherish women who were ploughed bny the entire football team at the same drunken party, and that was just the begining. Women own their own sexuality... they also own your reaction to what they just did; make sure it's the approved one."
- "Women, do whatever you want. We'll make sure the men are docile and obedient."

The tiny, unnoticed redpill side rolls its eyes, and says:

- You cannot tell men to "give up" this or that desire. Desire is not a choice. Desire cannot be negotiated. If men want both these things, then the girl who achieves the most of both will have the most desireable men.
- And here's a **long complicated explanation** of why these things can coexist, which lots of people will read and not understand.

So the liberal and tradcon answers are just plain wrong.

And the red pill answer has **too much boring math**.

Time to simplify.

Why do men want low-count women? **Why** do men want sexually eager women?

Passion. Men want women who are passionate about them.

A woman who is passionate about a man does not consult her girlfriends about what an "acceptable" amount of time to "make him wait" is. A woman who is passionate about a man does not bargain the promise of her body for a wedding, like some jaded whore negotiating a "session". A woman who is passionate about a man will find a way to reach his bed. She will fly across the country, crawl under barbed wire, climb in through his second story window, do everything he desires, and wait patiently inside his closet if his wife comes home early from work.

Women do not withhold sex from men they are passionate about. A woman is not passionate about a man if she withholds sex from him. Unless she is seriously physically ill, or *on fire at that very moment*, she is ready when he is.

Similarly, a woman who has tasted a hundred men over her thirty years of life is not going to be enthralled by the hundred and first. Not only is the experience far from new or unique, he is unlikely to be the best or most attractive man she has had, since she was younger, more beautiful, and more innocent before, and could command the attention of a better variety of man.

Women are generally the most passionate about their first partner, and gradually less so with each new one. This is not their first rodeo.

Now we understand how these two male desires are NOT contradictory. They are actually the SAME desire... the desire to be both loved, and lusted after, passionately, utterly, and completely.

When a woman has a high partner count, a man asks himself "None of them kept her... why should I?".

When a woman delays, withholds, and asks for promises or time, a man says "She is cool-headed enough about me to negotiate. To enforce a policy. She regards sex with me as *a price to pay* for what she wants... not a joy she urgently desires."

In fact, if a woman delays sex to avoid risk to her partner count, because a low count makes her more attractive, *just who* is this low count making her more attractive to?

It makes her more attractive to other men. It does nothing for him. He of course expects to increase her count by one, because he wishes to be that one. If she hedges, then she is saying to him "I don't want to risk being less sexy, or less commitment-worthy, to *the next guy*."

She is already looking past him and the relationship hasn't even started yet. She is not "all in" with him, and he knows that.

Why would he be committed to her, when she is not committed to him?

But what is a woman to do about all this? How can she be passionate, and unrestrained, with men, without destroying her value from an accumulation of failures?

This, I will discuss in Part Two.

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UPVOTES

confessions of a liberal RPW aka why I enjoy RPW

tempintheeastbay · 14 May 2017 · Archived copy · Reddit

DISCLAIMER: I'm quite new to RPW and do not claim to speak for any other member of this community. I barely qualify as a member of the community ;p I merely want to offer up my thinking and my perspective so that other people who are trying to make up their mind about RPW can hear from someone who maybe isn't who they'd expect to find.

ABOUT ME (the political stuff): I'm as blue state as they come. I campaign passionately for progressive causes, especially those that pertain to equal access to opportunity for women. I truly do not mean to break community rules and say anything negative about TRP so suffice to say I agree with very, very little of that subreddit's content.

I have an intense career about which I am very passionate. I hope to change the world for the better in a big way. I never planned to live a life characterized by "traditional 50's gender roles". I live what I hope is an independent, adventurous, big, worldly life.

**SO WHY RPW? **

1) RPW is not as prescriptive as I thought.

I don't want to dive into the entomological debate around "what a community" is defined by. But there are plenty of women who contribute to RPW who are not SAHM, who don't live "super traditional" lives. To me, RPW is not an ideology that seeks to dictate its members' choices. Or at least, I've never felt any pushback because I live the way I do.

2) I want an all-female space where I can celebrate the feminine.

RPW is a place where I can celebrate my femininity and fully relax and be my girl-iest self. There aren't a lot of other communities for me where that's the case. Girlishness is usually seen as ditziness, shallowness. I love my feminist spaces too but it's hard to gush about your BF without being seen as boring, lame, unintellectual. I brood a lot on the phrase "a servant's heart." That's an ideal that transcends femininity and masculinity but has a particular relationship with the feminine, and it's one I consciously want to cultivate. I seek to be nurturing, un-egotistical, supportive, to want to **serve** my darling life partner. Not all men, not men in general, not "men" the political idea...my man.

3) I want a space where I can celebrate the domestic.

Similarly, I love being in a space where we can celebrate and honor the little things - a well-cooked meal shared with the people you love, decorating a house to make it a home, choosing some gentle words carefully to soothe a spouse. Workaholic or not these little domestic moments make up **so much of our lives**... and so much of the time we share with our families. I love that this community takes them seriously, honors this kind of work properly, acknowledges its importance.

When you think of cleaning as a chore you hope your boyfriend does for you...that's what it is. An opportunity to fight, to complain, to be exhausted. When you think of cleaning as a political moment....that's what it is. A chance to stand on a soapbox (don't get me wrong, I love soapboxes haha).

But being part of RPW makes me think of these little things --tidying up our closet, doing the dishes--as a chance to embody love, devotion, a chance to enact higher principles. That kind of thinking makes those moments beautiful. And that makes my whole life more beautiful.

4) I want a space where we can acknowledge painfully realistic things without being accused of being sexist or offensive.

I think people hear terms like "the wall" or "dread game" they assume they're *moral* statements or *instructions*. I see them as observations. To me, RPW isn't about *instructing* people to not date older women who are "past the wall", it

isn't about *instructing* women or men to employ "dread game." FOR ME, TRP is about merely recognizing that it is harder to date past a certain age, that psychologically that adjustment can be dangerous (for instance). TRP is about recognizing that "dread game" works often, is employed, etc etc.

I believe that underneath the civility and euphemisms of polite society, people are actually driven by the considerations TRP describes. And it's fun for me to acknowledge these harsh considerations and dynamics without being met with a horrified gasp.

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UPVOTES

Update: I passed the bar!

fairydust91 · 18 November 2017 · Archived copy · Reddit

You ladies have read my moaning about living with my BF's parents for a year while we save (which has proved to be hard!) because I was paid crap money while interning.... Well I passed the bar!!! Woohooo! Guess who will be moving out sooner rather than later!! Any other lawyers here with advice on any specific steps I should take next??

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UPVOTES

Laura M Doyle, of Surrendered Wife and Surrendered Single, of NY best seller fame, is doing an AMA on RPW June 3rd!

TempestTcup · 12 May 2015 · Archived copy · Reddit

I hope you all can be there! This should be spectacular!

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UPVOTES

Beginner's Guide to Cleaning Routines

poorsay · 1 February 2016 · Archived copy · Reddit

[removed]

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UPVOTES

Article: Where Are the Socially Conservative Women in This Fight?

neoharmonia-venusta · 28 April 2019 · Archived copy · Reddit

I know this is slightly off-topic, but I thought this community might find this article of interest, from the New York Times by Helen Andrews. **Where Are the Socially Conservative Women in This Fight? The American family needs defending and right now men are leading the charge.**

In it she discusses the failure of the Equal Rights Amendment (ERA), the crisis of the American family, the lowering of marriage rates in the current generation, as well as the "two-income trap" and why women are not being as attracted to men when they make more money than them.

Short excerpt: "Study after study has shown that when men make less than women, women generally don't want to marry them. Maybe they should want to marry them, but they don't."

Another interesting quote: "[the two-income model] also distorts the economic signals families need to make informed choices about whether it's worth it to send a second parent into paid employment. There's no point paying someone \$11 an hour to raise a woman's children so she can go out and earn \$11 an hour if that woman would be happier staying home and raising her children herself."

As someone working full-time but also hoping to be married with children in the next 2-5 years, the prospect of staying home with children is something I'm increasingly thinking about.

Your thoughts on this article?

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UPVOTES

Recently i've noticed that even as a woman, if I apply the same techniques and mindset as the guys over in trp do towards women , only in my case to men, I get the same desirable results and it's awesome. I just read trp like it was written for women instead of men and the outcomes are still the

roxygirl26 · 25 July 2019 · Archived copy · Reddit

I just read trp like it was written for women instead of men and the outcomes are still the same. I've definitely been practicing the art of shutting up and not giving a shit. Miraculously....it works!

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UPVOTES

Mrs Midwest “Men are not trash”

ImSoftness · 25 November 2019 · Archived copy · Reddit

<https://youtu.be/BTnzP2BTIXI>

Video Description: “Hello my friends! Today we are back on the commentary train with a little bit of a discussion about the trend of calling men "trash." Now of course, there are trashy men out there, but I also believe that it's important to understand how our words can have an effect on others, and how we might reach towards a brighter future for men AND women, working together. Enjoy!”

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UPVOTES

I'm confused about how trp works and I have some questions...

ConstructionOk6267 · 6 November 2020 · Archived copy · Reddit

Hello! I don't really subscribe to these beliefs, or any specifically titled belief system like this, but I've been poking around for a couple days and I love the vibe here. I love the talk about feminine energy, leveling up, and high value men/women especially.

So I popped on over to TheRedPill and was pretty shocked at the difference. The men who follow the exact same set of beliefs seem to be...very different than the women. So how can you guys match up like that?

They want to "bang" as many women as possible, have a very "all women are fat whores" attitude and basically disregard us as trash while posting thirst traps on tik tok and being generally unlikable, no offense. Whereas the red pill men/husbands mentioned here are loving partners and fathers who care deeply for their spouses and work hard. If I were to be "red pill", the men really don't inspire me to be a loving wonderful wife. How are these the same community?

Am I missing something?

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UPVOTES

When men pull away

reallyhatesyou · 9 March 2020 · Archived copy · Reddit

Hi ladies,

So I am very into the polarity between the masculine/feminine and how it works in relationships.

Recently, I've been dating a guy for about 8-10 weeks. I could feel him starting to pull away, so I kept cool and kept busy (I'm very lucky to have a life I love). Eventually, he stopped responding to me and we didn't talk for about 3 days. I didn't reach out, just tried my best to keep cool (even tho I might've cried a little ONCE) and continue with my busy life. He came back, asked me about my weekend and told me how his was. I kept it positive and upbeat but I couldn't help but be short and sort of flighty about it.

I know a lot of times men need space like this. He's very masculine, and a particularly broody man. I could feel that he was overwhelmed with dating me, work, family, friends, and some mental health problems I suspect he might deal with.

But I still can't help my feel like part of my attraction and trust to him is gone now, so how can I give a guy space when I know he needs it wouldn't taking it so personally? And what is the best thing to say or way to act when he comes back??

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UPVOTES

Increasing RMW from natural RPW

sunnyjizz2 · 2 January 2021 · Archived copy · Reddit

correction: RMV* not RMW

I've discovered this subreddit last night and I was in shock that my general attitude/values was written down in a subreddit. This community has validated me, has given me helpful tips, and-- most importantly-- has addressed the *why* for different scenarios. I don't agree 100% with all the ideologies in here but I found immense value from all of them.

I'd like to give back and write what I've learned about increasing RMV throughout my short 26 years on this earth:

1. **His friends are your friends.** Do *not* badmouth his friends. No one like to chose between their S/O and their friends and TBH it's abusive to try. Cook for his friends and be sweet as they can be important allies.
2. **Having a career *does* matter** (just not as much as it does for men). Reality is that most families aren't able to live comfortably on one income. Additionally, I've gotten compliments on my career when I worked for a non-profit, it seemed that guys really liked hearing that I was doing "good" in the world. I imagine that working as a nurse or a teacher would also increase RMV.
3. **Take care of your finances, have a 401(k).** Know the basics about financial literacy to the point that you're able to have a conversation about it and know the terms.
4. **Practice your own independence.** Have hobbies apart from him, do/learn things that are fascinating for you. There are so many benefits to this including your OWN mental health, being able to give him space, and making you more interesting.
5. **Have a ritual.** Find something that you can do daily for him to show him you care. I make him coffee every morning and he eats that shit up.
6. **Expand your lingerie wardrobe.** Sex is important, lingerie helps with that.

Curious to know any others that you've found.

Edited #5 after reading some comments :)

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UPVOTES

Have you ever been with a man that grew into a captain over time?

trophyfriend · 11 April 2020 · Archived copy · Reddit

I've been with my boyfriend for three years and when we first met, we were completely different people. We were irresponsible, slightly entitled, and very In The Moment with our decisions and lifestyle. Over time we helped each other become hard working, down to earth, and much more mature. I look at the progress we've made and while I'm proud of the man he's become, he still has a way to go before I could consider him an alpha. Over time I've honed in on becoming more feminine and can hope that I can inspire him to be more masculine and call the shots more. Do any of you ladies have a similar experience of being with a captain-in-the-making?

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UPVOTES

Feeling lost. Tired of holding my tongue

dangernoodle88 · 19 April 2020 · Archived copy · Reddit

I've been following RPW for over a year now, and have found that it really works magic on my two-year relationship (25F and 40M). Once I start to STFU and let him lead, all our conflicts disappear and he is loving and warm. When my nagging/controlling tendencies creep up, he becomes cold and distant. So I read Surrendered Wife and follow it to the best of my ability.

However, I'm starting to grow more resentful and anxious over having to hold my tongue all the time. I don't feel like my boyfriend's leadership genuinely inspires my respect and submission, but rather that I'm doing it because this is the only way to keep the relationship harmonious. And I'm starting to get annoyed over not having any power or control over anything.

My SO is not abusive or obviously bad. But oftentimes he makes decisions which I think are unwise. For example, he has been going out to stores a lot for nonessential things and still wants the house cleaner to come over even though we are on COVID lockdown. This makes me feel anxious/unsafe and he knows that, but he decided that the risk is logically low and he's willing to take it. Additionally he always tries to fix stuff around the house even though he's honestly bad at it. That in itself is fine with me, but whenever he tries and fails at fixing things he gets super angry and is basically cursing and yelling at inanimate objects all day. I find this super unattractive honestly but he gets very offended if I try to help or suggest hiring help. Lastly he doesn't have the healthiest lifestyle which worries me since he is already so much older than me.

It's always a huge struggle for me to get things I want. If I bitch/whine/complain he will get very pissed off and cold so I obviously don't do that anymore. But if I "bring him a problem" as this sub suggests, he doesn't really try to fix it unless I start bitching and basically force him (leading to conflicts). For example, my car mirror was broken for a year because I suck with cars and can't afford to fix it, making driving dangerous. He makes 800k a year and I'm a grad student but he never offered to help me out despite me bringing it up multiple times. Simply stating what I want doesn't help either. I recently moved into his house and wanted some basic items such as a desk, a place to do my makeup, and a trash can at the front door for walking the dog. He said those things are tacky and he doesn't want to add more furniture to his house. And I can't buy things on my own because they will be too cheap/tacky to fit in with his decor. So I just have to deal with it.

I guess I'm just sick of relinquishing all my control in this relationship. I know that's a core tenet of RPW, but I feel like I'm not reaping the rewards of a captain who takes good care of me. While I do slip up when emotions run high, for the most part I put a lot of effort into being a good, feminine partner. I cook, clean, take care of my appearance, and I try my best to be warm, pleasant, and supportive. We have a great sex life. Our relationship is overall enjoyable despite my above complaints, and he goes out of his way to do sweet things for me and tells me all the time that he adores me and wants to spend his life with me. He has good intentions but doesn't really satisfy my specific desires - for example he will cook me an extravagant steak dinner despite knowing I'm trying to eat less red meat.

I also have a pretty intense career so doing all of this is quite draining, and letting go of my masculine traits feels like I'm almost betraying myself and my identity. I am used to making my own decisions and solving problems my own way. I feel like I'm living a lie by pretending to be okay with things that I don't agree with. I guess I'm feeling pretty lost because I'm finding that RPW "works" but it's not making me happy. Maybe I'm not built for a masculine/feminine relationship? Maybe I vetted poorly? I wouldn't classify my SO as a "drunk captain" but he definitely has flaws that makes it hard for me to genuinely respect him. I'm not sure if that's his failing or a problem with my own attitude. Would love your perspectives on this. Thank you

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UPVOTES

How do I start?

Magicallypeanut · 28 April 2020 · Archived copy · Reddit

I woke up one day and something clicked. I'm not sure how or where (probably reddit lol) but the idea that stepping back and being the submissive wife would be a good idea. There's something satisfying about the idea of providing a well cooked meal and keeping a clean house. I started reading around and implementing a few little things in the last few days. For one, we go for long walks with the pups after work and we talk. You'd think working from home we wouldn't have much to say. Still, I noticed I talk a lot more than him. I decided to talk less and listen more, after reading advice here, and this dude would not shut up! It was refreshing. He actually talked deeper about stuff instead of just mumbling. It is a fun little experiment I've got going on here. I'm starting to see a small difference. I'm not going to lie, being a homemaker has been becoming more appealing than before. It probably won't happen but it's a nice fantasy.

Anyway, what advice do you have for channeling my inner submissive wife?

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UPVOTES

Why I love my husband

AnnaAerials · 29 April 2020 · Archived copy · Reddit

Why I love my husband

- He leads me in the Faith- he had a proven track record *before* I met him.

Before I met him; My husband he was active in ministry in his previous church. Once that church had dispensed he has committed to attending another church weekly. He has always given faithfully to the church and has supported various missions. He is also sponsoring a child.

After I met him; His commitments did not change. Since before we were engaged he brought me along to his church and introduced me to his church family. He has supported me in supporting the missions I am involved in financially and also agreed with my request for us to contribute more to the church. He has continued sponsoring a child (which he did not advertise to me, but I noticed when I saw a letter from world vision).

Now we are married; We attend church weekly together. Every night in bed he reads his bible next to me before we sleep. He also has a YouTube channel where he creates sermon jams.

- He has never over promised or broken a promise.

The first time I met my husband he kissed me on the cheek and opened the car door for me, the door swung back and closed, but by that time he was half way around the car. He cringed hard and tried to brush it off.

From that first meeting forward he always opened my car door when coming to pick me up and closed it behind me. I would always giggle and insist he never had to do that and it was ridiculous to keep up, but on this occasion and on many he said "I'll never do anything for you that I can't keep up." And it was true.

He never over promised, he never over extended, he never spoilt me to woo me in the beginning then became tight later on. His spending, his actions towards me and his love for me never spiked then fell. He opened up the car door for me until we got married and started living together, so I open up my car door now (partly on my insistence, haha). After becoming ill and battling chronic illness, he started opening the door for me again when I was too weak. This is a small example of how he has stayed consistent.

- He doesn't lie to me- he tells me what he likes and gives me the means to submit to his preferences.

I always used to joke with my husband "why don't you just lie to me?! I don't want to know!" When he told me things I did not want to hear. I was joking, partly, as my sinfulness wanted an easy life and a man that told me what I wanted.

Well, through God's grace to me, I'm married to a man that is so honest to me, sometimes it is confrontational. He doesn't like above the knee jean shorts, he thinks they're hideous. He doesn't like t-shirt dresses, he thinks they're equally hideous (two things I wore often), he doesn't like long skirts on me, he doesn't like short hair etc...etc... it might sound picky, but it's directional and in going against what he's said, that would be the true confrontation. It is unloving to do something you know your partner does not like.

My husband spoke to me and suggested we go shopping. He encouraged me to dress like some of the girls my age and that how they dress would suit me a lot (can you imagine hearing this without a humble heart?) but he has never brought something up without his support and means to fix the issue. So, he takes me shopping. "Wow, look at my hot fiancé!" (We we're engaged at the time) it made me feel admired and loved, it was amazing to see his reaction and how happy he was every time I skipped out to his car wearing the clothes he bought me. In saying that, we didn't buy anything I wasn't comfortable in, a few pairs of jeans, white sneakers, multiple t shirts of the same colour- so simple but he loved it, and I loved him even more for telling me. I've bought many husband approved dresses since, which he adores.

- He has clear standards for me. He introduced me to his friends, family and church.

In his vetting process of me, he let me have his “real” personality from the beginning. He made things clear how he liked it and as we interacted with other couples, we saw real life examples of how we would and wouldn’t want to be like.

Couple A- My husband is friends with the husband. He can’t stand the wife. She’s overweight, unkind and screams at her husband in public. My hubby was very clear at his disdain for her and never pretended to like her even in front of her. He was blunt and didn’t go out of his way to acknowledge her. It was clear he did not respect her. I never wanted that to be me.

Couple B- My husband did ministry for a long time with the husband of this couple. His wife was sweet, feminine and absolutely lovely. She was kind and warm to me when I was an outsider in the group. She was respectful of her husband and it showed in everything they did together. She was thin and dressed well. My husband enjoyed our time a lot with this couple and told me how much he respected their relationship. He would say things like “they’re the real deal” “I think it’s amazing she’s kept in shape so well after having a child”

By this feedback, and seeing how he treated these different types of people, and on top of that, knowing how consistent he is as a person, I knew how not to act.

- His health/ my health

He has made it clear that cooking at home needs to be healthy. My husband goes to the gym 5-6 days a week and eats the same thing for lunch everyday. I would push him sometimes for him to let me prepare him lunch, but he insistent that is what he will eat everyday and it is what is best for his health.

We go shopping together and buy the food I will cook together. I buy ingredients he likes and ingredients that are healthy. He has told me he wants veggies in his diet, so that’s what I cook. He wants high protein meals, so that’s what I cook. I make sure I have the ingredients for all the meals he could want (to a point) so he has the freedom to ask for what he wants for dinner.

He has made what he wants clear. He does not allow us to eat take away more than once a week. He is hyper aware of his body (I always catch him tensing in front of the mirror, haha) and is hyper aware of my body. He’s made it clear he does not want me to gain any weight and that the weight I am right now is the largest he would like me (I’m 58kg, 5’4) he has also found the most hilarious way to let me know I’m gaining weight “wow honey, look how big your breasts are!” Makes me laugh thinking about it. With his help, I’ve stayed pretty much the same weight since meeting him. Him being honest about his absolute disgust for fat people has helped- and it’s a mutual thing. I wouldn’t ever let him gain weight and I have his support back.

- He takes care of me and brings me security

Financial security; My husband sought to get a stable job and savings before he put himself on the market to be married. By the time I met him, he had a deposit saved for a house and a job that was recession proof. He made it clear to me that is getting a house together would require me working full time until we were ready for kids. He told me it would be difficult and that he would support me in this.

God provided me a job that is close to home and my husband drives me every morning. (Currently not working due to COVID)

Health; during our engagement I had a trip to the ER. It turned out I had a cyst on my ovary, we did not realise the health hurdles we would be tackling in the next year and a half because of it. 5 more trips to the ER, specialist and doctors appointments, IUD insertions and a surgery later, I’m still on the mend and take pain killers to manage in the meantime. This is a chronic condition called endometriosis. I never, ever expected my husband to be so supportive and unconditionally loyal.

I remember on one trip to the hospital I was passing out in the passengers seat and vomiting. In my moments of consciousness I looked to my husband and he kept saying “don’t worry baby, we are almost there, it’s going to be ok”.

I trusted him and let the anxiety go. It's a blurr but I ended up in a hospital bed getting emergency pain relief. He waited with me in the hospital the entire day. This happened quiet a few more times. After my operation I went back to the ER and we waited in the horrible waiting room chairs for 8 hours through the early hours of the morning. Everytime I looked at him I wanted to cry out of gratitude, I felt so horrid and he was right there with me. I can not believe the level of empathy and maturity he has shown to me when I was in 10/10 pain.

In my moments of absolute weakness and exhaustion, so much so I couldn't cry out to God, he would put his hand on me and pray for me.

- He puts me first before his family.

We come from a traditional culture where the mothers tend to baby their sons. I love my MIL to death and I don't mind her asking questions, but my husband without hesitation always shuts everyone down if they question how I am at home.

"Does Anna cook for you everyday?" He will respond along the lines of "why does it matter? She can do as she likes she's the cook of the home."

"Oh, poor Anna, she can't speak our language" he will respond "what do you mean poor Anna? She's a lion. You should be the one learning English."

He will shut down any conversation that is not kind to me, he does not complain about me to his family nor friends. He will not let his friends joke about our sex life.

He does not let me overextend myself for the sake of his family even though I am extremely willing to. He tells me and has the strong belief that our immediate family unit (him and me) are most important and everything else is secondary. We of course love his family a lot, especially his parents, but he's made it clear we won't partake in anything just for the sake of tradition.

Bonus points:

- He gets along amazingly with my Dad, we all hang out all the time and it's the best part of my life!
- His family love me (they joke constantly they love me more than they love him!)
- He is good with children and loves his nephews, we even baby set sometimes.
- He grew his beard for me.

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UPVOTES

Has anyone become high value women from a loser life

12sushi · 26 July 2020 · Archived copy · Reddit

I didn't mean to cast a judgement. Just what strategies did you use to become a hvw?

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UPVOTES

There was a post here made about a girl wanting to leave her “incompetent beta”, yet everyone was quick to bash her

Artiramisu · 13 June 2021 · Archived copy · Reddit

The men that post on this sub urging her to stay with him and communicate with him, or bash her for wanting someone more dominant and put together in life given that she's young, pretty, can cook/clean and is clearly a catch....are going against the female imperative.

Is this sub not for learning how to secure the best men? Does it not include moving on to the better man, given the chance?

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UPVOTES

Victoria's Secret and what it means to be "sexy" in the modern era.

Inside_Ad_7292 · 25 July 2021 · Archived copy · Reddit

Idk if anyone else is up to date on what's happening with the super famous underwear brand, but they have recently done away with their "angels" in favor of what they call the "VS Collective", which is made up of seven female activists.

Part of me thinks "whatever it's just an underwear brand, who cares?", but I also feel like this could be huge step in redefining what it means to be "sexy" in the modern era.

They recently released images of one of their rebranded stores, which was devoid of the brand's signature hot pink colors in favor of an almost gray pink on the walls. The mannequins are now more inclusive towards plus sized women. The styles of clothing and underwear seems to be more geared towards comfort than style.

I'm not saying any of this is good or bad, but I do wonder what this says about how pop culture feels about women, and how it might effect how we see ourselves as sexual beings. It somehow feels like a giant middle finger to anyone who LIKES the hyper-feminine version of the brand. Just wanted to get other opinions on this.

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UPVOTES

You all seem really nice!

idioticathiest · 24 September 2021 · Archived copy · Reddit

Hello! I stumbled upon this subreddit by clicking the random button and it seemed interesting. After reading some posts, you all seem like really kind people! I'm not really into the whole red pill lifestyle, but i can see for many of you that it is your choice and makes you feel fulfilled. I am by no means traditional in looks but i am in relationships. I think that young people now (I am young as well) really bully traditional, or red pill, people for no reason. If it makes you happy and you aren't hurting anyone then it doesn't matter what you like. I hate that the younger generation has a stigma against being a traditional wife. So, yeah! Not sure if I'm welcome here but I just wanted to say you all seem very nice and supportive. Have a good day!

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UPVOTES

No, a nanny can't be a child's primary attachment figure.

_Pumpkin_Muffin · 14 September 2022 · Archived copy · Reddit

Necessary warning: this is a rant. Please forgive me if in my clumsiness I hurt or offend anyone.

I was reading an article on working mother's guilt and the effect of external childcare on young children. It read something like this:

"The development of a secure attachment to her primary caregivers is crucial for the child's happiness, stability and emotional development. The child needs a consistent and appropriate response to her needs, but the mother is not the only figure who can provide this response. The primary attachment figure can be a parent, a relative, a nanny..."

I don't judge anyone for needing or wanting to work. I don't think children will grow up traumatized by daycare. I don't believe a nanny can ever replace a loving mother (ETA: a mother who's actually trying hard to spend time and bond with her children) as an attachment figure, be it a SAHM or a working mother. Please, do not take it as a judgement on anyone's choices or situation, because it is NOT.

But... how INSULTING is it to mothers? And to children? Stay-at-home or working, the attachment a child forms to her mother cannot be compared to that of a paid nanny. How insulting is it to SAHMs, who are definitely not replaceable by a nanny. How insulting is it to working mothers who get told they're not "there" enough to be the primary attachment figure. And this was presented as a positive... "oh don't worry if you send your child to daycare, she'll get the very basis of her emotional development and sense of emotional safety from the nanny! Yeah, the one paid to look after your child, who definitely doesn't care about your child as much as you do, and who might disappear from your child's life tomorrow without a warning."

I am disgusted. How can someone present this possibility as a positive one. In an effort to "liberate" women from mom guilt, they're telling them that their worthless/replaceable, and telling children that their emotional stability should depend on the nanny's contract expiry date. Mothers are worth way more than that.

EDIT I am not referring to children in boarding schools, with wet nurses and governesses etc. I am talking here about parents who are trying to form a close relationship with their children, take care of them personally as much as possible and spend time with them. I do not believe that telling these mothers "Oh your child will be fine even if you work, because her primary attachment figure can be the nanny/daycare worker" is reassuring, respectful of the mother's role, or (if it were true) positive for the child's development. Paid workers "can't" be the primary attachment figure because it's not good for young children - it's possible of course, but not positive. I believe children *will* be fine with working mothers, but for different reasons, not because the nanny becomes the key figure.

/rant

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UPVOTES

How does this all work in an extremely liberal culture where no one gets married?

jegforstaarikke · 28 September 2022 · Archived copy · Reddit

Hi everyone. I'm from Scandinavia (Denmark) where most people view even somewhere like the liberal parts of USA as very conservative when it comes to romance. Like, I don't think I can overstate this.

People barely get married, a non-married committed relationship and a married one is seen as exactly the same - my own parents had a house and kids and a summer house but they never married and that's the norm. Men don't really ask women out. Most relationships start as hook ups and again that's not an exaggeration. If you stated that you wanted to wait until marriage people would assume you were in a cult. Maybe Danish men are subconsciously the same as most men, and desire an inexperienced submissive feminine woman, but they sure don't behave or date that way.

I'm wondering if any Scandinavian or Northern European ladies in here have any idea/insight how to navigate this? How do you find this if you're not deeply religious? Are there red pill "truths" that you have to "tweak" a bit due to our culture?

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UPVOTES

Should I give up on marriage if I am an ugly woman?

new_acct404826 · 1 February 2023 · Archived copy · Reddit

I have always dreamed of marriage, and I try to become the best version of myself and a better homemaker to make up for my physical shortcomings. I know that men are highly visual and it is difficult for them to commit to a woman he is not attracted to. I can't stand the idea of my husband cheating on me, taking on multiple wives, or watching pornography/staring at other women. However if a man is high value, I'm sure he can easily find decent women who can do the same things as me for him while looking better than me. Is it possible to find a good man who will commit to me, (and be satisfied with me instead of feeling like he had to settle) or should I just stop looking?

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UPVOTES

Why are people so mad that men prefer innocent women?

bangtanphoenix · 28 December 2022 · Archived copy · Reddit

I saw a video on TikTok that said that Korean men (like many others) prefer innocent women. There have been many instances of men who describe their ideal type as someone as such and all the people in the comments were calling it pedophilloic.

Why do you think that is? Do you think that innocent and purity will eventually become useless traits to have?

I'm almost 20, a virgin, and I plan to wait until marriage (or at least until engagement) and I often wonder if men's preferences will change. I'm already a bit anxious at "running out of time" but I can't help but feel like these traits don't matter in the modern world, which makes me feel extremely out of place. If it weren't for my religious morals and family values idk what I would be doing.

I'm not Korean btw, I just really like the country and will be studying abroad there and if I like it will stay longer after graduation. I hear a lot of the men in that country are still masculine and value feminine women. But I am scared of being abused/taken advantage of because I haven't had much world experience and I worry that what if all the people in comment sections are right...

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UPVOTES

Dating tips for female medical students and doctors

aussiedollface2 · 29 April 2023 · Archived copy · Reddit

Seems there's a few of us here! I'm certainly no expert but I'm a physician and married to my husband for 6 years (together for 8) and I wish I had some of this advice when younger. I am mid thirties and have been a doctor for 8 years. (Some of this advice likely applies to other professional women who want to balance a professional life with family life).

Strategy:

-You're time poor and probably perpetually stressed, this works against you in the dating market. People obviously want a partner who is available to them and mostly pleasant. Try manage this as much as possible as a matter of priority. Have an organised schedule and see a psychologist if needed to manage your stress.

-Make time to exercise. You will feel better and look better.

-Eat healthily. I know it's hard but meal prep healthy meals otherwise you just end up eating crap from the vending machines at the hospital.

-Maximise your appearance. You're competing with women who have a lot more time than you to go to the gym and get facials etc etc. Invest in things that "last", for example teeth whitening, laser facials, Botox, eyebrow laminating. Look your best so that even if you're not in makeup you look presentable.

-Don't talk about your work or study all the time. You might find it the most fascinating thing ever but save it for your colleagues.

-Have a life outside of medicine. Easier said than done, but even going for a hike every now and then keeps you grounded and more interesting a person. Find some other hobbies or interests, if your whole life is medicine, then you alienate all men who aren't doctors.

-Be mindful to not be an arrogant douche. Communication in hospitals can be blunt and rude at times, do not let this seep into your personal life.

-You see some really sad and serious things in medicine. Be prepared for this, debrief as needed. Accept that you will lose some of your childlike "innocence" and that your new path will be one of feminine emotional maturity.

Ideal men:

-Self assured and comfortable guys. They're comfortable within their area of expertise, whatever that may be. Keep an open mind re this.

-Similar education level to you but this is def not necessary. I have doctor friends who have married builders etc and they are very happy. Personally, I married an attorney.

-Ideally someone who earns similar to you or more. I realise this is an old fashioned view but I do think it make the dynamic easier.

Men to avoid:

-Men who seem intimidated or insecure about the whole doctor thing. Don't fight it, don't question yourself, just justify or try change their mind. Their attitude usually comes out in weird little comments.

-Conversely, men who seem a little too attracted to the whole medical thing. They're probably after your money or they are raging narcissists who want the associated "status" of a doctor wife.

-Men who don't respect or even like what you do, ie. they never ask about your work or find your work stories gross.

-Men (usually in the sciences) who tried to get into med school but failed. Recipe for disaster. Trust me.

-Men who seem okay with it but complain bitterly about your hours. Orange flag. This depends on what your future hours are likely to be like and whether they can hang on during your University and residency years. I currently work part time and my hubby prefers this much more as do I.

-Some men strangely seem extremely bothered by the whole thing and claim that they don't like female doctors, and they even claim to have dated or apparently knew some back in the day. Some men love to claim they "chose" to not pursue certain women for example "I dated some models and they were all crazy haha" the point of the story being they want to demonstrate they're high enough value to attract them but chose not to continue with such situations like it's some kind of weird flex. Stories probably aren't even true and even if they are, they're not in your potential dating pool. A man wouldn't tolerate a woman bad mouthing his job or his "type" and neither should you. Politely disengage and leave the conversation. Avoid.

How to meet men:

-Apps, I've never been on them as I've been with my partner for ages but I feel they are the mainstay of dating now. So I can't really comment on it but just be careful and I get the impression you need to vet very carefully. There's probably other posts with better advice on here about it.

-Through friends. My hubby worked with my friend and she introduced us! If you're actively looking then don't be shy to put that out there with friends and family you trust. If they're vetted by them then they have to be at least half decent right?

-At work. Fellow doctors, physios etc are always an option. Keep in mind that male physicians are highly valued in the dating market and will have women throwing themselves at them. You have to see it to believe it. You can't get mad about it, it's just how life works. You will need to bring your A game.

-At University/Med school. Now this is a good option, just make sure you have proper commitment before he becomes a graduated doctor. It's kind of a joke within the profession how men have a "med school girlfriend" then break up as soon as they're a doctor and have women all over them. Their options have immediately expanded whereas yours haven't.

Common pitfalls:

-Thinking "I will date after med school!" then "I will date after residency" then "I will date after fellowship". No. Start dating now, make time for it. Put it into your schedule.

-Thinking you will just date doctors once you graduate and start working. Unless you're very very attractive, the odds are stacked against you. Most of the male doctors are firmly taken although there are some workaholics floating around who just haven't prioritised dating. There's def older doctors as an option (likely divorced with kids).

-Neglecting your physical and mental health due to studies or work.

-Losing your femininity. Keep mindful of this.

-Us female doctors I find often have too much empathy and this leads to taking on broken men that we shouldn't. I've seen some horrendous choices made by my friends who are otherwise very clever and sensible women. This of course isn't unique to us but it seems quite bad from what I've seen.

Miscellaneous tips:

-Meal prep or buy a meal box plan to save time but still eat healthily

-Invest in workout stuff you can use at home, eg a treadmill and yoga mat etc

-Make time for your friends and family as much as you can, even if it's just face time calls etc

-Night shift is the actual worst. Not sure what to suggest but be prepared

-Consider freezing your eggs

Happy to be PM by any female medical students or doctors, seems there's a few of us here xo

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UPVOTES

Getting out of his way is the best thing I've ever done.

morbidityofanother · 20 June 2023 · Archived copy · Reddit

For as long as I can remember, the idea of allowing another person, no matter how competent and trustworthy, to dictate choices in my life has been a ludicrous idea, even since I started to embrace traditional marital roles. I had a lot of experience with being led into hard times earlier in my life, and so a desire to control everything has been ingrained in me.

But, I decided.... *fuck it*. I married my husband because I knew he had all the great qualities of a leader, so why would I not let him do that? And once I did do that, *things changed*. Since deciding to step back a few things have happened.

1. We have gotten a vehicle which we have desperately needed for a few years.
2. We have purchased an expensive item that he needed for school.
3. I am on track to get a washer and dryer in our house next month.
4. We have had more dates.
5. We started planning for multiple vacations.
6. We both finally started getting in *really* good shape, because we could invest in that.
7. We eat a lot healthier.
8. In general, we have started saving more money and spending less frivolously, focusing more on big goals and investing in ourselves.

It's amazing what just getting out of the way will do when you're with a genuinely great man. I thought I knew everything, that I needed to be in control of everything, that he needed me to help him. But, I was just getting in the way with worry and doubt. That's hard to admit, but the results speak for themselves.

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UPVOTES

Women who haven't settled and are over 30, how do you feel?

enigmatic223 · 10 January 2024 · Archived copy · Reddit

I'm 28 and fairly attractive, I get hit on daily but I haven't found my person... yet. I'm not willing to settle in this climate, I'm seeing a lot of my friends who got married because they wanted to do it before 30 and yo they are fucking miserable and it scares me.

I rarely see happy marriages, all around me I have is cheating husbands, generational trauma, lots of narcissistic partners and financial problems. People are just getting married and bringing kids into a very unstable home, I want no parts of this.

My question is to those women who haven't settled because they haven't met their person, do you wake up and regret being a certain age and being single? Do you think ahhh I should have just married that guy and had some kids to keep me company. I don't want to wake up one day and regret being single because I don't want to just marry anyone. People around me are telling me kids are a blessing and one day I'll feel lonely.

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UPVOTES

Dedication to myself and using RPW as a tool changed my life entirely.

amityjeanklein · 15 January 2024 · Archived copy · Reddit

tl;dr: I went from miserable and lost to fast-tracking my dream life and it's because of this community and my own hard work.

I found RPW on accident, coming to this group initially to “prove” that the woman who I had learned of its existence from was [insert any number of negative/disparaging beliefs about someone here]. I was 20something, convinced that my miserable situation was the result of literally anything other than my own actions. I had a horrible view of myself, of other women, of men, of the entire world. I was angry and not willing to take a single step toward *changing*, I genuinely had begun to resign myself to what I thought life was going to be forever. What I found was shocking and hard to believe... yet I stayed up way too late that night, reading and thinking. And I kept coming back. And it changed *everything* for me (well, almost everything - I still don't have any fondness for the woman that got me here, but that's another story).

Once I looked at myself in the mirror and realized I couldn't ignore what I had learned here, it was like a lightbulb came on over my head and I knew exactly what I needed to do. I had to take control, and to do that I had to dig in my heels, admit that I was causing every single one of my problems, and get my sh*t together NOW.

I came here every night before bed to read posts and advice and learn what it meant to truly love yourself. I realized my anger at the world and my belief that I was doomed/helpless stemmed from unchecked mental health issues; I went to therapy and really committed to healing, started journaling and doing the hard work of looking for my own flaws and improving them. I looked at my dating history and asked myself why I sought out and accepted “relationships” from men who were, simply put, losers who had no respect for me and why I held the belief that I *needed* to fix them no matter the cost. I asked myself what I wanted for my life and my future - and I was *shocked* to realize I had no idea at all. So I took a leap of faith and accepted a perfectly-timed offer from a family member to move across the country and live with them.

In a new place where I knew no one, I laser-focused on myself; I went into nun-mode, joined a gym (and actually went!), found a skincare routine that worked for me, and started to get a clearer picture of what I wanted and what I was determined to get for my future. It wasn't easy and I made mistakes, but I learned from them and all the work I was doing in myself paid off as I realized I was able to create/enforce boundaries and let myself walk away from anything that didn't align with my new found goals.

I started this journey at 23 years old. I'm now 25 and since finding RPW and using the tools I took from it, I am the best version of myself that I have ever been. I have never felt more beautiful or comfortable in my own body, my skin is clear and I've lost 50lbs (now I'm at the lower end of the healthy BMI and am focusing on toning)! I will finish classes and start my career in April, and I start my first “grown up” job in my field this week - a position that will allow me to learn from people further along than me and give me a huge headstart when school ends. I just bought my first car and am in the process of getting debt-free after years of being financially unstable and irresponsible. And the cherry on top? Along the way I met the most wonderful man who never makes me doubt myself, who loves me and supports me in a way I didn't know happened outside of fiction, and who fully embodies what it means to be a strong and worthy Captain - and we just started looking at engagement rings.

I've been thinking about making this post for weeks, and tonight I was so full of gratitude and pride in how far I've come that I finally did it. I couldn't have done this without the advice, tough love, and support of the RPW community. This post is partially to celebrate myself, but more than that this post is a LOUD and EMPHATIC *THANK YOU!!!!* to this community that I cannot mean more sincerely.

If you've read this far, I appreciate you. If you're reading this and you relate - I believe in you. You are worth the effort it takes to create your dream life, and you are in the right place to learn how to do it. :)

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UPVOTES

My husband's tone and temper are ruining my attraction to him. I'm not sure if I'm handling it correctly.

Common_Ad6209 · 17 April 2024 · Archived copy · Reddit

Hello everyone. I found responses on my last post to be so helpful, that I think I'll keep checking back here for accountability and advice. Since my last post, I've realized that I have a tendency to be ungrateful at times and want what I can't have. I'm sincerely working on this by expressing gratitude to my husband, so I want to thank you all for the advice.

Since that post, I've been doing some reflecting on what's on my side of the street and what's on his. I'm fully into Laura Dyole and taking accountability. However, I don't want that to cross into codependency where I'm taking responsibility for my husband's shortcomings. Now onto the problem that's on his side of the street:

My husband has anger issues. He has never hit me or laid his hands on me, and I know he wouldn't. However, he does yell and raise his voice a lot. We were dating for 3 years before engagement, and he did not start doing this until we were engaged and toward the end of planning the wedding. Our first real fight was right before the wedding and he completely lost his temper at me, screaming and red in the face, yelling f-you. This broke my heart so much but he promised to never do it again... and I believed him.

Of course, this was not the last time he lost his temper at me. There have been many times when he screamed at me at the top of his lungs. At first, I would just cry and feel helpless and heartbroken. Unfortunately, after a while of this, I started yelling back. I know this is bad, but my reaction to being screamed at is to defend myself.

It started with him only yelling at me during arguments. But lately I've been noticing his everyday tone with me is off. He raises his voice at me a lot even when we're not arguing. I've also started hearing frequent annoyance toward me in his voice. It's been happening increasingly often.

At first when I noticed his tone being very harsh with me, I would try to endlessly ask why he's talking to me like that and what I did, because I wanted to solve the problem. He would always respond, "this is just how I talk." I would then go into explanation on why this hurts my feelings, why I wish he would stop, and how badly it makes me feel. Unfortunately, this would make things worse. This would anger him and make him raise his voice even more... sometimes escalating to a full blown fight. Then he would usually ignore me for a while which hurts even more.

Here is what happened last night and what I did instead. *I simply withdrew my energy from him...* the opposite of what I did before. Instead of asking him what's bothering him, asking what I did, and overexplaining why his tone of voice hurts, I simply said, "I'm not going back and forth with you right now. I won't talk about this." Then, I went off to do self care for the rest of the night. I snuggled in bed and read a book. I gave him 0 energy or affection. We usually talk over text all day and talk about our days, but I have not texted him at all today. I've instead been focusing on myself.

When this happened last night, the conversation went like this... Me: "Hey Rob, did you mail the rent check yet? It hasn't come out of our bank account." Him: "No I haven't." Me: "When we mail the rent check late, it makes it hard for me to keep track of the bills, because sometimes I think it's come out and we overdraw." Him (getting immediately angry) "Then why don't you do it?!?!?" Me: "Because the checks are in your name and I'm worried if it's rejected because I wrote it, we will be charged a fee." Him: *starts raising his voice at me and going off on me while I sat there* Me: "I'm not going back and forth with you. I'm going to go read my book." Then I left the room.

Now I had a realization today. Like I said, my husband always would say to me, "this is just how I talk. I'm not yelling at you and I'm not irritated." However, *he only talks to me like this when it's just us two. He never talks to me in this tone in front of our friends and family.* Also the fact that he NEVER spoke to me like this while we were dating. This makes me suspect that he knows what he's doing. He says things like, "what?? You want me to talk softly to you like you're a baby?" It really hurts.

Lastly... I was diagnosed as autistic this year and this was a shock to us both. To be 100% honest, I've noticed his tone has gotten worse with me since my diagnosis. Part of being autistic is not understanding people's tones, but I'm not stupid. I can tell if he is being rude versus nice. I can tell if the way he talks to me has changed. I can see him roll his eyes at me and laugh meanly.

At the same time, since being diagnosed, I've really done a lot to improve my life. I'm finally going into a gainful career, have been working out and eating healthy every day, got my routine together, and really feel like I'm in such a better place mentally than I was at this time last year. Yet his mean tone intensifies even though I'm doing so much better with myself.

So my question is, how do I handle this? Since trying to communicate and tell him how badly this hurts doesn't work, I withdrew my energy from him. I seriously don't even want to have sex with him. Am I taking the right approach by withdrawing my energy and focusing on self care when he raises his voice or speaks with annoyance to me?

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UPVOTES

I did it

Impressive-Tangelo44 · 5 June 2024 · Archived copy · Reddit

I've posted on this sub on and off since I was 29 under various handles. I'm 35 now. The dreaded 35! And I'm about to move in with the man of my dreams. He is providing a beautiful house for me to turn into a home. I can rest in my feminine and was able to quit the job that was making me sick. I can create my own business on my own terms with my man supporting me every step of the way. We met when I was 34, post wall, severe health issues, on government assistance. Yet I embodied the feminine as I've immersed myself in this world (RPW, feminine tradcon/tradwife/christian YouTube content) for these 6 years and it's become who I am. I have a high N count. I've done sex work in the past. None of this matters. He doesn't want to hear about my past. All he cares about is our present and future.

We're looking at rings soon, he wants his youth pastor to do our premarital counseling and wedding. I have the summer to rest, reflect, make a beautiful home for us and start a part time business that still gives me ample time to take care of myself and the home. I haven't read much of the suggested literature besides the Surrendered Single but I'm going to do so now that I have more time in our beautiful back yard. We are waiting till marriage. Neither of us are virgins. But he loves me and respects me for more than what I can offer him sexually. Another book I did listen to over and over again was "Marry Him, the Case for Settling for Mr. Good Enough." Listen to this book ladies. He wasn't my type, and now I couldn't be more crazy about him. Look for the qualities that will endure the test of time. I'm on the verge of being disabled due to my health issues and I still managed to pull off getting the life and man of my dreams. You can do it too!! Even post wall. Believe!

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UPVOTES

Art of Seduction

TempestTcup · 3 April 2015 · Archived copy · Reddit

[removed]

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UPVOTES

Does anyone else find feminist men unattractive?

[deleted] · 30 June 2014 · Archived copy · Reddit

Maybe its the college environment that leads me to meet so many feminist men--many of them pretty strong in their beliefs. But I find them to be unattractive and to eager to win the favor of women they are interested in with supporting or trying to perpetuate feminism. I also am turned off by some of them trying to be politically correct or accommodating to women's possible becoming offended to the point that it seems absurd.

One guy who was more a friend of a friend got really annoyed because I used the term jerking off. It was in a certain context I don't remember and was specifically referring to a man masturbating. I don't usually talk about sex or related stuff so casually (its not my thing is all) so I don't know how we got there. But anyway his argument seemed to be that jerking off only refers to male masturbation and women masturbate too so I was excluding women and implying they can't or don't masturbate.

I was like, "huh?"

Another example one guy who is of the belief that sexual assault--and even if its less than rape--is worse than murder. He said it in those exact words. I mean yes sexual assault and rape is bad, but I disagree that it's worse than murder. Also he agrees with everything any feminist article or person says seemingly without even thinking about it.

Many more of these guys are all about "you can't objectify women ever" or tell them "anything is impossible or they can't do anything (even if they really can't cuz of lack of talent etc.)

Anyway I am very attractive to the guy who's dominant and in control--but not controlling if you see the difference, and not abusive of course. I like being submissive to man, especially sexually. I find it hot.

I like being objectified sometimes. Especially when I'm about to have sex. Why wouldn't I want my bf to appreciate my body? Isn't that how he's supposed to get hard in the first place?

What do you think? Also how common are they (especially outside of college?)

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UPVOTES

Sexually explicit posts by men will be immediately deleted and the OP will be immediately banned

wingnut · 11 September 2015 · Archived copy · Reddit

That is all

Edit: there are no arguments or comments required on this thread. Stop. No.

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UPVOTES

Be His Soft Place to Land

StingrayVC · 14 November 2015 · Archived copy · Reddit

I wrote this up a while ago and with so many new women here since (whoo hoo!), my hope is that it might help more of you.

Be His Soft Place to Land

To let go and to see that we aren't being the help he needs can be very hard to see. It feels passive to us; almost as if we aren't doing much of anything. But that's simply not true. To have a space to let the day go, to let it dissipate into nothing and have a soft spot to land and recharge is a wonderful and necessary thing. Don't discount what you are doing as nothing or unnecessary. Him having a soft and beautiful spot to land is just as important as him being your Rock to cling to in a storm.

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UPVOTES

RPW in a Nutshell

StingrayVC · 2 December 2015 · Archived copy · Reddit

We get a lot of women coming here saying things like, "I love RPW but I don't believe in all of it!" or "You all say to do X, Y, and Z and he's not happy and I'm not happy" or "my husband isn't responding" or so on and so forth.

Here's the thing about RPW. Yes, we have lots of theories about a lot of things regarding sexual strategy. Quite frankly, we don't really care if you believe any of it, all of it, or none of it. What we do care about is your happiness and self improvement as *women* and you having a fantastic relationship. So here is the beginning and the end of it.

Find a good man and defer to him. Advice on the internet be damned.

If you take nothing else away from this subreddit, take away this. At the end of the day, the whys of it all don't really matter if you are happy and a good woman to a good man.

*For those who read this and think, "Why do you think it has to be this way for everyone!" We don't think that. Do what you want, but this is what this subreddit is about. You can go elsewhere for that line of thinking.

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UPVOTES

FR: My Husband F***ed Up Today...

MsSadieDunham · 12 May 2017 · Archived copy · Reddit

Ok so the title is a little click-bait but I couldn't help myself. :-) So let me give y'all a little background first so you understand the eff up...

I've been trying to strike a good balance between my work and home life. I need to work part time to help make ends meet and provide breathing room in our budget. I work in healthcare and I'm per diem which means I set the hours I want to work, when, how many, what day, etc. Its a sweet deal, I work at a skilled nursing facility so there's always tons of hours available and I just get to pick and choose what I want. My husband works regular office hours and I'm second shift so I can stay home with the baby (9 months old today! :) and that way he isn't in daycare. However if I work 3 nights a week, I see less of my husband. Its a trade off. This week, I decided to try and work two "doubles (aka 16 hour shifts) to get all my hours into 2 days. So I worked from 3p Monday afternoon until 7am Tuesday morning and Thursday night to Friday morning. I nap when the baby naps and its definitely tolerable.

LB (Little Boy) Dunham is on a feeding schedule like most babies his age. He's getting pretty good at sleeping through the night. Before I left for work on Monday I explained the schedule and went to work. Well they slept through a feeding and got it three hours late so LB woke me up after only an hour of sleep. I talked to Mr. Dunham again, told him what happened and explained the importance of the schedule. Well the same thing happened again this morning. This time I was pissed. *Why is it that I can keep the schedule and he can't? I feed the baby every single night, he can't do it while I'm at work?! I have to work AND take care of the house! Doesn't he get how tired I am?!* And I could have yelled all these things at him. I'd definitely have a right to. I think every woman here that has a child completely understands my anger. I had worked *sixteen* hours and then had to come home, barely fall asleep only to be woken up by a hungry baby who was very happy to see me.

Instead, I erased the nasty text message I was planning on sending him and instead said, "LB tells me you didn't feed him this morning." To which he apologized and said he totally forgot, he had set an alarm but it didn't go off for whatever reason. I didn't feel I could say anything nice, so I didn't say anything else about it. Tonight when he got home he apologized again and promised he'd get it right for next week.

The whole point of this FR is that there is no grand closure to this story. I don't work again until next Monday. The point is that even though it should have been a simple task and he screwed up twice and really inconvenienced me is that I still love him and he's still my husband. We all make mistakes, we all screw up. I had an expectation that he would do something and he failed, twice. But that doesn't make him a failure and it doesn't make him incompetent. Just because my husband makes mistakes doesn't mean he isn't trustworthy. I could have raked him over the coals and I'm pretty sure he expected it, but I value the harmony in our marriage more than being right and making sure he knows it. Consequently, he told me the fact that I didn't yell made him feel worse, especially when he walked in the door tonight and saw how exhausted I looked.

There isn't always a happy, rosy ending. Sometimes our husbands fail and just suck at doing things. Be RPW anyway. Its not always easy or always fair or always rewarding but that's life my dears. I'll make up the sleep tonight, but the damage my harsh words could have done to our relationship and his confidence as my captain could have lasted for far longer than that.

Treasure your husband, treasure your marriage.

~Sadie

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UPVOTES

Childlike vs. Childish

vanBeethovenLudwig · 29 June 2017 · Archived copy · Reddit

My boyfriend has a friend, who is in his 50's. He married a woman much younger than him, she's 29. While she's gorgeous and youthful, they fight. A LOT. Predominantly because the age difference is too big, and she hasn't caught on to what her responsibilities should be.

For example, yesterday they had to take a flight in the evening to France. The husband was working in the morning and began packing in the afternoon.

Wife is out hanging with her girlfriend and returns home 1.5 hours before departure. She hasn't packed. Ensue big argument between the couple since she's acting like an irresponsible child when she's almost 30. Apparently she needed him to tell her what time to come home and what she needed to do, she couldn't think for herself and think like an adult.

While this example might be extreme (since there's a 25 year age gap), it's still proves true that even when a man wants a submissive, youthful wife, you will still irritate him by being childish and irresponsible.

Childlike is different than *childish*. *Childlike* is when you are open to life's opportunities, are fearless, excited, optimistic. *Childish* is being irresponsible, unmanageable, stubborn, immature.

Wives need to be feminine, radiant but also functional. The key is not to let your functionality overrun the relationship (bossy, naggy). How can RPW maintain your childlike optimism while still being functional?

1) **Childlike affection.** Ever seen a little girl hug a puppy, or kiss her parents? Or beg her daddy for a piggy back ride? Giggle when someone harmlessly teases her? She's open with her emotions, she's not afraid to show her love. She gives her affection to those that are dear to her.

2) **Childlike enjoyment.** Think about a little girl eating ice cream, enjoying her favorite lasagna, putting on a pair of beautiful earrings, painting her nails, singing along to her favorite song. She's happy about the simple things in life. She's uninhibited with the pleasures of the world. Any good woman knows how to control her emotions - to switch from being functional to being childlike, and a talented RPW knows how to assess which situation requires which quality.

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UPVOTES

Clarifying strength - alpha vs empty confidence

kittxxn · 9 June 2018 · Archived copy · Reddit

I'm in a very serious relationship with the most wonderful man, we have talked about long term plans, and he has communicated that he knows I'm the "one."

I had a conversation with him last night that helped me clarify to both myself and him a few things about strong men. I think it might help some of you too.

He earned a bachelors degree in economics but felt like he wasn't being challenged, so decided to get a second degree in computer science. He's in the hardest classes at the university, taking a heavy course load to graduate in one year, and for the first time in his life, he's feeling like he's not the smartest guy in the room. He's working long long nights, competing with people who have been coding for ten years longer than him, and he's beginning to worry he's out of his league.

He's had a hard few months, and yesterday was especially rough. We talked for a while, and by the end, he was apologizing to me for "complaining" and mentioned it probably wasn't very attractive or masculine to tell me he's feeling like a failure. He said he probably shouldn't come talk to me at all, that he doesn't like to feel weak in front of me.

I stopped him right there. I know we are driven by evolution to seek a successful strong man, and men are driven to provide. But I was witnessing in front of my eyes my man's growth, he was figuring out what he's capable of, pushing his limits, and discovering who he is and what he wants in life. And ladies, that is a gift. I told him that I admire endlessly the strength it takes for him to pursue something so difficult, with the intention of making a better life for us and our family. And to me, there's nothing more masculine and alpha than being able to admit your fears, insecurities, and limitations to the woman you love, and to bear the challenge anyway.

There is nothing weak about it. Weakness hides within the empty confidence of many of these self proclaimed alpha men we've all encountered at the bars and elsewhere. The men who are all talk, all game, and no substance to back it up.

Be a woman your man can come to on days like this. Be a woman who believes in him, encourages him, and trusts him with your future, even when he's lost or unsure. Hold on to him, reassure him, and be there for him, in whatever way he needs.

Find a man with the character, not the salary, of a successful man. He's only 22, and I have the utmost confidence in his ability to achieve whatever he wants in life. He has ambition, a powerful work ethic, humility, integrity, and a high capacity for sacrifice and ability to lead. He is my captain, and I couldn't be more proud of him.

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UPVOTES

Taming the Hamster

girlwithabike · 14 November 2018 · Archived copy · Reddit

“The only good hamster is a dead one. But if you could keep it tranquilized, that’s close enough for government work.” - u/durtyknees

We’ve talked in the past about the problem with **self-esteem**, a feel good concept not to be confused with **self-respect**.

To esteem anything is to evaluate it positively and hold it in high regard, but evaluation gets us into trouble because while we sometimes win, we also sometimes lose. To respect something, on the other hand, is to accept it...The person with self-respect simply likes her- or himself. This self-respect is not contingent on success because there are always failures to contend with.

Self esteem, always fashionable because insecurity sells us stuff, is a potent stimulant for your hamster. Throw social media into the mix add a dash of salt and let the comparisons and self-loathing begin. We can spiral our hamster out of control comparing ourselves to others, wondering why *she* has something better, why that other man *would never do* what our SO just did.

The first step to a healthy and sedated hamster is *liking yourself*. This is self respect. It doesn’t mean “liking yourself in comparison to others.” Rather, it’s a straight up appreciation for your own life and acceptance of where you are currently in the world.

How do I learn to like myself

- Take an inventory of your life and thoughtfully acknowledge the good and the bad. Everyone has bad and there is no reason not to look it squarely in the face. Be actively aware of the good. Face the parts you don’t like and make a plan to change them. Hiding from the truth won’t make you feel good about yourself.
- Similarly, take some initiative to achieve goals for yourself. Earn your own respect!
- Get off social media. Even though you know that it’s highly curated, your brain still looks at what others have and makes comparisons.
- Understand and accept that life has trade offs and every person makes their own. Nothing is perfect and if you focus on what is bad in a situation, you won't be able to be happy. A 'perfect' life is one where the benefits outweigh the costs in your eyes.
- Don’t spend too much time in echo chambers. As humans we are inclined towards group think and comparisons. By spending time around all sorts of people, you have a more realistic view of the world and yourself. Hamsters thrive in echo chambers.

Ok, I like myself, now what?

The hamster's official title is The Rationalization Hamster™. Mine's name is Joey.

Your hamster comes out to play in response to feelings. As you try to identify the cause of the feelings, the hamster gets in his ball and starts to run. He can go all over the place, sometimes getting you even farther away from the truth and deeper in negative emotion territory than you were when you started.

You may not stop the hamster (he's your response to feelings) but it only takes a little bit of effort to turn the hamster to your advantage. All this really means is assuring yourself of what you already know. Learn to identify your feelings. Not what they mean, just what they are. An easy way to start: if you are reading RPW and have a bad feeling over something you read – don't try to put a "why" onto it, just stop and recognize the feeling as "I don't like this". Eventually you will put the why to it, but the pause gives you a moment to acknowledge and feel your feelings. We're not trying to turn them off, just delay the rationalizations about why you feel them.

As an aside to this, I strongly recommend tracking your own cycle and symptoms. I cannot tell you how often my BFF will get upset at her husband and 24 hours later tell me that she got her period. It's incredibly valuable information to have about yourself.

After this pause, you feed your hamster the information you want it to have. This is where *liking yourself* comes in. If you feel a pang of jealousy, feed your hamster: "he picked me, I'm pretty, we are well matched, he didn't pick her, *I am in control because I can up my game if I need to*". It's important that you believe all those things, which is why we started with self respect.

Hamster sedation can take varying amounts of time and require additional tactics. While we promote **bringing your captain your problems** this is best done when your head is cool. Many women collect stress like it's dirty laundry and we have a tendency to dump the whole load on any person who is kind enough to listen and offer comfort. Our men may *want* to help us through a spin cycle or two but he will tire of it quickly. If you find that you need to vent, start by journaling it out. Rereading the emotional dump once you have cooled off will help you to better understand how your hamster works. It will also serve as a reminder of the crazy you *don't* want to dump on your man every time. Pets can also make a great captive audience if you are someone who needs to vocalize your feelings to calm down. If your cats start fleeing whenever they see you, consider a nice inanimate teddy bear instead.

Lastly, there will be times when you find it impossible to sedate the hamster on your own. This is where it's important that you have solid friends and not an echo chamber. Many women believe that you shouldn't talk about your relationship with anyone else. There is wisdom in this tactic because other women *can* pull you down to boost themselves up. However, having a few friends who will support you and be honest can be invaluable. You need a woman who you can trust to say: "but he *adores you* why are you jealous" because sometimes the hamster needs an outsider to inject the sedatives. It should be someone who shares your values and either cares about your husband or

doesn't know your husband (*if there is no one in your life who shares your values make private friends through RPW*). Without a real set of eyes (so to speak) you can go too far in one direction *or the other*.

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UPVOTES

Do you have a strong desire to be overpowered by a man?

pinkalligator333 · 5 January 2019 · Archived copy · Reddit

I just feel very strong willed and would like an assertive guy who can put me in my place sometimes

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UPVOTES

Excerpts relating n-count, likelihood of infidelity, sociosexual orientation and divorce in women.

SMK-Kyle · 13 March 2020 · Archived copy · Reddit

[Promiscuity and Infidelity]

In illustration of this, the odds ratio of 1.13 for lifetime sexual partners obtained with the face-to-face mode of interview indicates that the probability of infidelity increased by 13% for every additional lifetime sexual partner, *screenshot*

we evaluated the association between infidelity and sexual experience, as prior studies have found that people with more sexual relationships in the past are more likely to have secondary sex partners (Bozon, 1996).

Regarding the correlates of infidelity, results indicated that on the basis of both methods of assessment, the probability of sexual infidelity (a) was greater for Blacks (relative to the remainder of the sample), (b) decreased with higher religiosity, (c) **increased with higher number of lifetime sexual partners**

Sexual infidelity in a national survey of American women: differences in prevalence and correlates as a function of method of assessment. Mark A. Whisman, Douglas K. Snyder J Fam Psychol. 2007 Jun; 21(2): 147–154. doi: 10.1037/0893-3200.21.2.147 From

<https://www.ncbi.nlm.nih.gov/pmc/articles/pmid/17605537/citedby/?tool=pubmed>

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Our findings demonstrate that **infidelity and number of sexual partners are both under moderate genetic influence (41% and 38% heritable, respectively) and the genetic correlation between these two traits is strong (47%).**

Not surprisingly, the average number of sexual partners was significantly higher among respondents who had been unfaithful compared with those who had remained faithful (7.73 vs. 3.78, $p < .001$). The phenotypic correlation between these traits was .36 ($p < .001$).

The resulting genetic correlation between the two traits was .47, so nearly half the genes impacting on infidelity also affect number of sexual partners. The correlation of the unique environment between the two variables was .48.

Genetic influences on female infidelity and number of sexual partners in humans: a linkage and association study of the role of the vasopressin receptor gene (AVPR1A). Lynn F. Cherkas, Elizabeth C. Oelsner, Y. T. Mak, Anna Valdes, Tim D. Spector Twin Res. 2004 Dec; 7(6): 649–658. doi: 10.1375/1369052042663922 From

<https://www.ncbi.nlm.nih.gov/pmc/articles/pmid/15607016/citedby/?tool=pubmed>

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In a world where infidelity and promiscuity are increasingly experienced (Brand et al. 2007, Jones and Paulhus 2012), few studies have focused on their emotional and sexual domains. The infidelity and the promiscuity can have an important impact on individuals and on intimate relationships (Silva et al. n.d., Vangelisti and Gerstenberger 2004). For example, the infidelity is one of the most common reasons for divorce and couple

therapy (Glass and Wright 1992). In addition, promiscuity is known to have a negative effect on healthy living (Okafor and Duru 2010).

Some authors defend that infidelity may come as a consequence of promiscuity, and that frequently both concepts go side by side (Feldman and Cauffman 1999, Mark et al. 2011). Promiscuity can be understood as the willingness to engage in sexual activities with several partners, have casual sex and get involved in sexual activities sooner rather than later (Jones and Paulhus 2012)

Feldman and Cauffman (1999) analyzed a sample of 417 college students and found that individuals that show permissive behaviors, associated with increased number of sexual partners are more prone to engage in infidelity. Similarly, Barta and Kiene (2005) conducted a study with 432 college students, 120 of whom mentioned past infidelity behaviors. Their results showed that those who have an unrestricted sociosexual orientation tend to report a sexual motive for being unfaithful.

Sexual promiscuity was significantly positively correlated with emotional promiscuity [$r(356) = .261, p < .001$], as well with sexual infidelity [$r(323) = .595, p < .001$] and emotional infidelity [$r(323) = .676, p < .001$], indicating that sexually promiscuous participants also tend to be emotionally promiscuous, and sexual[ly] and emotional[ly] unfaithful.

In terms of the sexual domain, results showed that there is also a positive correlation between sexual promiscuity and sexual infidelity, stating that individuals that tend to be more sexually promiscuous also tend to be more sexually unfaithful. These results support our second hypothesis.

Pinto, R., & Arantes, J. (2016). *The relationship between sexual and emotional promiscuity and infidelity*. ATINER'S Conference Paper Series, No. PSY2016–2087, Athens, Greece.

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Bonus Round: **Female Infidelity Based on Number of Premarital Sex Partners -- Statistics Brain**

- *Number of pre-marital partners: percent who cheated once married*
- 2: 10.4%
- 3: 14.9%
- 4: 17.7%
- 5: 21.6%
- 6-10: 26.0%
- 11-20: 36.7%
- 21+: 46.8%

XXX

[Unrestricted SOI and infidelity]

Sociosexual orientation, or sociosexuality, is the individual difference in the willingness to engage in sexual activity outside of a committed relationship. Individuals with a more restricted sociosexual orientation are less willing to engage in casual sex; they prefer greater love, commitment and emotional closeness before having sex with romantic partners. Individuals who have a more unrestricted sociosexual orientation are more willing to have casual sex and are more comfortable engaging in sex without love, commitment or closeness

From https://en.wikipedia.org/wiki/Sociosexual_orientation

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The genetic theory hypothesizes that female sociosexual variation reflects women's "decisions" regarding how much commitment to trade for genetic quality. Women who value commitment much more than male quality have a restricted sociosexual orientation, and women with opposite preferences have an unrestricted orientation. This variation has been hypothesized to be maintained by frequency- dependent selection (Gangestad & Simpson, 1990).

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approximately half of the men and women in the top (withinsex) quintiles of sociosexuality had been sexually unfaithful to a steady partner; this was more than a tenfold increase over the corresponding rate for people in the bottom quintiles. Sexual infidelity is a common cause of divorce cross-culturally (Buss, 1994)

Do individual differences in sociosexuality represent genetic or environmentally contingent strategies? Evidence from the Australian twin registry. J. M. Bailey, K. M. Kirk, G. Zhu, M. P. Dunne, N. G. Martin J Pers Soc Psychol. 2000 Mar; 78(3): 537–545. From <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC10743879/citedby/?tool=pubmed>

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Individuals exhibiting sexually permissive attitudes and those who have had a high number of past sexual relationships are more likely to engage in infidelity (Feldman & Cauffman, 1999). In a study of supposedly exclusive dating couples, it was found that individuals exhibiting an 'unrestricted' sociosexual orientation (SO) were significantly more likely to pursue extra-pair involvement (Seal, Agostinelli, & Hannett, 1994). Individuals are said to be unrestricted if they score high on the Sociosexual Orientation Index (SOI). Items on this scale include a question tapping whether the respondent feels that love is a prerequisite for sexual relations with a partner, the number of 'one-night stands' a respondent has had, and how many partners he or she hopes to have in the next year (Simpson & Gangestad, 1991).

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A preliminary ANOVA analysis revealed that individuals reporting a past history of infidelity tended to have a greater number of past sexual partners than those without a history of infidelity

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individuals with a history of infidelity, compared with those without, have a relatively unrestricted SO.

Barta, W. D., & Kiene, S. M. (2005). *Motivations for infidelity in heterosexual dating couples: The roles of gender, personality differences, and sociosexual orientation.* Journal of Social and Personal Relationships, 22(3), 339-360. <http://dx.doi.org/10.1177/0265407505052440> From <http://psycnet.apa.org/record/2005-07434-003>

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Individuals with an unrestricted sociosexual orientation (SO) are less committed to their romantic relationships and more likely to engage in infidelity

BECAUSE OF THE PREVALENCE and consequences of infidelity (e.g., Vangelisti & Gerstenberger, 2004; Weiderman, 1997), being able to predict extradyadic behavior is important. One known predictor is sociosexual orientation (SO). SO is an individual difference that reflects one's beliefs and behaviors toward sex and is measured on a continuum ranging from restricted to unrestricted (Simpson & Gangestad, 1991). Those with a restricted SO prefer to engage in sexual behaviors within the context of a close and committed romantic relationship, whereas those with an unrestricted SO do not need a committed relationship in order to have sex. Not surprisingly, an unrestricted SO has been associated with a greater willingness to engage in infidelity when using either self-report (Barta & Kiene, 2005; Ostovich & Sabini, 2004) or behavioral measures (Seal, Agostinelli, & Hannett, 1994). Previous studies have shown that those with an unrestricted SO are generally less committed to their romantic partners (Jones 1998; Simpson & Gangestad, 1991), and low commitment is often a predictor of infidelity (Drigotas, Safstrom, & Gentilia, 1999). Similarly, those with an unrestricted SO are often looking for new, attractive partners (Simpson, Wilson, & Winterheld, 2004).

Thus, it was **predicted that SO would be positively related to various types of infidelity, such that individuals with an unrestricted SO would be more likely to engage in the three types of infidelity previously identified by Wilson, Mattingly, Clark, Weidler, and Bequette (2011); Ambiguous (e.g., dancing with an extradyadic partner), Deceptive (e.g., lying to one's partner), and Explicit (e.g., sexual intercourse with an extradyadic partner).** Further, this relationship was predicted to be mediated by commitment, such that individuals with an unrestricted SO would have lower commitment, which would in turn lead to an increased likelihood of engaging in infidelity.

Sociosexual orientation, commitment, and infidelity: a mediation analysis. Brent A. Mattingly, Eddie M. Clark, Daniel J. Weidler, Melinda Bullock, Jana Hackathorn, Katheryn Blankmeyer J Soc Psychol. 2011 May-Jun; 151(3): 222–226. From <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC21675178/citedby/?tool=pubmed>

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one plausible explanation is that humans actually consist of a mix of short-term (promiscuous) and long-term (monogamous) mating phenotypes. The extent to which any one individual pursues a short-term mating strategy ('unrestricted' strategy involving promiscuous mating with multiple partners) or a long-term mating strategy ('restricted' strategy favouring the formation of exclusive and extended pair-bonds) has been referred to as their 'sociosexual orientation'

We tested the hypothesis that there are distinct mating strategy phenotypes in both men and women using two large datasets: a North American and British sample of 595 individuals who completed the sociosexual orientation inventory (SOI-R) [13] and a British sample of 1314 individuals whose 2D : 4D digit ratios were measured. The SOI-R indexes an individual's psychological degree of sexual promiscuity on a continuum running from restricted (monogamous) to unrestricted (promiscuous).

Modelling confirmed the existence of two phenotypes within each sex, one of low (restricted) sociosexuality and the other of high (unrestricted) sociosexuality. High-sociosexuality males make up a slightly larger proportion of the male distribution in each case, and low-sociosexuality females make up a slightly larger

proportion of the female distributions (table 1).

Overall, our results suggest that the proportional split in males slightly favours an unrestricted (short-term) mating strategy, with a 57 : 43 split on average for the three datasets, whereas females have a reversed split (47 : 53). However, the mixing proportions in the 2D : 4D digit ratio dataset suggest that a slightly higher proportion of the unrestricted phenotype is present in both sexes (males approx. 62%, females approx. 50%).

If the two phenotypes essentially represent stable and unstable pair-bonding predispositions (see Walum et al. [11]), we might expect there to be some tendency for assortative mating between the phenotypes. We might also predict that stable–stable pairings are less likely to divorce than other pairings, with unstable–unstable pairings having the shortest durations. The existence of two phenotypes raises a number of further evolutionary questions.

Previous research has found that female sociosexuality is more responsive to environmental shifts than male sociosexuality [4,22], and our data confirm this: while both sexes exhibit a shift (towards a restricted strategy in males, but towards unrestricted in females), the magnitude of the shift is larger in women than in men. While there is strong evidence that additive genetic factors best predict adult sociosexuality [23], differences in behaviour are in part likely to reflect cultural or environmental fine tuning of underlying genetic strategies in response to local circumstances as each sex tries to maximize overall fitness.

Wlodarski R, Manning J, Dunbar RIM. 2015 *Stay or stray? Evidence for alternative mating strategy phenotypes in both men and women*. Biol. Lett. 11: 20140977. <http://dx.doi.org/10.1098/rsbl.2014.0977>

XXX

[Promiscuity and Divorce]

Women with 0-1 partners were the least likely to divorce.

Women with 10 or more partners were the most likely to divorce .

those with fewer sex partners were less likely to divorce. However, there are considerable differences by marriage cohort. **For all three cohorts, women who married as virgins had the lowest divorce rates by far.** Eleven percent of virgin marriages (on the part of the woman, at least) in the 1980s dissolved within five years. This number fell to 8 percent in the 1990s, then fell again to 6 percent in the 2000s. For all three decades, the women with the second lowest five-year divorce rates are those who had only one partner prior to marriage. It's reasonable to assume that these partners reflected women's eventual husbands.

The highest five-year divorce rates of all are associated with marrying in the 2000s and having ten or more premarital sex partners: 33 percent.

2000s: Results are hazard ratios indicating increased odds of divorce compared to reference category of 0 partners (total abstinence before marriage).

- 0: --
- 1: 2.54
- 2: 4.05
- 3: 3.5
- 4-5: 3.18
- 6-9: 3.22
- 10+: 4.25

From <<https://ifstudies.org/blog/counterintuitive-trends-in-the-link-between-premarital-sex-and-marital-stability>>

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- <30% of marriages stable for women with 5+ non-marital sexual partners
- *Women were defined as having a stable marriage if they were currently married and had been in that same marriage for at least five years. Women who had more non-marital sex partners were less likely to have stable marriages.*

Rector, R. E., Johnson, K. A., Noyes, L. R., & Martin, S. (2003). *The harmful effects of early sexual activity and multiple sexual partners among women: A book of charts*. Washington: The Heritage Foundation.

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One twin study looking at a number of scaled sociosexual behaviors found a similar heritability for number of sexual partners in male and female twins (Bailey et al., 2000); another study showed divorce to be approximately 50% heritable among women (Jockin et al., 1996).

Genetic influences on female infidelity and number of sexual partners in humans: a linkage and association study of the role of the vasopressin receptor gene (AVPR1A). Lynn F. Cherkas, Elizabeth C. Oelsner, Y. T. Mak, Anna Valdes, Tim D. Spector *Twin Res.* 2004 Dec; 7(6): 649–658. doi: 10.1375/1369052042663922 From <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC15607016/citedby/?tool=pubmed>

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premarital relationships with other men are associated with a substantial increase in the likelihood of divorce.

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an intimate premarital relationship with someone other than one's marital partner may indicate increased risk to subsequent marital disruption. Multiple premarital sexual partners may indicate less commitment to the idea of a permanent relationship with one individual. Multiple sexual partners may also weaken the marital bond by heightening awareness of alternatives to one's marital partner as sources of sexual intimacy and fulfillment. Similar to the case for premarital sex, multiple coresidential unions prior to marriage may indicate a range of personal attitudes and beliefs that might undermine the stability of unions

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However, either premarital cohabitation or sex that occurs with someone other than one's spouse is expected to be related to an increased risk of marital dissolution. These individuals are either selected on characteristics that increase the risk of divorce or their experiences with disrupted unions lead to destabilizing influences on marriage.

The effects for premarital sex in Model 2 indicate that it is only women whose first sex was with someone other than her husband who experience an increased risk of marital disruption (114%). The results in Model 3, which includes the effects of both premarital cohabitation and premarital sex (compared with women who did not cohabit before marriage and did not engage in premarital sex), show that the risk of marital dissolution is higher when the woman cohabited twice (by about 28%) and when her first sex was with someone other than her husband (by about 109%). Combining premarital cohabitation and premarital sex in the same model reduces the effect of having cohabited solely with one's husband to nonsignificance. This pattern results because women who cohabited with their husband only are more likely than women who did not cohabit before marriage to have had first sex with someone other than their husband (73% vs. 41%; data not shown). That is, for these women, it is not the fact that they cohabited before marriage that is important for marital dissolution; it is the fact that they had at least one other sexually intimate relationship prior to marrying.

having at least one other intimate relationship prior to marriage is linked to an increased risk of divorce (from 53% to 166%). There is a substantially higher risk of marital dissolution if the woman both had sex with another man and cohabited with him (166% vs. 53%— 119% for other patterns of premarital relationships involving someone other than one's husband, a difference that is statistically significant). That is, there is an interaction between having multiple premarital sexual partners and cohabiting multiple times.

women who have more than one intimate premarital relationship who have an elevated risk of marital disruption. This effect is strongest for women who have multiple premarital coresidential unions

women with more than one intimate relationship prior to marriage have an elevated risk of marital disruption.

Teachman, J. (2003). *Premarital Sex, Premarital Cohabitation, and the Risk of Subsequent Marital Dissolution among Women*. *Journal of Marriage and Family*, 65(2), 444-455. Retrieved from <http://www.jstor.org/stable/3600089>
From https://www.jstor.org/stable/3600089?seq=1#page_scan_tab_contents

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UPVOTES

How do i exude femininity and playfulness

athingofbeauty2030 · 13 December 2020 · Archived copy · Reddit

I think i am an really uptight person who over thinks but would like to change this. Any tips do help me especially in terms of playfulness and femininity

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UPVOTES

Saw Him liking some booty models photos on instagram

ZBawaKaul · 20 April 2020 · Archived copy · Reddit

HOW do i handle this.

Im Not under the impression that my partner wont be attracted to other women. Its still shocking and hurts to see he follows models with their tits and ass out and likes all their pictures. I mean these are legit like boudoir photos in lingerie and all that.

I dont know if I should confront him about it because then I'd have to admit that yes i did go looking at who he follows. I definitely have my own insecurities and fears about long term relationships because I've been burned in the past by partners who were talking to other girls on instagram. I highly doubt that hes talking to others. But i just dont want to end up in a relationship one day where my guy is always looking at girls online.

I'm more annoyed because hes pretty anti feminist and believes that feminists are pro women wearing whatever they want in public. And he made such a big deal about how he doesnt follow celebs and models online because "why would i do that when i can just look at you " *eye roll*. - brought this up on his own (i didnt ask) when we were talking about celebs and their instagram live stories during covid.

I mean dont act all pious atleast...

I really want to send him a screenshot of her profile and just straight up ask whats this about, why do you follow/like a bunch of her pictures.. but i feel like thats the wrong aproach. I'm not sure. Its not like this is the last time this is going to come up (if the relationshihp goes the distance) so I do want to address it and atleast tell him that it bothers me, but idk how.

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UPVOTES

Don't give up on surprising your man in the bedroom!

amadexodus · 4 December 2021 · Archived copy · Reddit

Quick field report from last night. My boyfriend was working late on a project last night. I had spent too much time on Twitter during the day, and so I showed up at his place earlier feeling anxious and worried about the present state of the world. He reminds me often when he sees me on my phone to “get off Twitter,” and he’s not wrong. Anyway, I had packed something very sexy to wear to bed (stretchy fishnet “shirt” and fishnet garters) in the hopes that he would take the opportunity to be more dominant than usual with me.

I was wearing the gear under my loungewear, waiting for an opportunity to tease him with it since we usually watch a movie and cuddle/rile each other up before going to bed. But between the annoyance of making dinner together in his tiny kitchen (we’re both students, my kitchen is worse), him catching up with his friends on Discord while he waited for his 3D printer to finish printing, and me feeling generally stressed about my grad research project while itching because the fishnets were rubbing uncomfortably against my clothes...ohhhhh my God ladies, I just was ready to climb into bed without the gear and sleep. Probably just my hormones tbh.

But instead I STFU and watched the printing with my boyfriend, and we laughed at dumb YouTube videos together after he logged off of Discord. His project was a success, and eventually we went to bed. I revealed what I was wearing while he was brushing his teeth, and then strolled to the bedroom, getting excited about what would ensue.

It was very hot, he got me to finish in a new position for the first time, and I got him to finish much quicker than he usually does by egging him on to keep dominating me while we were having sex. For example, he pinned my arms right above my head (yum!) and informed me that I wasn’t allowed to touch him. I kept struggling playfully against his strength and asking him what he would do to me if I kept trying/begging to touch him. You can probably guess how a masculine man would respond to that. And yes, he wanted me to wear my gear the whole time until we were done.

The RPW lesson here: A good relationship is built back up in the bedroom. Sure, sex won’t fix major compatibility issues between you or make his red flags disappear; it goes without saying that you shouldn’t be doing even a fraction of this stuff with a bad guy. But if one or both of you feel cranky or anxious or whatever that day, that’s a great opportunity for a little extra spice! Don’t bail because you had a bad day or you’re annoyed with him. Sex is your realm, he needs you to take good care of him there!

(Edited for a little more NSFW detail; mods let me know if I went too far. I think it’s pretty clean, but I tagged it NSFW just in case!)

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UPVOTES

I so desperately want to be loved

freshcentella · 7 April 2022 · Archived copy · Reddit

NOTE: I'm not sure where else to put this, but I'm putting it here because I feel like it's one of the rare places where people would understand the importance of the family unit, and of romantic love. I'm sorry if these thoughts are scattered; I wrote this after a crying session in an attempt to sort these thoughts and fears out.

Historically I'm not the type to cry too much, but I've been crying a lot lately. What's been on my mind is this dread of the future because I'm afraid I will never be loved, when being loved is pretty much the only thing I want out of life.

You know how people say you should never wish to trade lives with anyone, because everyone has their own problems? I think that's wishful thinking. Some people live miserable lives. At the extreme end, some people live in warzones; they might be tortured before a violent death. Or some might fall prey to addiction, winding up homeless and dying of an overdose. These are objectively worse problems than many people with stable lives face; our hearts break for these people because we know that life is supposed to be better than that. Lately I've been thinking that maybe I'll be one of those people who lives a miserable life--while not to the extent that I'll die of an overdose or in a war, I think I might die having never been loved.

A few years ago, I read an article about a woman who died alone in her apartment while wrapping Christmas gifts, only for her corpse to be discovered years later. No one had thought to check up on her during that time. Where were the people she was wrapping gifts for? She died thinking and acting of others, but her love was not reciprocated. I think about this article often; when I'm in my apartment alone, I get anxious at the thought that someday that might be me. I have so much trouble sleeping.

I want love and community, and I feel like the family unit is how people achieve that these days in Western society. I was reading an online discussion recently about how people slowly begin to lose friends over the years if they remain single; their friends build families and make friends with the parenting community and find fulfillment in raising children, year by year leaving the singles behind. It's not on purpose--it's just hard to relate to people who aren't going through the same thing. Those friendships start to feel forced.

I'm 27. I want to be married. I want to have children. I feel like that's becoming rarer and rarer; I worry it will never happen to me. I was never the girl the guys all fawned over. Some have been interested over the years--in fact, I'm in a long term relationship right now, but he's never said he loves me, he's reluctant about marriage, and he's started saying he's no longer sure about wanting kids. Who knows what the future holds. When I think of the future, I imagine it either being with him and never being loved or being alone and never being loved.

My friend proposed an idea to me: that when we're older, those of us ladies who aren't married all move in together and form a community of single Christian women. "It'll be cool. I know so many cool Christian women, and statistically, we won't all get married. We could even raise children together." I think she is naïve; I also think that though she proposed the idea, she will eventually get married and leave too, given that she's beautiful and brilliant and charming.

I've been trying to work on myself. I've been working on losing weight (though it's easy to become apathetic and think that nothing I do matters and subsequently just eat whatever). I've been running and painting and studying foreign languages. I'm in a hiking group and a church group and I arrange friend dates with other women in my city. I'm in therapy and I'm on medication. I've read all the books that get recommended here multiple times and actively try to implement their teachings. I'm really really trying, but the future just seems so bleak.

Did things ever feel this bleak to any of you? How do you make peace with the very real possibility that you might never find someone, that you might never be loved?

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UPVOTES

Are there more subs for traditional, conservative women?

sunlitroof · 20 August 2022 · Archived copy · Reddit

Unsure if this kind of post is allowed, please let me know. I appreciate this sub because I have some similar ideals/pov with some of the sentiments usually expressed here, and I feel safe to read/express myself in comments here that would be met with judgemental aggression elsewhere.

I dont mean politically conservative (i suppose morally? Is that the right word?) But more female spaces akin to this that is for traditional women on reddit? Reddit is very religiophobic and extremely liberal, its very hard to find subs that allow you to express yourself freely without pushback if you have a more conservative mind, are there any subs you recommend?

Im not looking for a religious sub per se, or a political one. but many subs that are for women arent accepting of other perspectives and can make it a hostile place for me. But i appreciate this place here, just wondering if there are more like this. Ive also tried using the search function to try and find more like this. Thanks for any recommendations.

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UPVOTES

Is it wrong to want to be a trophy wife?

blackswan8426 · 11 April 2023 · Archived copy · Reddit

I seem to attract men who will outright tell me to not work, stay at home and do my hobbies etc.. They give money etc. Is it wrong to accept this lifestyle? I have invested loads of time in my self, my looks, intelligence etc.

I don't think of it as using a man for his money, because it's clearly giving the man loads of energy, and the feminine, young aura around him helps in his work and makes him feel better. It's like a mutual benefit situation.

Perhaps any women who have lived like this for many years can tell me if you started to feel empty at some point? Did you want to get out or did you break up and find it hard to get back into the job market?

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UPVOTES

Back To Basics September: Psychological Femininity

ArdentBandicoot · 1 September 2023 · Archived copy · Reddit

For the entire month of September, we're revisiting some foundational posts in a series designed to serve as an RPW refresher. This week, we're focusing on our sister subreddit, RedPillWives (RPWi), and exploring their wiki.

Please note, we are not the original authors of these posts. We'll be offering our insights as both moderators and active community members. Our objective is to provide you with a curated guide that can serve as a cornerstone to understanding RPW principles, while revitalizing some enduring ideas.

One of the questions that regularly gets asked on RPW is, "What is Femininity?" Camille answers this question with her write up and wiki post 'Psychological Femininity'.

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

What I learned about respect at work

morbidityofanother · 17 November 2023 · Archived copy · Reddit

At my job, I'm learning how to work in a new section on my department. My trainer, a married middle aged man, was telling me that he had a door that needed to be fixed at his house, but that his wife wouldn't let him do it. He had looked it up on the internet, gotten the tools to do it, and was just about to start fixing it when she walked in and told him to stop and said she just wanted to call someone to fix it. He told me that had wanted to try fixing things around the house for years, but she never let him, and so he figured he must not be good enough to do it. He tried laughing it off like it was a joke, but it obviously wasn't. The level of sadness and shame in this man's eyes and voice when he was telling me this... It was palpable.

I felt the need to tell him that he should try fixing it anyway, and surprise her with it when she gets home. Maybe that wasn't the right thing for me to do, but when I said that, he instantly lit up. I just couldn't handle seeing him so sad, and he was a lot happier the rest of the day.

We as women tend to think stuff like that doesn't matter, but it does. Men love to help us and to feel capable. Let them.

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UPVOTES

Is this what most men would consider the female equivalent of getting flowers?

Sure-Material2129 · 30 June 2026 · Archived copy · Reddit

I came across a discussion asking what's the male equivalent of women receiving flowers is. The top answer by a man was "a blowjob," and many men agreed with it. Only one man who disagreed was heavily downvoted and was called a "simp" and "feminist."

Do you think this reflects what most men actually feel or is it more representative of the kind of people who participate in those online discussions? I'd especially appreciate hearing from people in long term relationships about what they think the closest equivalent is.

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UPVOTES

An almost hilarious transformation

Goddess_of_Light · 7 July 2017 · Archived copy · Reddit

Hello, my name is Goddess_of_Light, and I'm a recovering riot grrrrrrl SJW Feminazi.

I say that with all sincerity. I was the girl with the buzz cut, nose ring, boy clothes, nasty attitude, 2 divorces, no college degree working in the restaurant industry, single 1/2 time mom, and not awesome personal hygiene. So, what happened? Jeez.

I met a man. Like, THE man. He is a man's man. He's a therapist, woodworker, fisherman, strong absurdly attractive fit American-Italian, ruthless honesty, integrity, leadership, a house, a boat, ALL of it. Like, the total package. He's 30 and never been married, no kids. And in spite of all the things above he picked me. The way he recounts it, he said he saw something special when I played music in front of him (the one place I had allowed my true feminine power to actually come out).

I've been lurking this site for months. I've read The Surrendered Wife. I listen to Alison Armstrong like my life depends on it. I think the craziest thing is, by being with a man like him, I started naturally gravitating into becoming the woman I am today.

It's like, I intuitively wanted to please and support him even though it went against EVERYTHING I grew up believing and had bought into. I slowly allowed him to be the Man (because he's the kind of man who essentially just commands that with his presence) and I naturally fell into becoming a woman. I'm completely sexually available, not from a place of obligation, but from pure joy. I dress and act feminine, even dyed my hair blond and lost 15 pounds. Took out the nose ring. Got a job at a law firm. I keep the home spotless. I support him at every turn without being critical. I am receptive to all of his gifts (even when they don't look the way I "think" they should) And the fucking insane part is how much I enjoy it. Like, I'm so happy.

There is still, however, this internal conflict that pops up. I suppose it's natural after living with rigid feminist ideologies for as long as I did. I started looking for answers and stumbled across Alison Armstrong, who explains the biologies of the sexes and how to work within that framework - and I was so ANGRY because she was so RIGHT! But, the evidence is clear. In my relationship. I didn't know LTR bliss like this existed. I didn't know just how much I was craving to be taken care of and to embrace the power within my femininity. These things may have become intuitive at some level, but I'm hungry for more.

I'm starting to really grasp how much of a fluke it was that I landed the package deal, and I am determined to rise to the occasion. There is still that small SJW voice (He's not trying to be helpful, he's trying to insult you!) that tries to derail me, so I come here with an open-mind and mild apprehension.

I've read these posts and you are some of the most caring, dedicated, supportive, considerate AND accountable, non-victim, courageous women I've ever seen. I am so inspired, and I'm committed to becoming the best version of myself and fully embracing all of these things that still seem amazing, but so foreign to me. I would be honored to be a part of this community and to learn and grow with you wonderful women.

That was a super round-a-bout way of introducing myself, but I want all of you to know just how excited I am that I have found my people!

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UPVOTES

"Even when you're at your worst...you're still amazing"

NewMindRedPill · 27 February 2018 · Archived copy · Reddit

I just want to give a quick example. I think a lot of people believe that when they're sick or in pain they have the excuse to drop their manners and be rude/mean. Often this means they are directly hurting the people who are caring for them.

I've been very sick this week and a few days ago I was in immense pain, throwing up, passing out. Not fun. At no point was I impatient, rude, or mean to my bf and he really noticed (his mom gets mean when she is in any poor physical state). He said that even when I'm at my worst I'm still amazing and everything he ever wanted.

I understand its a lot harder to remain kind and considerate when you're sick or in pain but why make the person who is trying to care for you have a worse time? It takes practice to learn to retain kindness no matter the situation but its important to practice now when we're young.

I've worked at a retirement center where the majority of older people are in constant pain. The older people who use pain as an excuse to be rude/mean were more likely to have been divorced and rarely if ever get visits from their children. They also generally received less care because no one wanted to be near them.

Next time you're sick, practice patience and remind yourself that whoever is taking care of you probably loves you a lot. The more that they love you, the more they will hurt from any mean remarks.

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UPVOTES

N-count

loneliness-inc · 11 November 2018 · Archived copy · Reddit

This started as a comment in a different thread but turned into the length of a post. Being that this topic comes up every now and then, I'm posting it as a post

TRP is a discussion on male and female nature. It isn't an ideology or religion. Therefore, RP men are just men who are more honest about male nature, but there is no difference between the male nature of an RP man or any other man.

Regarding the question itself - feminism brainwashed men to believe that N-count doesn't matter. They did a good job at this brainwashing. However, human nature will always prevail sooner or later and human male nature is to have less and less desire for a woman as her N-count rises. Eventually, this lack of desire will turn to outright disgust.

Let's take extreme examples to drive home the point.

Example one - a smoking hot, 10/10 bombshell beauty had sex with a thousand men. Now she wants to get married. How many men will want to marry her? Very few. There will still be men who'd line up to have sex with her but after a thousand men, that line will be much shorter despite her being a bombshell beauty. Why?

Because women are the gatekeepers of sex. Sex is the main thing that men need from women. Therefore, it's the prime value that a woman has. Each time she gives this value to a man, her value is diminished.

Another angle to this - women are human beings. Therefore, her highest value is when her "being" is in its most pristine state. Because her highest value to men is her sexual value, she's most sexually valuable when she's in her sexually pristine state.

A woman who had only 3 sexual partners may still have enough value (sexual and otherwise) to compensate for her drop in sexual value due to her sexual past. However, this doesn't mean that past sex is meaningless.

Example two - a chiseled, ripped band player travels from town to town doing music. At every concert he goes to, there's a lineup of groupies trying to fuck him backstage. Let's say he has sex with 5 girls a week, that's 50 girls in 10 weeks and 250 girls in 50 weeks. If he's an attractive and successful musician, it's very easy for him to pull this off.

If he does this for 4 years, he'd have fucked over a thousand woman easily!!! Yet, groupies will still clamor to fuck him backstage. Why? Because he's a man of high sexual value and this value is unaffected by his high N-count. It doesn't matter if he fucks ten thousand women, he isn't valuable for his sex, therefore, having more sex doesn't affect his value.

OTOH, a man who falls in love and gets friendzoned time and time again - this man will have his value drop with each time he's friendzoned. Each time just makes him more of a loser.

No man wants to see himself as a loser for giving his heart to a dozen women only to have them put it through the meat grinder. No woman wants to see herself as someone of lesser value just because she got pumped and dumped a few times. But neither of these desires changes the fact that this indeed lowers one's sexual value in the eyes of the other sex.

Conclusion

Human nature is what it is and doesn't care about your feelings or whether you think it's fair. Fact is that N-count lowers a woman's sexual value just like the friendzone lowers a man's sexual value. There's a reason societies of old married virgins...

Cheers!

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UPVOTES

How I learned that nature can **not** be outsmarted.

Ruinedgirl22 · 2 October 2018 · Archived copy · Reddit

I still laugh remembering my mindset when I first got involved with the guy who ultimately alpha-widowed me. “I’m not like those other stupid girls. I could never fall for a guy out of my league.” I was aware of his smv against my own, that he’d never commit. It was so cliché, and I thought that I was *so* much better than a cliché. “I’m just going to hook up with him for the new experience and move on with my life.”

I genuinely thought that hooking up with him would have no effect on me, that I’d simply be able to look back at the memory and laugh. I thought I was *way* too smart to become one of “those girls”, the ones who pine and cry over a guy who sees them as an easy lay. I believed that because I was aware of the dynamics, I’d be exempt from them.

Ha!! It took us *kissing* for me to get attached. For him to infiltrate my mind. After having sex, I was basically his. I didn’t know it then (or didn’t *want* to know it). I kept pulling excuse after excuse out of my ass for not being able to leave him alone, for putting up with so much. Anything to not have to believe that I was one of “those girls”. I would muster up the balls to cut him off only to come crawling back once I realized I didn’t want anyone but him. That no one could compare. Move on from him? Ha!

It took 18 months for me to finally admit to myself that not only was I one of those girls; I was even worse. I knew exactly what I was getting into and *still* succumbed to it. I was so prideful, so delusional, SO sure that I could beat nature. Now all I can really do is laugh.

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UPVOTES

How to treat men right: #14 Don't bring a problem to him if you don't want a solution.

TempestTcup · 30 July 2014 · Archived copy · Reddit

Kristal Garcia is doing a series called, [100 Days on how to treat men right and lead with your heart in relationship and daily interactions with men](#) and today's post is a really good one.

Men are problem solvers. Your boyfriend/husband is protective of you, cares about you and hates to see you distressed. He wants to keep you safe and wants to help you. When you come to him consistently with the same problem but refuse to let him help you solve it, you're only going to frustrate him.

Edited to add that her other 13 posts in the series are also really good and [she has an interview here](#). She is a sex worker (who better to ask about pleasing men!) who has gone from feminist to men's rights activist.

Here are a few of her other posts if you need a good dose of wisdom!

1: Know the difference between nurturing a man and acting like his mother

2: See the man before you

6: When he comes home from work, give him space for an hour to unwind

7: Tell him how much he means to you

11: Trust him

12: Be sexy

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UPVOTES

Regarding Subreddit Bans

PhantomDream09 · 10 June 2015 · Archived copy · Reddit

There seems to be a lot of chatter regarding this topic at the moment, so here are a few things to keep in mind.

1. http://www.reddit.com/r/TheRedPill/comments/217tb6/meta_offtopic_general_reddit_censorship_we/ - There are back-up forums ready and waiting to be utilized that have been set up by /u/redpillschool
2. Keep a note of the RPW and TRP chats, that's a really convenient way to connect with other users and stay up to date
3. If there are links, articles, comments, or threads that you find useful (or that you spent a lot of time writing) - just get in the habit of copying and pasting the material onto your personal computer in a Word document (or you could even save them as email drafts). That way, regardless of what happens, you'll always have access to certain material.
4. Don't panic, and don't stress. It won't accomplish anything, and it'll just distract you.

Have a good day everyone. :0)

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UPVOTES

He brought 'the wrong thing,' and I thanked him for it.

rachaelfaith · 31 August 2015 · Archived copy · Reddit

Just a simple little story of appreciation and a more thoughtful approach.

I did a dumb thing and left my Invisalign trays at home this morning, and was halfway to work when I realized I'd forgotten them. For those that don't know, Invisalign braces are supposed to be worn 22 hours a day to be effective.

When my boyfriend woke up and texted me to say hi, I said I was disappointed that I'd left them at home, and it would probably set me back a day in my overall progress. He very sweetly offered to bring them to me, a 40 minute drive each way, on his only day off.

When he brought them to my work, I realized he'd brought last week's trays, not the ones I needed. But what good would it be telling him that? If he hadn't brought them at all, I'd be in the same position I put myself in initially. If I did tell him he brought the wrong ones, I might make him feel bad for doing a very nice thing, and he might subconsciously (or consciously!) hesitate to offer to do something like that again.

So I didn't let on one bit about the trays being the old ones, said thank you, gave him a kiss, and sent him on his way. He'll be coming home to his favorite cheesecake dessert tonight, and a very *appreciative* (ahem) girlfriend. And I'm putting an alarm reminder in my phone to make sure I have my Invisalign with me each morning, from now on.

p.s. If anyone here is interested in learning about Invisalign (image improvement/self-confidence improvement, yay!) feel free to ask or PM me, I'm happy to share my experience.

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UPVOTES

On Screening Potential Long Term Partners: Questions to Ask Yourself Before Getting Serious

crush-tear-curl · 26 January 2019 · Archived copy · Reddit

So, you like a guy and you're wondering if you should take your relationship to the next level. Below, I've listed some of the important traits you should consider before embarking on a serious relationship. It's filtered through my own tastes and preferences, but I've tried to make it general enough so that it applies to women in general. For some of the options, there's no right or wrong answer, but it's important that you're both on the same page.

- Conscientiousness/follow through. When he says he'll do something, does he do it? Or is he a terminal procrastinator? Is he dependable?
 - Nagging is unattractive to men, so get a man who doesn't need to be nagged and will do the things he's supposed to do without you having to play the role of his mother. Common advice here is not to nag a man and to inspire him to do his best by being loving and attentive. News flash: this only works if your husband isn't an irresponsible slob.
 - In a similar vein: cleaning. Is his house decently organized? Are there giant piles of dirty dishes in his sink? Are all of his belongings in huge piles, or neatly stowed away? Does he arrive at events on time? All of this is tied to conscientiousness.
- Attitudes about money.
 - How much does he spend on luxuries, like eating out and going on trips? How much does he save every month? 40% of adults cannot cover an emergency expense of \$400, which means that a majority of adults are grossly financially irresponsible. To what extent does he value "enjoying the moment" vs. saving for the future?
 - Is he generous? Does he want to treat you, or does he expect you to Venmo you back the \$3.32 for coffee? Is he comfortable with you treating him? (The extent to which your finances are entangled will probably change over the course of your relationship as your status goes from date>girlfriend>long term girlfriend>wife, but enduring attitudes about money will not.)
- Family.
 - Is he on good terms with his parents? Will his family make your life difficult? Did his parents model a healthy relationship when he was a child? Do they expect to have a role in raising potential future children? Do they have different cultural expectations than your family? How loyal is he to them (e.g. would he loan his sister money or let her stay at his house if she was down on her luck)? What kind of family dynamic does he want with you?
- Attitudes about work.
 - Some people consider their job to be a focal point in their life. Some consider it a life goal to earn as much as possible. Others consider their job just something they do so they can live a comfortable life. Where does he fall on the spectrum? How much of his life and energy does he want to devote to work, vs. other things (like hobbies, spending time with you, raising a family)?
 - Are you on the same page with regards to having children? Do you have similar philosophies about what role the parents should play in child rearing?
- Dealing with conflict.
 - Sometimes, you'll need to be direct and tell him that something about his behavior needs to change, or you'll need to address a problem in the relationship. Is he open to criticism? Or does he get angry and lash out? Does he refuse to talk about certain things, or get prickly and irritated often?
 - When he comes to you with problems, is he tactful and direct? Or does he stew in his own discontentedness before he finally explodes? Does he readily tell you about things that bother him and provide a reasonable

solution?

- Emotional Calm/Stoicism. Does he complain a lot? Does he panic when things don't go according to plan?
- Respect.
 - Does he respect you? Does he value your opinions and preferences? Is he respectful to your friends and people like service and retail workers?
 - Alternately, do people respect him? Will he be a doormat if other people mistreat him or you? Can he stand up for himself?
- Humor! Does he make you laugh? Do you feel relaxed and happy around him? Or do you feel like you're putting on a performance?

Things I think are OVER emphasized when it comes to relationships:

- Shared music/hobbies/TV shows. I consider this to be the icing on the cake, not a core part of the relationship. If you can spend extended periods of time together and enjoy each others' presence, that's good enough. If you have fun hobbies you share, all the better. But I don't think it's by any means important that you like the same music, TV shows, or activities as long as you can spend time together while enjoying yourselves. He can go hiking with his friend Paul and you can play the violin on your own time. It's important that you have lives outside of one another.

This is my opinion, and the things I thought about when considering my relationship. Interested to hear others' thoughts on the matter, too.

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UPVOTES

Have you ever HAD to hang out with your husband's ex girlfriend?

NationalMouse · 24 July 2019 · Archived copy · Reddit

We've been married for 6 weeks but together for almost 4 years. He dated his ex for 7 years, which was about 10 years ago, and broke up because she, understandably, wanted to get married and he knew he didn't want to marry her. They have NEVER been friends since the break up.

She is still friends with his friend's wife and she is always trying to hang out with his group of friends. Out of respect for my husband and me, they never invite her when we all hang out.

She also recently reconnected with my SIL, which feels like a huge boundary is being crossed, but whatever. I saw the Ex at a baby shower for his friend (it was women only) and she made snide remarks about the fact we were eloping. I told my husband (then fiancé) and he decided to block her on Facebook. His Ex went and told my SIL about being blocked and SIL called my husband to yell at him over it.

Now she made sure to be invited to my husband's friend's surprise party by offering to host it at her house. Keep in mind that we celebrate this friend's birthday every year and she has never been invited (my husband has known him since 3rd grade). Of course my husband told his friends that we would not go if it's at her house so they changed the location, and now for the first time in 4 years she is invited.

I feel really uneasy about her after everything she has done. I get the vibe that she is pretty conniving and manipulative. I don't know how to act and how to treat the whole thing. Am I just supposed to pretend her actions don't bother me? After 4 years of knowing and loving husbands friends, I have never had to hang out with her. I don't mind if it's just this one time but I feel like she is desperately trying to become a permanent fixture in his friend group and that bothers me. I need advice!! Thanks in advance RPW.

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UPVOTES

News on The Red Pill; Reddit's Major Blunder

LuckyLittleStar · 2 October 2019 · Archived copy · Reddit

Some of you have heard that Reddit had officially decided to close [/r/theredpill](#). This started when one of Reddit's admin, [/u/acuddlybabytapir](#), sent [/u/redpillschool](#) a notice that it would be closed. After RPS made a public announcement on TRP and other subreddits [/u/acuddlybabytapir](#) sent a follow up message that the first message was a mistake, and TRP would not be closed.

Screen shots of messages can be found [here](#)

Takeaways:

1. TRP has not been deleted. However it is still *quarantined*. This means you can still access it, but you must type "[www.reddit.com/r/TheRedPill](#)" directly into the search bar to see it.
2. As far as we know TRP is being watched closely by Reddit, but they have not decided to remove it at the moment. If Reddit does decide to remove TRP, it will probably be done without any prior warning. That is how they have removed subreddits in the past.
3. Since TRP could be removed at any time, the mods of TRP have spent a lot of time and effort preparing for this. **TRP.Red** has been created as a substitute for TRP. They have achieved tons of articles there. It also functions as a forum where users can post blogs, or even podcasts.
4. RPW has not received messages like this, or any indication we are on Reddit's "naughty list". Due to the unoffensive nature of RPW's discussions, the Mods do not anticipate it is highly likely that Reddit will remove (or quarantine) RPW even in the event that it removes TRP. However the fact that we are directly associated with TRP makes that not impossible. Thankfully [/u/redpillschool](#) has graciously allowed us to use space on TRP.Red. Many of our top articles have been stored there, and there will be a tribe for redpillwomen discussions.
5. You can subscribe to TRP.Red at any time, and even verify your reddit username. No matter what happens with Reddit, we have a back up plan.

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UPVOTES

So I Met Someone

XxKawaiiCupcakezX · 11 October 2019 · Archived copy · Reddit

Well, I decided I'd Post This Here just to see what you fellow ladies think..

First of all, I am a 27 year old black female(virgin), who really hasn't put herself out there on the dating scene, due to self-esteem issues(12 years of my school years being heavily bullied for not being like my peers) and a Overprotective Sheltering Mother, but now that I'm 27 I've decided enough is enough, if my Mom(45) can go with a guy one year older than me, she can't say a thing about me finally going into the dating scene and wanting to look pretty and cute for a change.

A Fellow Employee of mine suggested that I try online dating...Now I'm one of the nerd gamer type like girls, who really is happy and peppy most of the time(IF I take my iron pills like I'm supposed to), I also look ALOT younger than 27, people assume I'm 19 or in my early 20's, for years I've seen this as a set back, but now I've started to see it as an advantage. I'm also a Web Designer, eventually I will move from the town I'm in as it really doesn't cater to technological degrees.

Met this guy on OkCupid,(white, 31), very handsome, one of those "bear" types yanno. He's into anime/gaming, conspiracy theories and other silly things in nature, like I am. He renovates and refurbish homes and sells them, by night he works for Uber Eats. So, he always keeps himself working, something I like. He was very excited to meet me, so eventually we do meet after I get off of work..

We had dinner, we went to a Thrift Shop, had Boba Tea, it was my first date and I enjoyed it, I was happy and genuinely smiling, he was shy at first, but as the date went on he got more confident and relaxed as he could see I was clearly having a great time. Last Date I've ever had was 10 years ago, it was a Prom Date, and it was more of a Trashy Club Party, than a Prom, so I don't really consider that day a date. But, I had fun with this guy I met online.

I also had my first kiss that night, don't know if it was too fast, but I did enjoy it...However he has told me about his past, he was once married when he was alot younger. His Parents are also Massive Bible thumpers and don't allow him to come to family visits, due to his previous wife being Bi-Sexual, as a Christian myself, I think it's appalling what they did to him.

What Advice Do You Ladies Have? Is it possible to find the right guy for the very first time or should I date more first(he's told me to take as much time as I need) Also for his past do you think I can do something about it, what should I do? His Birthday is coming up soon, should I do something for him or not(I've been thinking of baking him a cupcake)? Sorry if I'm asking alot of questions but this is a new and alien experience for me.

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UPVOTES

About to become a single mom... Is there any hope?

MizzGia · 13 May 2020 · Archived copy · Reddit

I'm not sure why I'm writing this... Hopefully to be consoled, but if not, to prepare myself emotionally for the battle ahead.

I was just called by my aunt, asking if I'm willing to take my cousin's children. I'm the only one in my family able to take them. It is unlikely they'll regain custody, so they'd prefer to keep them out of foster care.

I'm 20, moved out, I have a full time job nannying. (\$25/hr. This isn't your average highschool gig) It's not perfect timing, but I'm ready and willing. This has been a long time coming.

I just wanted to know what the likelihood of me finding my captain will be?

I'm relatively nice looking, I keep in shape. I care for myself meticulously. I was raised religious, and my parents have a very positive redpill-esque marriage that I've always wanted. I'm worried men won't even look at me twice.

I'm heartbroken, for them, their parents, but also for the part of myself I may be losing.

Throwaway so it's not linked to my actual Reddit, but I do post here occasionally, and I've been an avid reader/lurker for two years.

ETA: my comments are being auto removed because I made a fresh throwaway and it doesn't have enough karma for this subreddit.

I am the only financially stable adult who actually wants children. My brother just out of the army. All the grandparents do not qualify. One couple the husband has a record, the other is a widower living on SS, and my parents are still raising my younger siblings. Neither mom or dad of the children have siblings ready or willing.

I am sure. I've always wanted to adopt, just not in this timeline. And I've discussed it previously with my aunt when the first issue came up, and the second. I have a good support system, a good job, and I've worked with children with special needs my entire life. I've been in these kids lives since day one. To clarify the running question before I respond to comments.

Comment from a few minutes ago that a mod told me to add here for context:

There is no one else. My parents are too old, my cousin's dad has a record, and the boyfriend's parents are both dead. My brother is in the army, and their siblings are all under age.

I grew up with my cousin, and when she got pregnant with her first, I knew it was a possibility. I've done what I can to make sure I'll be approved, and waited. She had her daughter and her son back to back (14 months apart) due to her bad choices, which she's been open about.

I know this will 'wreck my life'. I'm thankful to all of the kind comments that are still admitting the truth. I know it'll be hard. But nothing in life is easy. And I couldn't live with myself if anything bad ever happened to these children. I don't want them in foster care when there's a ready and willing adult who has been present in their lives from day one.

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UPVOTES

My husband doesn't like his job.

zsadiist · 26 May 2020 · Archived copy · Reddit

I'm wondering if this is how lots of guys feel, or if this is something that should really be addressed.

My husband is a mechanical engineer in a managerial position at a major company. His work involves coordinating the work of lots of different people. If any one of the teams he works with is late in producing their work, it affects the entire end product (and indirectly reflects on HIM). In addition, many of the teams he works with have goals that are diametrically opposed (one group is tasked with ensuring the product's safety while the other group is tasked with ensuring on-time delivery and cost-effectiveness, etc.) This causes him a lot of stress.

Before he got his degree, he used to be a blue-collar worker kind of "on the other side of" his current job. He sometimes muses that he would be more fulfilled if he had not gone to college and instead progressed in that career track. He would have taken on apprentices, etc...

He dreads going back to work after the weekends.

At this point in my life I can't much relate to that feeling. I hated being a student and getting my degrees. At several times in my life I thought I was at risk of losing my scholarship and effectively getting kicked out of school, so I have experienced dread and stress, etc. but I really LOVE my job now. Even on pretty shitty days I can think to myself "Eh, this ain't so bad." The only thing that really got me through those times when I dreaded Monday was knowing it would eventually end.

I don't want him to be miserable in his job and having endless stress and shitty days for the rest of his life.

When I ask him, "Is there any job that you could be happier in?" he says "Yeah, dogwalking. But that don't pay the bills". When I ask him if there's any part of his job he does enjoy, he says he often gets to prove his skill and be vindicated in disagreements, etc. He does enjoy explaining his work to me.

He gets tons of raises and back-pats and promotions, and he's the only person who's recently been able to tolerate that job for very long. Before him, they had like fifteen people take on that job and 'wipe out', in the space of three years. In some ways I guess it kind of satisfies his "killer instinct".

In that sense, I wonder if this is normal for men— not enjoying their job, but feeling the drive to be a provider and prove themselves in a difficult job.

Is this attitude normal for men in their jobs?

I try to make his home life as relaxing as possible, and I make it clear that if he needs to get out of this job I would support him. Any extra tips for making a man's life happier when he's in this position?

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UPVOTES

I used to be the prettiest girl around but I've hit the wall and I'm struggling with self confidence

myangryside · 12 July 2020 · Archived copy · Reddit

Up until I met my now husband and started having kids, I could have any guy I wanted. I had constant orbiters, multiple guys would fly across country just to meet me, I was constantly paraded with gifts and free things. I thank the morals my parents instilled in me that I never became a one-night-stand girl and that once the attention got too much, I shut down social media instead of becoming a twitch girl like so many guys begged me to become.

I wanted to settle down and I did. I met my husband, who also flew across country to meet me and I am now pregnant with his second child. I'm just feeling low with self confidence, not to the point where I'd do anything rash. I got an advance from an old friend who perused me when I was 14 and he was 23 at the time. I showed my husband immediately and blocked him. I refuse to get confidence from other men. But my husband doesn't compliment me anymore, make me feel pretty or anything like that. I mean, I get it, we've been together for 5 years, I definitely am not as hot as I used to be (I have stretch marks and loose skin from our first). He is quick to comment on other women's attractiveness though.

I know in a way he's wrong because I'm sure a bit of him does it to make me jealous but everyone has flaws and it's not like I'm perfect in our relationship either but I just don't know how I'll ever feel pretty again. I've gained weight from pregnancy (of course), and I'm sure I'll lose it when this pregnancy is over but it's more than that. I look at young girls these days (I'm 28 but obviously not 18 anymore), and I feel competitive? Wtf why?? Trying to embrace myself and my flaws but it's not working. I feel like my best days are far behind me even though I'm most likely still objectively attractive. Where and how do I find this inner self confidence that spans age and flaws? I'm tired of my internal self consciousness trying to compete with teenagers.

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UPVOTES

I really like Laura Doyle's Empowered Wife book. Here are my favourite tips. What are yours?

Ok-Fan5286 · 21 April 2021 · Archived copy · Reddit

1. Take it easy and relax
2. Apologize for being disrespectful
3. Find ways to express desire by saying what I would enjoy.
4. Refrain from complaints. Complaints sound like criticism
5. Do 3 items of self care per day
6. Be respectful by not challenging his thinking, deferring to his thoughts and letting him lead

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UPVOTES

Having Career/Degree is Important to Men

Pretykity · 24 June 2021 · Archived copy · Reddit

My main focus joining this group three years ago was to learn how to form a successful and lasting relationship with a man, especially in the context of marriage. This started to become a journey to improve myself in every area of my life. Being a great wife is just a small facet of being a woman. We are mothers, sisters, daughters, friends, coworkers. Its limiting to think that all we offer as women revolves around men. I made this post to state my thoughts on a comment I have seen made since I joined this group. That how much money you make doesn't influence the kind of man you marry. That men don't care about how much a women makes. I doubt a woman goes to college thinking that getting a degree will make more men interested in her. Having a degree is a vital way to advance your life, be it benefits it brings to you living a financially stable life, having a back up if you were to get a divorce or husband passed away.

Women marry across and up the economic ladder for the most part, so how successful the man you marry is can be influenced by your degree. The environment you are in, the place you live and the people you meet depends on how much you make. When you work to advance yourself financially, that shows you have the ambition, grit and persistence to accomplish a goal. And the benefits we gain from that is confidence in ourselves that we can take care of ourselves in life. That is admired by men. How many men would agree to being financially responsible for a girlfriend? If they didn't care about how much you made or your degrees they would have been okay being financially responsible for you. They do expect and like independence, although they might not hold the same expectations after marriage and kids.

I grew up poor and that shapes the way I look at financial independence. The life I would lead if I have not strived to get out of that vs where I am at now is a stark difference. There is value in ambition and having high aspirations. So I think those comments are completely unnecessary and false and misleads women into thinking that having a career is not valuable.

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UPVOTES

Not sure what to think anymore

lizzygarc · 25 June 2021 · Archived copy · Reddit

Hey, I am 36. My husband is 38. He moved out about 3 weeks ago, we haven't talked much since. We have a 5yo daughter, 3yo son. Both of us work full time, we both earn good salaries but not loads. He earns very slightly more but our salaries are similar. All my life I would have described myself as a feminist however I am now starting to question this. Since we've had children, we have had not a very happy relationship. He is very lazy when he is home and just wants to sit and watch tv rather than do stuff with the kids or do housework. Whenever I get him to do stuff he always complains and we often have fights and it wasn't going very well. He says I never thank him when he does do anything and I said it is his house, he is equally responsible for keeping it clean as I am and that I would thank him if and when he fully pulled his weight. However before kids our relationship was great and I am still convinced deep down he is a good man. I discovered that he was having an affair with a 21yo (the age gap still makes me cringe) who has now broken up with him. This is what ultimately caused him moving out. I asked him what made him want to cheat on me and what made him not be happy and he said that she 'made him feel like a man'. At the time this made me livid and I had a massive go at him about how he shouldn't need me to make him feel like a man and that a proper man wouldn't cheat and would pull his weight around the house. However over the past 2 weeks I have reconsidered everything! I have thought a lot about how great he was before kids and how I still thought he was a good man. It made me reconsider if what I did, how I acted and what I expected of him was right. I've felt bad for quite a while about going back to work, I do care about my kids loads more than work and I felt really bad about that but I told myself that I wanted to go back to work to be an example of a strong independant woman for my daughter. However I reconsidered this and am doubting whether I should have been valuing my career so highly. I did some googling and came across your community! To start with ngl I thought you were all forced into this and indoctrinated into think this, but the more I read of your posts the more I realised most of you were very happy and the more I began to doubt my life choices and question that this is maybe what will be best. I am convinced my husband is a good man and that is what makes me question all this most. Also I really do want to try and fix our marriage, I don't want to divorce as I know it'll be tough to find someone else and also will be terrible for the kids! However part of me is just so embarrassed at even considering this and I feel too embarrassed to tell any of my friends, I made a new reddit so they won't see hence why I have no previous posts! Just want to get a bit more information about this cause I am so on the fence and doubting everything and also feel embarrassed to talk to anyone so I haven't told anyone at all I am doubting everything! I just need to know more info about what its like and giving up everything terrifies me so much. Sorry for such a long message

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UPVOTES

UPDATE TO: How do I date a guy who seems a bit too interested in sex and not really romantic?

Ididityoudint · 28 July 2021 · Archived copy · Reddit

Thank you all who responded last night. When the thread was hot, this guy responded to me.

I said in a nonchalant way that I noticed he doesn't really ask about my day. Apparently, this was enough to make him blow up. He told me he didn't think this would work out as he doesn't need this after a stressful day at work. I told him I was just asking a question, and that id leave him be.

Well, I'll keep my word permanently. He never asks about me or seemed to care. But I have a feeling he will be back when he's horny. I'm still keeping my word. Already chatting with other men on dating sites so it isn't a loss. A good lesson that if I have to ask him to ask me out, it's a no go. Thank you all for your advice!

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UPVOTES

So I started nannyng

leinlin · 6 August 2021 · Archived copy · Reddit

and man, who ever says taking care of kids isn't a job hasn't done it. I had much fun but after only three and a half hours I lay in bed now, exhausted, and just realised that parents do this all day everyday, non stop. Much kudos to you! Your effort is definitely under-appreciated in our current culture.

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UPVOTES

Analyzing the fallacy “I won’t settle for less than I deserve”

bdaydragon32 · 23 August 2021 · Archived copy · Reddit

About this post

This is the complete analysis of the popular phrase “I won’t settle for less than I deserve”, here I explain how this mindset leads women to never find a partner, the narcissism behind it, and how objectively knowing your value with your flaws and your qualities will allow you to not only have a partner but also to make him happy. I also explain what is what you actually deserve, the types of the thing you deserve and the difference between what you want and what you deserve, how to get what you want without anyone having to owe it to you, and how to deserve what you already have.

Brainwashing

Growing in the 2010s with 3rd wave feminism being a gospel and female “empowerment” the subplot of all lectures at school, I’ve witnessed how this phrase has stuck to the brains of women all over the western world even so that I hear it in redpilled and antifeminist spaces, it is sickening to observe the extent of the popularization of the mindset behind it, and before getting into the actual breakdown of it, I took the time to compile some of the most important points of the mentioned mindset:

- "I'll take as much time as I need to find my perfect man": women whose motto is this, believe that there's always time for them to meet people and they will be worth as much or even more as before so why rushing through life? We all are going to live forever.
- "I'm worth whatever I say I am": their worth as potential partners is based on the mental idea they have of themselves and no one can say otherwise.
- "What I want is what I deserve and I want a perfect person": if their partners want perfection they have to be perfect. Period.
- "You don't think the same? Why do you hate yourself so much?": they think that objective opinions of oneself are clear signs of low self-esteem.

At this point you probably know where we are going...but let's get right into the analysis.

What is what *you* deserve?

The meaning of “deserve” has been modified throughout the years, but here's the real definition:

“to have earned or to be given something because of the way you have behaved or the qualities you have”

This means that what you deserve are the good or bad things that you have to receive according to what you've done or what you are. For a better understanding of what you deserve, I'll classify them into 3.

-*The things that you deserve inherently*: these are all the things that you deserve simply because you exist, these are:

- Human rights: for example, you deserve a life free of torture, so if your partner physically punishes you, you don't deserve it and you have to protect yourself or ask for protection.
- The laws of your country and state (or province): all the rules and laws that protect all citizens, for example, if your country grants you a lawyer because you're going through a criminal trial, you deserve that lawyer.

-*The things that you deserve as consequence*: these are all the punishments, compensations, and prizes you must receive because of what you've done or what you haven't, but, very important, you can't annulate the things that a person inherently deserves to punish him/her. Examples of things you deserve as a consequence of your actions can be: if you got divorced, you deserve paying or receiving a pension or child support; If you steal things, you deserve going to jail; if you work you deserve your paycheck.

-The things that you deserve as an agreement: everything that you must receive because there was a previous agreement. People can't read minds, if you spent 5 years with a guy and he decides to break up and you put your whole life in stand by for him to marry you at some point, he doesn't owe you that, if you just hoped but never said anything, you don't deserve that he stays with you. Or if you agree with your husband that you will live together forever but he decides to leave you, there's no law that can protect you from that but you deserved him to stay based on a previous agreement.

Achieving what you want over what you deserve

So you're probably thinking "oh then I don't deserve a guy that I like with all the characteristics that my ideal men have?" Well, no, but you surely can get what you *want*.

And getting what you want comes from what you can do to get it, we all are here to discuss the red pill dating strategy, the different ways you can get that special person to spend life with.

Wanting a kind, loving, and caring man isn't something bad or unreachable, but wanting something means that you have to move, risk and make some effort to achieve it.

Having good self-esteem is believing that you can get what you want without anyone having to owe it to you

We are often told that if we don't think we can wait for the perfect man to fall from the sky and beg on his knees for us, we have low self-esteem, but that statement is merely narcissistic. Narcissism hides lots of insecurities, it is painful and arrogant, and they will never admit they feel lonely or sad. When you have good and healthy self-esteem, not a low one, that makes you think that taking away your rights or respect is what you deserve or a high one; is trusting in your strategy, believing in yourself, having the confidence to make agreements with your partner, to communicate with the person you love, to take care of your body, to respect the person you spend your life with and not to ask him to buy you everything you want with a sad entitled attitude.

Having healthy self-esteem is looking after the well-being of your loved one without thinking that that is degrading you somehow, is knowing that the other person deserves things and actions too and you have to respect them.

Giving another person, especially the person you like or love, the same treatment you want to receive, isn't humiliating yourself, it is humility and the basic polite thing a person can do.

Deserving what you want and wanting what you deserve

And of course, wanting something and actually planning to reach it has its details. Your plan has to have 3 characteristics, it has to be reasonable, realistic, and coherent in time, place, and resources. If you're planning on getting the perfect man or the perfect life with your current partner, it is very important that you analyze and objectively identify your qualities, flaws, and the moment of your life you're living in right now.

For example, it is less likely for you to get a man if you have children or if you're above 30, and you have to plan accordingly, the dating pool is quite something. If you want to have fun for a moment and ponder a little about your standards I recommend you taking the [Female delusion test](#) if there's just a tiny probability of you getting the man of your dreams you should probably lower your standards, and remember that the perfect men aren't the richest or the tallest, there are tons of characteristics that a person can have and that can complement yours.

If you already have a wonderful man by your side, make yourself worthy of deserving him and what he gives you, invest time in your partner, that doesn't make you a tortured slave as many blue pill women think.

Conclusion

Not believing in these fallacies will save you from being a spinster, from a lot of stress and bad decisions, knowing your worth in a healthy realistic way will help you build a beautiful relationship with the right person.

I would love to know what you all think, and if I made any mistakes, let me know too, thank you!

If you want to where aaaaall this came from [Check my references out](#)

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UPVOTES

A Love Letter to the Sundress

SunshineSundress · 15 November 2021 · Archived copy · Reddit

Foreword: In the grander scheme of things, wearing dresses and looking girly doesn't count for much at all if your attitude and behavior is lacking, or if those are things that don't matter to your man. Girl game is far more important, and there are a plethora of other fashion styles and choices that are also suitable for RPW. However, if you're open to suggestions and looking for a way to upgrade your style AND you're doing good with your girl game, this is a fun, light-hearted read!

As many of you can tell, I like **sundresses**. They're a quintessential part of my wardrobe. I wear them the entire summer, unless some pesky mosquito riddles my legs with bites and I have no choice but to put some pants on while they heal. In the colder months, I wear them in darker colors/moodier patterns and pair them with tights, sweaters, or cardigans. They're pretty much here to stay year-round.

This wasn't always my style, though. Back in the day, I actually preferred **hypebeast street style** and **grunge-inspired** outfits. I made a conscious effort not to look dainty or girly or classy or overtly feminine - I was not like other girls (barf 🤢) after all. Instead, I aimed to look edgy, "cool", and sexy. And you know what, I'll be honest: I still got some male attention dressing like this, and I'm sure many other women who dressed like I did got that too. What I did *not* get, though, was attention or attraction from the kind of guys I wanted - the masculine, benevolently protective men that I would happily follow.

Then I found RPW. I started making changes to my attitude, my dating strategies, and my overall outlook on life. I also realized that men and women are attracted to different things: I may like my men to look cool and edgy, but the men I wanted did not want that from me. Instead of being angry that the men I liked were turned off by my **cakey grunge makeup** or didn't treat me like a lady when I **dressed like a "sexy" tomboy** like I used to, I began to accept that I should **dress for the man I wanted** if I wanted to use style as a part of my sexual strategy.

But I also realized that I was *single*, and I didn't have one exact type or preference for the man I wanted. I liked the pragmatic and assertive business man as much as I liked the idealistic academic. I was as intrigued by the frontman of the popular local band as I was by the gentleman sitting next to me at church. I liked guys my age, men significantly older, and everyone in between. I was young and still soul-searching, so even though my type of man is much more evident to me now, I had no idea when I was 20. How do you effectively use your style as the powerful tool in your RPW arsenal that it is when you don't know exactly who you're trying to target? How do you cast a wide net and appeal to almost ALL the men who could potentially be yours?

So I did a little research. I did what any other person raised in the internet age would do, and went to **r/askmen**. I found **this thread** asking men for their favorite outfits on women, and the top comment, with 3x more upvotes than the post itself, told me that sundresses made men weak in the knees. Since then, there have been **even more threads** covering the same topic, and time and again the men are still saying sundresses.

Here are some quotes from men on their love for sundresses, and more importantly, **WHY** they love them so much:

- "Sundresses are the pinnacle of women's fashion in my personal opinion. **Classic, simple, eminently feminine**. Also, women in sundresses always **just seem happy** for some reason. That in and of itself is highly attractive."
- "I think it's because they are **casual** and yet can be **incredibly elegant**. It's the perfect combination of the two. It's like I get to see my wife all dressed up for a gala charity event, but with the twist that we're just going to get a beer on the patio."
- "It's more the **perceived femininity** than the exhibitionism that makes a number of men think about it for a

while. Less Victoria Secret (not that we dislike that), more ... **it hits the heart more than the libido.**"

- "For me is truly something about cuteness separate from just straight up sexiness."
- "I wonder if the idea of the flowy dress is hot because **so few women wear anything that lends to the mystique of what's beneath** nowadays. I mean, with the outfits women wear commonly, you practically already know what they look like naked."
- "Gonna be honest, the reason I like them is because they are viewed as kinda **classy and nice and innocent** but they are also **sexy**, and revealing, and for some reason I always feel like I may get a sneak peak on a windy day or something (even though it never happens, lol). Love it when my wife wears them!"
- "They are just generally flattering and casual and I dig it."
- "**It's the difference between beauty and hotness.** The **beauty** of a woman in a sundress **tugs at the soul of a man**. The hotness of Victoria Secret tugs a bit further south. The feeling of the sundress is like appreciating **fine art**, you can just stare at it and get lost for hours and the feeling of the lingerie model is about as short lived as the perceived action that the guy wants. Not to be so redundant but it's true, the sundress expresses the perception of **fun, playful, comfortable, and being all around approachable**. Couple that with a set of flats and it's a winner for sure."
- "It's because they are light and flowy, a few things happen - 1) they **hint at the figure** underneath, without being too "in your face" about it like a tight dress does 2) when the sun hits it, you get a silhouette without actually being able to see anything 3) when the wind catches it, it will press against that section of the body and it shows off the figure underneath, again without showing anything, and usually in a blink it's gone as the wind drops. Basically it's an **outfit designed for the "tease"**, the "hint" at what lays beneath, whilst still being able to maintain **massive levels of modesty**."
- "I straight up go non-verbal when faced with a pretty girl in a sundress."
- "Sundress makes a woman appear to be very **low maintenance** and **down to earth**."
- "The first time I saw my wife in one I honestly thought she looked like a beautiful angel from Heaven. Had butterflies just looking at her."
- "I've never seen a woman in a sundress look anything but **happy**. But more importantly, they look **present**. Like **in the moment, they're just enjoying being themselves**. If you're just rocking a look and feeling yourself, that's **attractive as hell** on its own."
- "The thing about club dresses, is that I associate them with a negative stigma. While all girls in club dresses aren't superficial, high maintenance, and entitled, it seems entitled, high maintenance, and superficial girls often dress in that manner. And I admit that it creates contradictory feelings when I see these girls. They're sexy, but they remind me of the stereotypical superficial girl. On the other side, when I see a girl in a sundress, she looks **much more approachable and less superficial, and therefore sexier**, even though the dress doesn't emphasize her assets as much as a club dress. Personally, I find them both sexy. But I'm much more likely to hit on a girl with a sundress than a girl with a club dress."
- "It is hard to put to words, but there's something about the **suggested airspace between cloth and skin**. It is partly why many women are very cute in oversized sweaters or big dungarees too."

So making the sundress into a wardrobe staple was the final change I consciously made in my transition from being blue-pilled to red-pilled. The sundress wasn't the only thing that changed my romantic life for the better, by a long

shot. It was so much more important for me to fix my attitude and outlook. Still, they hold a special place in my heart because they became the symbol of what femininity and RPW meant to me, and what I gained from this little community of ours. (Plus, my man goes gaga over them, so that helps :P)

If it feels like too far a shift from your current style, or you feel attached to the aesthetic you have now, there are plenty of ways to incorporate sundresses with your own personal style. Perhaps grunge-SunshineSundress would have started off by wearing it in **darker colors/serious prints with combat boots or ripped tights**. Hypebeast-me would find inspiration in **what the Kardashians have been rocking** and pair it with some statement hoop earrings. When I age out of the mini-dresses I wear today, I can find inspiration from the sundresses that **Kate Middleton, Meghan Markle** or **Melania Trump** wore in public office. While the compliments from women about me being fashionable or trendy have declined, men have noticed me MUCH more, in a more romantic, wholesome way.

Will this work for everyone? No. There were a few comments in the threads from men who said they felt indifferent to them. If your SO tells you he prefers you in jeans and a t-shirt, turtleneck sweaters, preppy office-wear, or even the grungey/street style outfits from my blunder years, throw this post in the trash. His opinion is the only one (outside your own) that you should really bother to take into consideration when it comes to being attractive to him. If your current style brings you more joy than all the male attraction in the world, then this post isn't for you either, and that's completely okay. But if you want to appeal to A LOT of men's protective instincts and tug at their heartstrings from the first impression because you're still single and looking, the sundress is a fantastic place to start.

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UPVOTES

Should women who are single in their late 20s be concerned?

Background_Channel16 · 19 January 2022 · Archived copy · Reddit

I'm 28F never been married, no kids and never had a boyfriend. I'm worried I will never be able to find a husband, due to being older. I understand men prefer younger women, and that most women who are considered high value are married by 23. I have lowered my standards and I am okay if a man earns less than me, doesn't own a home and is overweight. I'm 5"5 so I don't mind if a man is below 6 feet. Do you think my standards are realistic ?

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UPVOTES

Men walk after they learn about my commitment before sex requirement

LeashAggression · 8 June 2022 · Archived copy · Reddit

Exactly as the title says. I've been able to find some good HVM who enjoy my company enough to go on a few dates. Typically they're very interested at first. Then, I will tell them that I don't have sex outside of a committed relationship, to which they usually balk. Then we go on another date or two and I never hear from them again. This has happened about 10-15 times in the last year.

I am wondering whether I am playing this all wrong by telling them up front? Am I going for guys who ultimately would never commit to me, even if we did have sex outside of a relationship? I don't necessarily regret using this approach, but this has done nothing but cause men to walk away from me since I've employed it over a year ago. It has also been a sexless year...

The most recent guy I was seeing told me that if I'm going for men who do well with women, they're not going to want to give that up in case the sex is bad with me. He called last night to tell me we're at an impasse and he can't move forward. I thanked him and I told him I respect him for letting me know. He said he respected me too. It ended amicably.

All I'm asking for is exclusivity, consistency, and the mutual desire for a LTR.

Is part of maturing picking the safest option, even if that feels like settling? Am I devaluing myself by not risking it and sexually competing with other women for the same guy? I'm 27 and would like to be in a committed relationship. I don't want to get caught in a situationship and waste time while my SMV is high, but I feel like the alternative is settling on a lesser value man.

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UPVOTES

My partner has “Peter Pan Syndrome” and I feel guilty for wanting to leave because of that.

5drinksamy · 5 December 2022 · Archived copy · Reddit

My (25F) and my partner (25M) moved in together and my entire perception of him as a person changed. At first, he was a confident and kind individual. He presented as deeply emotionally intelligent, seemed to really be aware of healthy relationships dynamics and even showed that cared for my mental well-being by asking meaningful questions. Now that we have moved in together, it seems like all of that went out the window and he consistently acts like a child by throwing the most outrageous tantrums when even the slightest of inconveniences happen. At first, I tried to be compassionate and understanding of his emotions. I wanted to validate them because “growing up” is scary and frustrating at times. I figured the change of the move was causing it and he’d adjust eventually. Well, it’s been 11 months of this and I’m really not proud to say this but my patience is really dwindling. For example, if it’s too hot, too cold, too bright, or too dark in the house he will yell about how hard his life is and how he can’t focus on his work because of the way I keep the house. That’s just a small example but many things trigger him. Things break, yelling happens, and I try my best to engage in a supportive manner but I’m Ashamed that I haven’t been able to keep my cool at all lately. When he blames me for his emotional outbursts, I didn’t let it get to me because I thought he didn’t mean it and was just frustrated. Now, I’m starting to actually believe that the problems we have are actually all my fault. I’ve lost all my patience and now sometimes treat him quite poorly during his outbursts which kind of justifies (to him) that his outbursts are all my fault. I’m genuinely worried that I’m becoming a selfish narcissist for wanting to leave when he’s so emotionally vulnerable. Could this be just a phase? I just want the man that he used to be back but I’m not sure if there is anything I can do or change to help him feel like himself again?

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UPVOTES

A Cautionary Tale from an Ex RPW

spaghettiparrot · 12 December 2022 · Archived copy · Reddit

TW: Domestic violence, rape

A few weeks ago, I messaged the mods here at Red Pill Women to ask if they would allow a negative testimonial, assuming it was posted in good faith. I envisioned full-on, academic-style discourse with scholarly references and an artful use of rhetoric to communicate my point because, honestly, I was intimidated. I joined RPW a few years ago as a 19-year-old (on a now defunct account), and I'm well-aquainted with this community's sharp intellect and distaste for feminist naysayers. I had to be prepared. For nearly a month, I typed out draft after draft, only to lay on my backspace key.

I wanted you all to think I was smart. I wanted to effect an educated young woman who, after a good dose of therapy and self-reflection, has returned to her old Internet stomping grounds with a fresh, collected perspective.

But now I realize that wouldn't be totally honest. I'm still healing. I'm still processing. It's been three years since I escaped my "alpha" boyfriend, and I still have nightmares.

Above all, mincing words would be unfair to the screaming, trembling girl that I was.

So, here's the truth, as plainly as I can put it: when I found RPW, I was a lonely collegiate. As the child of an abusive alcoholic, I grew up terrified that being too candid with a friend might result in Child Protective Services placing me in foster care. I couldn't tell anyone what was going on at home, which resulted in pervasive feelings of alienation as a young adult. Because I was constantly either hiding from my drunk mother or lying to save her ass, I had no idea what it felt like to be my authentic self. I wandered around my college campus, friendless, like a ghost.

But on the RPW sub, I didn't feel like a loser. I was a conventionally attractive, white, thin young woman. And being a virgin, too, I was delighted to find that somebody, anybody, thought I was valuable. It didn't bother me that the notion of a "sexual market place" inherently commoditizes women: I was too excited to be -better- than the fat, blue-haired feminnazis at school who didn't want to hang out with me. Finally, I was a prize, and all I needed was my Alpha Prince Charming.

And boy, did I find him. We'll call him 'Daniel...' because that's his name and I don't care about his privacy. He was a wealthy entrepreneur, a veteran of Red Pill ideology, and 16 years my senior. But the age gap was fine, I rationalized, because the sexual market value of a rich older guy was roughly equivalent to that of a pretty virgin. Weren't Jane Eyre and Mr. Rochester 20-something years apart, anyway? That had been the way of things before Third Wave feminism destroyed our culture, I figured.

At first, Daniel treated me like a princess, showering me with gifts and all the praise my mother never gave me. Over the course of the next two years (ages 19-21) he gradually started beating me, raping me, cheating on me, and verbally degrading me while weaponizing my identity as a submissive, traditional woman. All of these punishments and consequences, he informed me, were a result of my failure to fill my feminine role. As my mental health deteriorated, I gained weight, began to self harm, and cry during sex (he'd hit me if I refused. Again, this is how life was throughout antiquity, he said, when things were perfect and feminism had yet to ruin women), and Daniel became more insistent that I would be unlovable to other "high-quality" men. He would be gracious enough to keep me around, though, if my behavior improved.

And, ladies, I desperately wanted him to keep me. I had no friends and essentially no family. My entire identity hinged on being accepted by an Alpha. I had absolutely zero faith in myself as an autonomous person, and being a wealthy man's stay-at-home wife was my way of side-stepping my total incompetence. All that could redeem the worthlessness instilled in me by my mother, you see, was the approval of yet another abuser.

He dumped me. He'd made a habit of that- dumping me, letting me wallow for a few days, and then rescuing me by taking me back- but this time, and I genuinely do not know why, it was different. Maybe I snapped. I dropped my

phone into a boiling pot of spaghetti and I stopped answering his emails. I dragged my sorry carcass to therapy, and was slowly, painstakingly pieced back together. Thank God.

Daniel found a new girlfriend. A few months ago, a mutual friend told me he was arrested for throwing her down a flight of stairs and breaking both her arms in the process. His mug shot, with his dead, beady eyes, so clearly reveals the face of an aging predator. It chills me to think I clung to him so tightly. It was a literal death grip.

I'm 24 now. I've been diagnosed with complex post-traumatic stress disorder, among other things. I'm finally in a healthy relationship, but everyday is a struggle to feel at home in a gentle, respectful love. I've had to face my fears of abandonment by becoming, dare I say it, a strong and independent woman.

I'd like to reiterate that my intentions are not to criticize the RPW ideology just because my own experience was so severely misguided. I do, however, hope that my story serves as a cautionary tale for the young, impressionable women on this sub. There are minors in your midst, ladies. Their sincere desires to be part of successful romantic relationships must be protected. Where there is one cockroach, there are hundreds, and if Daniel exists then there are surely plenty of other men who would play a teenager's good intentions against her. A submissive, gentle woman can easily be enslaved.

And consider this: many of the women who arrive to RPW have been failed by popular culture. Many have seen romantic relationships crash and burn for a myriad of reasons. They may not have good role models. They feel an emptiness in their lives, and they're looking for solutions. They are vulnerable.

Please take a hard look at posts involving inter-relationship turmoil. Please keep an eye out for domestic abuse. I am begging you, women of the Red Pill, to be vigilant against those who might take advantage of your sisters' budding journeys. Set the example: show them that true love does not ensnare.

Thank you for your time, and may your paths lead you to every happiness.

Special thanks to the RPW mods for reviewing this post, and allowing this kind of content in the first place.

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UPVOTES

Noticing the shift on social media

kokoremu · 18 January 2023 · Archived copy · Reddit

Before I met my boyfriend I used to be a very popular person on social media locally; TikTok, FB, Instagram just to name a few, mostly because I was posing in more provocative wear, shit post about zodiacs, romanticizing mental health and criticizing men, you know I'm a strong independent woman stick. When I met my boyfriend I began to feel somewhat ashamed of my behavior because he is truly a great person who is going places so I cleaned up my act, as well as began going to therapy to help with mental health stuff. 2 years later and nobody seems to like me anymore since I'm now posting positive things regarding mostly mental health (which is weird bc most of the people who follow me seem to struggle with some form of mental health), work out tips and happy relationship stuff. It isn't a bad thing but it's weird how people love you when you are a bit of a train wreck however when you get your act together you're a pick me. I'm thinking about just deleting my accounts anyway. Most of the people I was friends with promote all this modern day nonsense and boss witch behavior, only fans promoting, etc because honestly who needs them but it's striking.

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UPVOTES

Red Flag: a man who doesn't take of his poor mental health and uses it as an excuse for poor behaviour

jenna_grows · 26 April 2023 · Archived copy · Reddit

If you're in the market for a partner, please look out for someone who is taking care of himself, including his health. This is something basic that responsible adults do. It's made me really uneasy when I see an uptick in posters seeking advice about men they're interested in who use their mental health struggles as an excuse for poor behaviour - where they have the means to access healthcare.

I am talking from a place of having experienced mental health issues myself. I will add my experiences at the end of the post because I don't think it's strictly relevant but it does provide context for anyone interested.

To me, failing to prioritise physical and mental health is a red flag. It shows a lack of concern for your well-being and a disregard for the impact of your actions on those around you. It raises questions about your commitment to personal growth and self-improvement. This is especially so when mental health is used as an excuse to justify poor behaviour.

It is not your job to fix someone who refuses to do simple things like seek treatment for his condition, which will only worsen over time if left unchecked. You are not their mother. Even if you were, these men are adults, not children. If he can't take care of himself, how can he take care of you at the level you take care of him? More so, how do you expect him to help raise your future children?

I appreciate some people don't have access to healthcare. I'm not talking about them in the same way - but I will seriously advise that you consider that mental health issues worsen if left unchecked. Ask yourself whether that person will ever have the means to have access to healthcare and, if not, why you want to tie yourself to them. Also, ask yourself if that person *really* doesn't have access to healthcare and whether that would change if they changed their spending habits and prioritised their health.

A man who doesn't take care of his mental health doesn't prioritise his well-being. If you are at the beginning stages of a relationship and learn this, consider it a red flag because you don't want someone who doesn't prioritise living a healthy and fulfilling life with you.

If you're already in a LTR with someone amazing who develops mental health issues, stand by them as they've shown you in the past they stand by you. If you're at the start of this process, seriously consider whether you want to go further - this person doesn't have a proven track record of showing up for you and you have no way of knowing if they ever will. This is especially, especially where they use their mental health as an excuse for their behaviour - without ever telling you how they plan to make things better and then actually actioning those plans.

My experiences fyi: - I'm ADHD. I'm lucky in that I was diagnosed young and I don't generally need medication to have success in my personal relationships and my professional career. That doesn't mean I leave my ADHD unchecked. I recognise when I have flare ups, take medication when I need it (one day every two or so months), and make sure that I communicate with my husband and boss about these struggles. I also communicate to them what I'm doing to address the issue and then I take the steps to make sure my ADHD has minimal impact on those around me. - A few years ago, I experienced significant difficulty with work (hospitalised) and resigned during the pandemic. I had just started dating my husband (but we moved to marriage pretty fast) and we were moving to a new city, where I had no job. I was really anxious, not my best self, crying a lot - I went straight to therapy. I was diagnosed with anxiety and prescribed a 6-month course of meds but I kicked the anxiety in under 2 months (and stopped meds) with a concerted effort, including having my husband help me out with job searching because I felt so overwhelmed (I got one within a couple of weeks of searching).

It is entirely possible to take care of your mental health. You don't have to settle for someone who doesn't.

Edit: so many typos. Can't believe I've got a typo in the title!

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UPVOTES

Why is the answer to almost every relationship advice post on Reddit “leave them”?

supercalifragiwhat · 13 January 2024 · Archived copy · Reddit

Almost every time I see a post asking about relationship advice (concerning couples), I come across the same type of answers like “when someone shows you who they are, believe them”, “this is clearly a sign of abuse and they will continue abusing you”, or “you should 100% leave them, save yourself”. These answers are very frequent, even when the problem is apparently not incredibly serious.

Why don't people on Reddit advise on empathy, open conversations, or seeing a therapist and instead seem to consider every issue irreconcilable?

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UPVOTES

Why do some women get proposed to a lot?

Relevant-Scholar-544 · 18 March 2024 · Archived copy · Reddit

There are the serial girlfriends who never become engaged and then ones that get proposed to in each relationship. Do you have any theories as to why? I'm thinking of people like Jennifer Lopez, think what you may about why she jumps from person to person, but I think all of boyfriends wanted to be married to her, even the ones that were cheating like Alex Rod.

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UPVOTES

How do I give a good blow job ?

bev2696 · 3 April 2026 · Archived copy · Reddit

Hopefully someone can steer me to the right direction.

My S/O loves blow jobs. And I never learned how to give one (he's actually my first). I can get him turned on by sucking on it but the moment it's fully erect it's too big for my mouth. We recently found out that I have a small mouth and he has a big dick. I also lock jaw after sucking him off for 30 min. I've only got him off twice and the last time I tried to get him off I got so frustrated, my jaw locked and I accidentally bit him.

He's also circumcised and we recently had a talk on why he can't cum and he thinks it's bc when he was single for 4 years he watched a lot of porn and one time he had to watch it to help me help him get off. He also works sooo much bc he's a blue collar worker so he says his libido is lower than back then.

Can someone send me a video on how to do it? Teach me or give me advice on how to do it.

Ps I will not suck dick to just learn, we both are monogamous and don't share.

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UPVOTES

Former promiscuous woman and feminist, now submissive but independent woman. Recovering from years of promiscuity and being the woman my man needs me to be

echic41 · 7 August 2016 · Archived copy · Reddit

I used to be the typical sexually liberated feminist who later realized she was getting the short end of the stick no matter how hard she tried to lock down men. I thought that men would be more attracted to a woman who was sexually unapologetic. Someone who is great in the sack and won't be a nag if he didn't give her attention.

I was the strong feminist girl who was going to get a high powered career before even thinking of marriage.

Growing old alone was an option too. It was when I started reading this blog by Renee

(<http://www.thefemininewoman.com>) did I learn more about my true nature as a woman. I listened to my heart, the true woman in me, and I could feel her calling, begging me to stop what I was doing.

I kept nodding at all the points that Renee discussed in her blog. That women are denying themselves the happiness they're looking for by chasing their career, material things, sexual liberation, and all that. She was right. I tried to apply my newly learned lessons to my relationship at that time. I did all the household work. I was more expressive of my emotions. While still maintaining independence working two jobs. This narcissist I was with took advantage of me. I thought that by changing the way I behaved, he would be inspired to change too. But there's no hope when it comes to these people because even they cannot see through their own bullshit.

I finally ended the highly toxic relationship after seven grueling months before I met my true equal. My alpha. My soulmate. The man who I know will protect me and provide for our future family.

The previous relationship damaged me but not so much that it kept me from opening my heart to this new man. He was everything I had been looking for and if not without my knowledge on the red pill and true femininity, I wouldn't have been ready to handle a man such as him.

I make him happy, and he makes me happy. Sometimes, I will purposely act all cute around him and let him chase me around the room because it's exciting. It gives us both the adrenaline rush you rarely see in most couples these days where the woman is so uptight and the man is too afraid to approach her for fear of her wrath.

I donno. Maybe it's just me but there are too many more women in the society that I live in who are still asleep and enjoying the feminist dream. I want to help them realize what I realized. I cannot count with my toes and fingers alone the number of men I have slept with. I thought it liberated me to sleep with men without feeling any remorse but in the recent years, it has only made me feel shitty.

Even though I am happy in my relationship right now, I suffer from the choices I have made in the past. I have difficulties creating a bond with my partner and sometimes I feel like I am a fraud when I'm being affectionate to him. I know that I really do love him but I doubt my emotions sometimes. I recently discovered that it's probably my low oxytocin levels because of the many men I have slept with in the past. I felt bad but there's no use dwelling in the past. The only way to repair it is to increase oxytocin levels which I found out can be achieved through hugging, kissing, expressing your emotions. Basically things that you would do to express affection to your partner.

I am very happy with where I am right now. I cannot believe a simple woman like me would be able to ignite such a huge change in the man of my dreams, who once had a dark past too and sometimes, continues to have a dark outlook in life. He worships me, and I submit to him. What an amazing thing we women can achieve if we just surrender.

Ladies, if you are looking for true love, you won't find it through a hook up or a friends with benefits arrangement though that have worked for some. I am saying. We are a rare breed. Many men have lost hope in women because of the man hating culture that the feminist movement has created. Don't be one of those women who will insult him, embarrass him in front of his friends, or backbite him to your girlfriends.

Remember to respect him. It's really that simple. Men just want to be respected. You are both in the same team. How would you treat someone who is in your team for life? With love and respect.

It's hard for a man to look for a real woman these days. By being the exception, you might just be the catalyst for him to becoming the man he needs to be. I never believed in soulmates before. Now I do.

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UPVOTES

Tips for the Hypergamous Woman

electrokiwi · 21 October 2016 · Archived copy · Reddit

written by me, primarily for me, but thought you ladies might be interested.

If you're anything like me, sometimes even the best of captains won't be able to keep you from noticing shiny new men in your life. This isn't completely your fault. Studies show that both men and women employ two main mating strategies, those being monogamous and promiscuous, or restricted and unrestricted, as explained here in this handy wiki on sociosexual orientation: https://en.wikipedia.org/wiki/Sociosexual_orientation. This means that women on the end of the unrestricted spectrum are more likely to continuously seek out multiple partners in order to have the chance of reproducing with the best mate. Women like this see benefits in short-term mating. If you're a woman towards this end of the spectrum, then you're naturally hypergamous.

Furthermore, over time, it is natural for women's sexual desire to decrease in an LTR, as demonstrated here:

<https://www.psychologytoday.com/blog/the-power-pleasure/201204/does-desire-really-decrease-length-relationship>

Does this mean that it's impossible for naturally hypergamous women to have happy, healthy committed relationships with their captains? Of course not! You have free will. It will just be a little more work to fight your natural mating instincts than for women not so evolutionarily inclined to the carousel. Here are some tips on stopping the hypergamous instincts from jump-starting your hamster, and jeopardizing your long-term happiness.

1. Cut yourself a little slack: If you're a RPW you've been cultivating a more feminine persona both physically and socially, and your growth probably hasn't gone unnoticed. It's OKAY to feel a confidence boost when you notice high-value men noticing you. You've worked for it.
2. Like all good things, slack is best in moderation. While it is acceptable to appreciate this confidence boost, it is NOT OKAY to be actively seeking validation from men other than your captain to give you that confidence boost. There's a fine line between an inner smile, and an errant daydream when you sense someone flirting with you, and engaging them, giving out signals that you are available, and escalating the interaction. You know yourself and your tendencies. You know the difference. Do not lie to yourself.
3. Stop the hamster, before it starts. The way to stop the hamster is to appreciate your Captain when you feel your roaming eye act up. As a RPW you probably had good reasons to choose your captain. He's been vetted for traits you admire and that make you happy. What are these traits? List them to yourself and consider if they're worth losing over the temporary tingles you get from a superficial interaction.
4. Are the pastures really greener on the other side, or are you just not watering the lawn? A happy relationship takes the work of two, but you're only in control of yourself. If things aren't so great lately, ask yourself how are you contributing to the relationship to help your captain lead? Think of actions that would make your captain happy, not solipsistic actions that would satisfy you because you're not dating you! Consider ways that you can be generous towards his desires (I highly recommend *The Proper Care and Feeding of Husbands* by Laura Schlessinger. It's a bit simplistic and overly-religious, but it boils down to core issues for keeping a happy home.) This way your captain can easily take the lead and continuously provide you the tingles you seek from other men.
5. How would you feel if the tables were turned? Don't let the hamster run amok and try to justify flirting with other men. Imagine if your captain was the one being flirted with by other women. If you're like me, you'd be somewhat proud that other women notice him, as it corroborates his high-value, but very grateful that he stays loyal to you. And if he doesn't? If he engages these women in flirtatious behavior and escalates his involvement with them, how would you feel? Would you feel disrespected, and even betrayed? If so, why would you inflict those emotions upon a captain you chose and profess to care about? You're better than this. Don't forget that. That's what brought you to RPW, and what keeps you here.

6. Non-negotiable signs that it really isn't you, it's your captain. There are a few instances in which you really can do better for yourself than your current captain. These include if your captain is cruel, has addictions, cheats, is entirely unambitious and unmotivated to any form of self growth, (this is not strictly financial,) is uncommitted to a future with you, or disagrees with your future thoughts on having a family. If any of these apply to your relationship, the answer is still not flirting with other men while you're committed. What you need to do is grow some ovaries, cut your losses, take what's left of your SMV and RMV, possibly nun mode until you've healed, and then put yourself back on the market. (I highly recommend an interval of nun moding, because as insensitive as it may sound, baggage isn't cute. The type of man you're looking for wants to be your captain, not your bellboy. It's good to make sure your hurt emotions from your past relationship are firmly in storage before you proceed to vet a new captain.) This way you can find a new captain who both gives you tingles and meets your requirements for a mate.

In closing, what differentiates us from animals is that as humans we have the ability to outsmart nature and bend it to our will. As a conscious and conscientious woman you have the power to be better than your instincts. While your thoughts may occasionally betray you, your choices define your character. Choose to be a good woman. I'm rooting for you.

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UPVOTES

The Essential Duties of the First Mate

FleetingWish · 23 October 2018 · Archived copy · Reddit

We often refer to the relationship as the "Captain and First Mate Dynamic". The Captain is in charge of the ship, and the First Mate follows his lead. The term "First Mate" is used to mean that the woman is not a passive bystander on the ship, or in the relationship. A competent First Mate can be relied on to take on duties that the Captain is not in the best position to do. These are the tasks that women are best suited for, or duties that the Captain is unable or unwilling to do. If the First Mate performs her essential duties, then the ship will run smoothly and the relationship will be a peaceful and happy one.

I have categorized the essential duties of the First Mate into 5 categories. They are:

- Morale Officer
- Reporting Ship Status
- Carrying-out Assigned Duties
- Supporting Your Captain
- Ship Maintenance

Morale Officer

The First Mate's main duty is to keep spirits on the ship high. This becomes especially important to keep in mind when there are sources of tension. Being the Morale Officer means you are the soft place to land. You are not only a huge source of joy in his life, you are more often the solution to his problems, rather than the creator of them. You are not the cause of his headaches, you are the person he turns to that can relieve them. You are there to cure tension. The following techniques are a grab-bag of possibilities, use the ones the best suit your lifestyle. The more the better!

[Read the rest on TRP.Red](#)

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UPVOTES

Is this sub reddit filled with trolls?!

Svenskamamma · 7 September 2020 · Archived copy · Reddit

I've read a couple of articles from journalists who claim to have "infiltrated" this sub who misrepresent our discussions and have just finished a book called Going Dark: the Secret Social Lives of Extremists. The author specifically references her time "infiltrating" (her words) this sub and claims that we're self hating and encourage violence and oppression in our relationships, it's sad that's what she took away as it's not what I've seen at all.

We also seem to attract the MGTOW crowd, intent on proving that AWALT.

I'm now quite wary of posts asking for opinion as I wonder how many asking the question have an agenda, the same goes for the more extreme or bizarre problems or situations posted about.

I've also noticed a lot of downvotes on fairly innocuous posts (as an example, my post on what I do as a SAHM), I've no idea how that could be offensive to anyone!

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UPVOTES

Sad, crying everyday after the wedding

Awildalison · 19 August 2019 · Archived copy · Reddit

Me and my husband got married 2 months ago. So far it's not what I expected and I've cried almost every day since. I'm mostly homesick.

Both conservative and Christian. We didn't live together or have sex before marriage. We've known each other 2 years and had dated for 1.

It still feels like I'm just staying over his place. Sex didn't work the first night and it really hurts.

Before the wedding, I had a job that I loved. It wasn't enough to support myself on my own. But I paid a rent I could afford to my parents. I am very close with them and our relationship is more like that of roommates and friends at this point. I am also extremely close with my sister and two brothers that live in my parents house. I also really loved the area that I lived in.

He was close with his parents, however he never lived away from them his whole life until he moved into an apartment 45 minutes away in Branson, Missouri when we started dating (whereas I lived away at college in Jefferson City). So at this point he feels ready to just see his family on major holidays and feels I should do the same. He wants us to focus on our relationship and only do things with each other (for example I brought up visiting my parents without him and he didn't like the idea). He seems to feel that being close with my family means I love him less.

So the reasons that I'm sad. It's not that I regret marrying him. I love him. I love the life we have planned. The only thing I don't love is when he tries to keep me away from my family and I resent that. I think maybe we didn't really focus enough on the logistics of what our lives would look like after the wedding. I do have a history of depression especially during big transitions.

So in the span of a week my whole life changed: -left a job I loved -moved to a tiny apartment from a big house - moved out of my parent's house -moved 45 minutes from family -moved to a completely unknown area -moved in with somebody -got married

Being an introvert and living with someone has been weird. I need a lot of alone time and that has not happened. I had roommates in college but I always had my own single room with my own space. This will change though once he goes back to work (a school counselor) and I get a job.

When I cry I am mostly lamenting the life I had. I miss my room, I miss my backyard, I miss my house, I miss my bed, I miss my privacy, I miss my parents, my sister and brothers, my job, my co-workers, my favorite lunch place, the stores I go to, waking up in the morning making coffee, driving on the roads near my house, ect.

So basically I didn't calculate how changing my entire life in a week would impact me. I had such an amazing life that I really loved and now everything is unknown, unpredictable, and changing. I love my husband but everything in my life is difficult right now. At 25 I feel I should be ready to get married so I'm wondering why it feels so difficult already.

I'm looking for advice, and if anyone can relate. Am I normal? Am I wrong? I can understand there should be an adjustment period but crying everyday doesn't seem right to me and I don't want to be a bad wife. Please let me know if anyone experienced something similar when getting married.

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UPVOTES

Question about "going to his place"

pm_me_milk_caramels · 12 September 2019 · Archived copy · Reddit

I have a quick question. I'm seeing a guy (we're both 23), he's great, we have a lot in common and he's smokin' hot. We both are looking for a long term relationship.

This Sunday, it will be our 3rd date. We agreed that if it's a nice weather, we'll go for a walk but if not, we'll stay at his place and cook something for us and watch a movie. I know what "watching a movie" *usually* means, but he's really respectful, a bit shy (all I got at the end of the last date was a kiss on the forehead) and I know he doesn't want to rush anything.

The thing is, I'd like to come to his apartment and just chill but I'm not ready to sleep with him. I think it would be better to tell him beforehand so he knows what to expect and not be disappointed. But I'm struggling with how to tell him without being disrespectful, I don't want to hurt him (so I realize that "if you expect sex on Sunday you won't get any" isn't the best option haha).

So I'm hoping you ladies could help me with that. Should I even tell him through text or should I wait to tell him in person? Or should I go without saying anything about this and *if* he tries to take my clothes off, just stop him then? Honestly, the last option would be the easiest and I know he wouldn't do anything I don't want. But at the same time, I have a feeling he'd feel bad about it.

Thank you so much in advance!

Update: lol so I'm not going anywhere on Sunday. We talked just now and he confessed that he just wants a friend with benefits, that he's still trying to get over his ex and that he actually can't give me a relationship. Okay. I told him we can be friends without benefits (because we really click and I like him as a person) and he agreed. So there's that. ☺ Anyways, thanks everyone who replied!

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UPVOTES

Youth obsessed

rataferoz7 · 22 September 2019 · Archived copy · Reddit

Hello, long time lurker of both the RedPillWomen and RedPillMen. I've come here for a bit of a venting session. Some background:

I followed the RedPillMen because in theory, I do align with some of their values. As a female who came from another country outside of the US (latina), I am fairly traditional and believe that certain roles should be played by certain genders. From there, I encountered this sub.

This community has taught me so much. Y'all ladies are so freaking bad ass without losing sight of your femininity and that is hella inspirational. Having said that, it's getting more and more disturbing to read the TheRedPillMen because so many of the discussions are so angry. Many of them truly do believe that women are incapable of love and that all we care about is what they can provide for us.

Now, story time. I just came from the bar with my sister. I am 26 years old and not to brag but I am fairly good looking. I do attract lots of male attention. I enjoy this in a way but it makes me really uncomfortable when I'm hanging out with other girlfriends. My sister is about 43. She's also very good looking. When she was younger, she was the prettiest girl in town. Now...not so much I guess?

I don't like going out with her in these types of settings because it makes me even more uncomfortable than usual. See, I love this woman so much. She's my best friend in the whole world. Tonight, I felt deeply sad that no guy really wanted to talk to her. It ruined my night. They all wanted to get to me. It was like she was invisible. But the must messed up part about this whole situation was that in the place that we were at, there was a Harvard reunion so there were a ton of suited old men. Don't get me wrong, I can appreciate an older guy in a sharp suit. But appreciation is the extent of it. The fact that these guys just wanted to get with a 26 year old, some of them wearing their wedding rings, was absolutely repulsive. I have started to resent these men who only want me because I'm a shiny new object. In one occasion, I went to the bathroom and the guys almost immediately stopped talking to her. So gracious.

As a 43 year old woman, my sister looks for guys her age. Why can't guys do the same? Because they have this obsession with youth, with the exterior. Not only am I so sad for my sister, who I'm pretty sure went home and cried herself to sleep, I'm sad for myself. I think about my future as a wife who will only have eyes for her equally mature husband, while his eyes wander and fantasize with the idea of a newer model.

Throughout the night, apart from disgust, I just kept thinking how delusional they were to think that they have a chance with someone as young as me. I paralleled that with what I read on the RedPillMen. These guys really do believe that they don't have a "shelf" life and that young women will be banging them even at their forties and fifties. Spoiler alert, when a young woman goes for an older man, she's likely not in it for him, but for what he can offer financially.

Thoughts on this?

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UPVOTES

New female flirtation study suggests that direct pick-up lines by women on men were most successful, and innocuous lines least effective. Men rated all forms of pick-up lines from attractive females as effective. For women perceived as less attractive, flippant pick-up lines had most male interest.

CultistHeadpiece · 2 December 2019 · Archived copy · Reddit

<https://www.psychologytoday.com/au/blog/social-instincts/201911/what-pick-lines-work-best-men>

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UPVOTES

How to encourage my boyfriend to be more dominant and rough in bed

someoneunknown1996 · 13 January 2020 · Archived copy · Reddit

Hello RPW ladies! First of all, I would like to thank you all for this wonderful sub! It's such a relief to know I'm not an outlier for rejecting the feminist agenda as a woman.

Now to the question. I'm using throwaway for anonymity. My boyfriend (35M) and I (23F) have been dating for two months now. I love him very much and consider him a great person: kind, intelligent, funny, well-read and creative. I'm also very attracted to him physically to the point where I barely can keep my hands off him lol. We have similar hobbies and I love spending time with him. Needless to say, I'm committed to this relationship and I can actually picture myself marrying him.

That being said, there is some issue with sexual compatibility. I'm pretty kinky and submissive (both sexually and outside the bedroom), he seems rather vanilla. I would like him to be more rough during sex: more degrading dirty talk, spanking (maybe even face slapping), consensual non-consent, hair pulling, some bondage, you know the drill. Is there any way I can encourage him to become more dominant like that? This is something I deeply crave but I don't want to ask the 'relationships' sub as they would just tell me to say it to him directly. I don't think asking him directly to be more dominant would be a good idea as it seems too emasculating and it sort of goes against the dynamics I'm trying to establish (him being the leader). If I tell him I want him to be more dominant I'm still telling him what to do which actually makes me the dominant one. He also has issues with low self esteem and an avoidant personality disorder so I don't want to make him feel inadequate. He doesn't deserve it.

I have shown him my <https://bdsmttest.org> test results so he knows I'm sexually submissive and a masochist, yet it doesn't seem to affect his behaviour in the bedroom.

I was thinking about encouraging him to do this test together: <https://mojoupgrade.com/> but it still feels emasculating, like some passive-aggressive "topping from the bottom" strategy. Is there any better, more RP way to do it?

Thank you in advance! :)

73

UPVOTES

How to get him to lead - or be sweet (NSFW)

Zegiknie · 27 April 2019 · Archived copy · Reddit

Maybe you're newly red-pilled and want to change the dynamic. Maybe you have strayed off course and need to recalibrate. Or maybe you have just experienced a natural ebb and flow in the course of your relationship and want to tweak things a little.

I don't pretend to have all the answers here, but I'll share my experiences and hope others will chime in with their own. You can't change others, but changing your own behavior and attitude naturally invokes a response. So here goes!

The first option is simply communicating like an adult: "I would love it if you did more X". IMO this one is suitable if things are mostly going well, and you don't need a 180. But if you're in a bad place, it could easily come across as an attack on his personality or character and requires careful timing and phrasing. This method worked especially well for me when pregnancies made me emotionally wobbly. I explained how and why my needs fluctuated. *The idea is an appeal to reason.*

The second option is a simple, subtle attitude adjustment. If you want him to lead more, simply ask his advice more often, look his way and STFU more when you are communicating as a couple, check stuff with him and cater to him more. If you want him more fuzzywuzzy, be vulnerable, give him the puss-in-boots look (from Shrek), keep him well-fed and rested so he won't get grumpy, and show him if he hurts your feelings ("ouch... :-("). *The idea is for him to naturally fall into a complementary role.*

The third option is the bratty one. Now I like it, because it is in line with my nature! But I have no idea if other men would respond as well to it. Some will likely consider it 'topping from the bottom'. My husband enjoys it, though. If he is checking things with me and it sounds too much like he's asking permission, I grin, say he is not allowed and make outrageous demands of my own instead. If he is being nice in his requests and I am in the mood for a tyrant, I'll do it but say I won't ("could you give me a glass of water?" "NO. Go get it yourself, lazybones!" (while complying because I'm not gonna risk the consequences of that much rudeness lol). If he is being too gentle in the bedroom, I'll (smiling sweetly and making eye contact all along) say "no!" and dodge only just out of reach, or (with the force of a falling feather) slap him. *The idea is to give just enough challenge to get a rise out of him (but not so much that he wants to fight you).*

One bratty way for more sweetness is tears and meltdowns. Tears lower male testosterone levels, so I wouldn't recommend using them on purpose. But it happens sometimes, and my husband will just laugh about it. The other bratty way is disarming silliness (childlike says Helen Andelin). Works like a charm on mine, but again: could be totally annoying for another. *The idea is to roll over and show you're no threat :-p*

Things that don't work:

Nagging for what you want (gives him lots of little challenges until he wants to fight); honey-do lists (it's a challenge, not an appeal to reason), comparing him to others (rude challenge); asking him to read some kind of instructive book (it's like saying "I feel we should both submit to this guy", rude challenge);

What are your tried & tested tricks? Have you tried anything that backfired? Please share!

73

UPVOTES

Dealing with those who don't understand

anonkcthtk · 8 February 2020 · Archived copy · Reddit

How have you all been dealing with people who find your modest dressing silly or outdated and poke fun? I have an extremely leftist mother and she insinuates that I dress like a grandma or I look too conservative.

Everyone else I know constantly says how classic and elegant I look and most importantly, I feel more beautiful than I ever have with the way I dress. However what my mother thinks of me is very important and I wish I could help her understand.

She didn't have a problem when I dressed extremely provocatively but she's pushing back kind of hard now that I've changed my style and made changes to my personality to become more soft and feminine. She finds my being feminine a bit laughable:(

I'm going to talk this through with my therapist to help myself internally, get through to my self esteem etc. But I wish I had something to tell her. Thoughts?

73

UPVOTES

I'm not sure if this topic is encouraged here but I'm hoping it is..

Own-Grapefruit7309 · 17 November 2020 · Archived copy · Reddit

I'm sitting here on my couch trying not to cry. I try to be the best wife I can be. I've read Laura Doyle's Surrendered Wife, I listen to Adrienne Everheart on YouTube. I truly enjoy the topic of how I can better serve my husband because it really makes me a better person as a whole and happier too. I understand my husband isn't reading books or listening to podcasts on how to be the best husband. I'm not bitter about that, I understand men are different. My husband is a great husband to me but sex has always been our biggest issue. I decided I could still marry him even knowing that I am very sexual and sex is important to me, because no one is perfect and all partners will come with imperfections and I am madly in love with him. I know he's shy.. kind of awkward.. and very "vanilla" in bed.

Anyways- We are trying to conceive and I am ovulating this week, so we had a quickie this morning before he went to work... and I mean like 1 min quickie. It was fine, I really want to get pregnant so I don't mind the transactional sex at times. But after the morning sex, he said we can try again later. I was excited so I got waxed, showered, did my hair and make up, put on lingerie, and sent him a quick Snapchat of it. He said he couldn't wait to get home! Well of course he wanted it as soon as he stepped in the door and the sex, while great, lasted about 5 - maybe 7 minutes. And afterwards he didn't really say much.. I said did you like that? He said yeah, did you think I wouldn't? I'm just sad he didn't say like, you look hot, or try and last longer so I can get off. He always finishes in sooner than 10 mins. Sometimes I can get off that quickly, but most of the time I can't. I have had conversations in the past (years ago) but it made things worse to the point where we went months with out sex and he could barely get it up.. he said he had a mental block because I complained that he didn't last long enough. He's so awkward when I suggest porn or anything so I don't do that anymore... even though I know he watches or has at least. I've learned to be happy and grateful and bite my tongue when I want to nag or complain. I'm just sad that I try my very best to be a good wife and seems like he couldn't care less about being a good husband. Another example : I sent him my love language quiz results and he barely read them (he couldn't tell me anything about them) while when he sent me his quiz results, I read everything about how to cater to "acts of service" love language.

In the past, I peel my energy off him and live my best life because I don't attach my happiness to another person, but right now I am just really really sad.

Not even sure what advice I'm asking for here, maybe just someone else's perspective or someone to tell me they also have had this issue and have worked through it.

Thank you xo

73

UPVOTES

First day of break up - first day of nun mode

xun1 · 16 March 2020 · Archived copy · Reddit

My now ex boyfriend and I had been together for almost two years, we met online and what was a hook up situation turned into a full blown relationship (under mostly my pursual). I think he has higher SMV than me, but is not captain material. This has been a tumultuous two years to say the least. Yesterday morning , we had a small fight , and he turned it into a break up situation. I feel like he might have wanted it, i just didnt see it coming. He said we were incompatible and didnt have similar views ,and that he knows that i want kids soon (im 30) , and he wont be able to give that to me , and that i will be much happier without him and with someone else. Whether or not they are excuses (I feel like maybe he has someone else), deep down i know that it is true for me and i am better off. I tried to practice rpw techniques as much as possible but in the end i dont think he is the captain i am looking for. Either that or i failed keeping my man because im not rpw enough...

Today is the fist day without him, ive moved out into a hotel. I know i need to be strong, as i need to find a place to stay, get my health back on track (ive been sick), but i have little friends in this city and no family - I havent felt this helpless in a long time. I am in shock. I am not sure how to adjust myself mentally and emotionally. Some advice from you ladies would be greatly appreciated.

73

UPVOTES

How to be truly feminine from within

POWERPLANTHOMER · 5 December 2020 · Archived copy · Reddit

As much as I've worked on my outer appearance and picked up feminine hobbies, I don't understand how to exude that feminine energy from *within* that makes people I interact with feel amazing - other than my SO. I've always been this reserved, quiet girl, and I think when people meet me, they don't feel anything at all. Just another plain girl who's their friend, nothing special. I haven't found any good tips on how to truly be feminine from the inside. I've seen some comments here saying that they've met certain women who just make people feel so good and men are just attracted to them like magnets, and I was watching this podcast where two men were describing this woman who was so feminine they were giddy for her, but I just don't get it. I don't get how that works. Any tips or book recommendations etc would be highly appreciated.

73

UPVOTES

Boyfriend [30M] is accusing me [29F] of riding the cock carousel...

Firm-Wind · 26 April 2020 · Archived copy · Reddit

This is a throwaway account since my boyfriend knows my main Reddit account and I don't want him stumbling upon this post...

To give some info, I [29F] have been with my boyfriend [30M] in the relationship phase for around 5 months now. We were in the dating phase for around 3 months before he asked me if I was interested in becoming a "couple" (relationship). I was initially surprised since I felt it was a bit soon for me, but I did (do) like him a lot and thought why not give it a shot and see what happens.

I feel that our chemistry has been very similar to the dating phase to the relationship phase, other than the fact we are dealing with lockdowns right now (like most people around the world). I like him a lot! I really do. But, I have noticed over the last month or so of talking with me, he brings up a lot of "interesting" topics around me. Last weekend when we were together, we ended up having this conversation where he was saying; *"You were riding the cock carousel before you met me."* - things like that.

I did figure out in the dating phase that he liked the YouTuber, 'Entrepreneurs in Cars', since we talked about a couple of videos that Rich Cooper posted (he likes him). One of the reasons I like my boyfriend a lot is because I feel we can talk about pretty much anything and have good discussions. I'm always trying to be the feminine addition to his life and compliment him on his journey. However, I don't like him accusing me of things like "riding the cock carousel", or even when he mentioned me possibly monkey branching on him for another guy.

The last few times these comments have come up, it has bothered me quite a bit because I like him a ton. I don't like him accusing me of things that are not true (i.e. I haven't "rode" the CC...). I'm looking for advice on how to approach this topic if/when it comes up again. For some reason, I feel like it will come up again at a later date and I would like to shut it down completely. Any thoughts or advice on my situation would be greatly appreciated!

Thank you!

73

UPVOTES

Being naked around your man? Yey or Ney?

fairydust91 · 3 August 2020 · Archived copy · Reddit

So I've seen a couple of comments in the past week or so, suggesting that some of our fellow RPW don't just walk around their house naked for their man to see, as a way to keep the mystery alive. E.g. after the shower they won't let him see her naked etc and that nakedness is just reserved for sexy times.

Is this something lots of you do? Should I join this movement? Lol.

I think it's interesting as a concept but sometimes when he sees me naked he pounces/compliments/gropes and I love that.

Let me know what y'all think :)

73

UPVOTES

PSA on dressing for your age and place in life. What I have finally learned as a socially clueless woman (long)

purple_pansy88 · 22 October 2021 · Archived copy · Reddit

I wanted to make this post because I don't see good advice anywhere else on reddit or on much of the internet.

It's always a case of "you are never too old to wear what you want" when this simply isn't true. Women often have a tendency to become defensive when told to "dress your age".

We don't give the same advice to men, we make fun of men who are 35 for wearing skate shoes and trucker hats because we know that dressing like a teenager in your 30s looks ridiculous, but we shield women from any criticism in this department which doesn't help women. Especially women who have social deficits and require more direct messages to understand these things (I'm a high functioning autistic, learning this took me a while. We as a society tend to be less direct with women to spare their feelings).

I'm going to share with you the things that I have learned.

I had an aha moment when my husband took photographs of me and I just looked horrible in my outfits. I was still dressing the same way I did at 16 throw in a few current trends and things I had clung onto over the years. It made me go out and buy a new wardrobe. I laughed and joked about it but deep down I was embarrassed that I ever looked that way in public.

I learned that my body type is an apple and I learned what was flattering for me. I'm also petite (159cm) and very busty with some extra weight. I started wearing subtle trapeze style blouses and switched hoodies for button down blouses and I suddenly looked OK and far more appropriate. I also got a haircut and payed more attention to how I combined different items of clothing with one another.

Here are the things that I have learned step by step

1. You don't have to give up your personal style.

I like really girly things. I like lettuce hems, sneakers with ribbon laces, oversized Peter pan collars, pointelle, ditzzy florals, lace, crochet ect.

Having one statement piece per outfit is really the way to go. I will wear my puma sneakers with the ribbon laces with a plain khaki blouse and some black leggings, or I'll wear a big pink velvet scrunchie or a frilly Peter pan collar and switch out the ribbon sneakers for a plain neutral colored pair.

I'm also very casual and value comfort, I switched out hoodies for button down blouses. I virtually stopped wearing hoods all together, on my coats and on my sweaters. I think I still have one cardigan left with a hood, it's a long line crochet cardigan and it's bright violet in color. I can pull it off if I completely tone down the rest of my outfit and if it's really cold outside.

You don't have to lose yourself, thanks to the internet women's clothing these days is incredibly diverse and even more mature pieces can give you a sense of your own individuality.

1. If you are a mom, think about what you wouldn't want your mom to wear.

You wouldn't want your mom to pick you up from school wearing a crop top and go go boots, or to be showing a lot of cleavage or her midriff or lower back in low rise jeans.

You definitely don't want a mom that tries to look cool in front of your teenage friends. We rightfully criticize men for this but we never openly give women this sort of advice. You wouldn't want your dad doing the same.

Even if you apparently have the body for it and you have kept yourself in great shape showing too much skin and dressing too young comes off as desperate.

You don't want to be that 'milf' or 'cougar' that shows everyone she still has it in a tight leather catsuit, even if you have a banging body that you have worked really hard for. Men might enjoy looking at this but not the right kind and not in the right way.

A certain level of dignity, self assuredness and sophistication is expected from both women and men as they age and as they become parents for good reason.

1. Pay attention to trends but don't follow every single one

It's important to stay current but not to let trends dominate your wardrobe. It will definitely age you to dress in the exact same thing you wore a decade ago, things like hair, eyebrows, accessories and makeup apply as well. You don't want to be hanging onto pencil thin eyebrows from 1999 or really thick, arched dramatic brows from a few years ago. The best way is to either opt for groomed brows that follow your natural shape or to pay attention to current brow trends and adopt a subtle version of them. The same goes with makeup and hairstyles. You don't want to get exactly the same haircut every year. A lot of women over a certain age make this mistake. You need to find out what works for you and allow it to evolve with what is current.

A lot of us find our 'mom uniform'. We need to update that 'mom uniform' every now and then including our basics. A longline blouse today isn't the same as a longline blouse 10 years ago, a basic black tee isn't the same as one in 2005. Subtle details like the sleeves, buttons, collar, hem ect will have changed. That doesn't mean you can't hang onto and wear some older items, but styling them in a way that looks intentional and current is key.

On the other hand if you try and follow every trend you will just look silly. If a 30 year old woman or mom is wearing white air force ones and a bucket hat with mom jeans and a crop top she's going to look ridiculous. On the other hand if she just wears the air force ones and the mom jeans (no rips), ditches the crop top, wears a beige silk blouse and tucks it into her jeans and ditches the bucket hat she's going to look casual and sophisticated and also trendy.

1. Single ladies, pay attention to what message your clothes send out to men.

If you are single and searching you need to be mindful about your wardrobe in terms of the men you want to attract. If you are wearing very sexualized clothing you will attract seedy, sleazy men. If you dress in a juvenile way you will attract oddballs who want to imagine that they are dating a teenager and men who are stuck in their own youth.

If you dress age and situation appropriate you will attract appropriate men who want to be with a well adjusted adult woman.

1. Don't dress like a typical grandma, even if you are a grandma

In reality, none of us want to be that older woman who has just given up. She steps outside in Capri sweatpants and fake Crocs and some shapeless blouse with an ugly geometric print or even more embarrassing some t-shirt with Winnie the Pooh on the front. She has the exact same hairstyle she had when she got married and had her first child many years ago.

You want to look intentional, you want to look like you are well groomed and you have at least put some thought into your outfit. You don't want to look like you have just stopped caring.

Older ladies often have more time and sometimes more money than younger ladies. Now is the time to really enjoy your wardrobe, makeup and accessories.

Shoulder length hair is flattering on all age groups. If you choose to dye your hair the safest option is to stick to some variation of your natural color. Be careful about going for bright red or plum. I see some older ladies do this and it usually looks awful. Unless you used to be a rockstar, you probably won't be able to pull it off. Be mindful of frizz as you age. Younger women have to deal with frizz (I'm one of them), but it becomes an issue for larger numbers of older women. Don't be afraid to try new products and invest in heat styling tools to deal with frizz, lack

of shine, lack of volume and unruly hair.

A lot of older women who do at least try to look intentional also go over the top with gaudy, bright cheap looking accessories. Don't fall into the trap of wearing bright blue plastic earrings and a red leopard print scarf and a green felt bubble necklace. Be careful about jewelry. You don't want jewelry to look cheap or gaudy. Even if you are on a budget at least go for classic jewelry. If you want to wear scarves look for creative ways to wear them, maybe on your handbag or tying them in a bow around your neck. Be aware of prints and colors.

There is just no reason to give up on yourself as you age.

1. Have some way of checking your look

Invest in a full length mirror and take photos of your outfits every now and then. We get used to our own image in the mirror and don't always notice things. Photographs offer an outside perspective of ourselves to ourselves. It wasn't until I saw photographs that I saw how bad my too long hair and my outfits looked.

1. Don't be juvenile or too sexy

Teenage girls can get sort of get away with tight revealing clothing in some situations at least because they are still children in a lot of ways and still retain a lot of their innocence. Only the creepiest of creeps are going to cat call or solicit a 13 year old girl (it still happens and you still need to protect your daughters, but that's a conversation for another time) If you are an adult woman and you are stepping outside in anything you purchased from dollskill men everywhere will see it as an open invitation to have easy sex with you. Not only that but the older and more out of shape you look the more desperate it looks and the more it looks like you are up for a random fling. Think of the character Kim Day from Kath and Kim. No one wants to look like that. That character is a joke for good reason.

Teenagers and young college girls also wear these sorts of clothes to impress and gain status within their peer group. They don't wear them for mature people. Only fully grown men with issues hit on college girls. You don't want to attract these sorts of men by dressing and trying to look like you are still in college.

On the other side of the coin you don't want to infantilize yourself. You don't want to dress like a young child. Leave out the Disney characters unless you are actually taking a trip to Disneyland. Be wary of things like hearts and wearing too much pink.

Forget tshirts with pugs or kittens on the front or any kind of cute animal or cutesy slogans like 'love' or 'good vibes'. Graphic tees in general are a risky outfit choice when you become an adult. Maybe an adult woman with rock chick vibes could get away with a band tee, or you could wear the occasional graphic tee if it isn't too cutesy or juvenile. However you don't want to make 'mom needs coffee' tees the main staple of your wardrobe and you want to add some sophistication into other aspects of your outfit.

Beware of looking too girlish. This was something I struggled with to some extent. As I mentioned earlier, I love girlish things. I still wear my puma basket hearts with ribbon laces, paperbag pants and big frilly Peter pan collars, however I tone the rest of my outfit down. I would never think of pairing these items together or with something pink like I did in the past. I have one girlish accent piece and the rest of my outfit is slightly edgy and/or neutral.

Be wary of logos. If you are a middle aged woman wearing an oversized Nike t-shirt outside of the gym you will look frumpy. Wearing visible socks with a swoosh on them you could get away with wearing some more casual outfits. Logos should be subtle. Don't rely on them to make the whole outfit like a young person seeking approval from their peers would.

And please, please stay away from baseball caps and sports hoodies outside of the gym. These clothing items are not for mature people. You can do better, even if it's just a short trip to the grocery store. No one past college age should ever be seen in a trucker hat in any situation, ever unless you are Finn Mckenty or a rockstar, they can pull it off.

1. Don't let bodily insecurity get in the way of you paying attention to your outfits, instead find out what your body

type is and wear flattering pieces.

I'm a petite apple that carries some extra weight and has a very large bust. I could complain all day about looking like humpty dumpty with a chest. There are some who could tell me to grow some discipline get in perfect shape but in the meantime I don't want to look like I have made the conscious decision to stop caring about my appearance completely. Regardless of your shape and size or level of conventional attractiveness you should try to dress well. It shows that you care about yourself, at least enough to get out of bed and wear things that compliment you and to add your own personal touch to those things. Pinterest, Instagram and YouTube are amazing for this. Find and follow women whose style you like who have your body type.

Plenty of women are so insecure about their bodies and the fact that they are aging or not beautiful that they completely sabotage themselves by trying hide themselves completely in dated, ugly, juvenile and unflattering clothing.

You have absolutely nothing to lose by trying to be a better version of yourself, even if it's just baby steps and you don't currently envision yourself going all the way.

1. Create a wardrobe that fits your needs

If you have bad feet or certain health issues, there is no point trying to wear heels. My feet and ankles are so bad I can only wear flat comfort shoes or sneakers. I have been this way as long as I can remember because of my joint hypermobility. I can't wear extremely flat shoes with thin soles either.

There is no point buying anything that you find uncomfortable or that you will have to pull at and constantly adjust throughout the day.

If you are a SAHM there is no reason to buy a professional work wardrobe.

However you don't want to fall into the trap of wearing all athletic clothing. Plenty of stay at home moms do this and this is just another way of giving up.

1. Don't think that wearing expensive pieces will always make you look good and cheap/affordable ones will always make you look bad

You might just find a blouse in Walmart or Primark that looks amazing, but that designer graphic tee you had to save up for looks tacky.

Focus on how the clothing item is made, the fabric and the structure of it. Clothing that pills will have looser fibers. If you can easily pull out short fibers with your fingers and the item seems a little fuzzy the item will probably pill.

Even low end natural fabrics like linen and pure cotton can look polished. Modal, rayon and viscose can also be good options.

Sometimes loose threads in themselves are not problematic and can just be snipped off. It doesn't necessarily mean the item itself is unravelling, sometimes factory workers don't trim off thread tails or parts of the sealed, raw hem are escaping from the seam, although the stitching is secure and the item is not falling apart. If the item is unravelling, the stitching will come loose when you tug the thread. I know some basic things about sewing and didn't know this until I started sewing.

If you have to buy cheap clothing because of your budget stay away from embellishments and polyester blends because of pilling.

Think about how a clothing item will look after a few rounds in the laundry. If you have the time you can hand wash your clothing. I also recommend that you have clothing that you wear outdoors and clothing that you wear at home.

When it comes to foot wear however, you should definitely spend at least \$50 from a mid range brand. A pair of

basic sneakers for \$25 from a cheap fast fashion store will fall apart in a matter of weeks and you won't be able to put them in the washing machine, but a pair of Nike, Puma, UGG or Adidas for \$50-150 will last longer without breaking and some can even be put in the washing machine. I know that \$50 doesn't sound like a lot to people, but when I was a poor teenager I used to go through shoes from Primark in a matter of weeks because I couldn't afford to drop enough for half decent shoes all at once (I grew up in the UK) Some adults don't have a lot of money. Comfortable shoes that last at least a year are something you should buy on credit or borrow money for if you really are that poor that you don't have enough all at once. Look after your feet.

1. Get a sewing machine and learn basic alterations

Every pair of pants look better on me when I shorten the hem. I have trouble finding petite clothing where I currently live. You don't need to be a seamstress to do some very basic alternations.

If anyone can think of anything else to add please feel free to comment.

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UPVOTES

Caught him on a dating app again so I think it's really over now

GlamAndGlitz · 1 May 2022 · Archived copy · Reddit

Hello ladies

So I just thought I'd share how things have been progressing and how everything has turned out.

From my post history you'll see that I [27F] have been dating this guy [37M] for 9 months now. Yesterday, it was his grandma's birthday and he had all the family round at his place and invited me to join them in celebrating.

This was the first time I'd be meeting his family all at once so I was quite nervous but knew it was going to be a big step for our relationship. I brought flowers along and some little table treats so I wouldn't come empty handed. Soon after I arrived, the rest of his family arrived and we were all sitting in the front room and he introduced me to them just by my name.

As we were sitting in the front room, I'm sitting next to him and he takes out his phone and it opens up to him being on the dating app Hinge and I can see it was in the middle of a conversation where he had liked the girls picture. He quickly swipes off it but I tell him that I saw that. He then quickly puts his arm around me and tries to pull me in closer to him. He asks me if I want us to go and talk about it and I just take my drink and my bag upstairs to his room and he follows behind me. I can't remember all of what he said but I know he didn't say sorry to me and he just had a light-hearted playful attitude, he just repeated that I looked really nice tonight and he just wants us to enjoy the night. I said I felt like leaving but he said he didn't want me to leave, it wasn't an option and he wanted to introduce me to the rest of his family. I said what's the point because he's just introducing me by name anyway so it's not even clear who I am. He said he thought it was obvious but he said it's fine he'll start introducing me as his girlfriend. I told him not to, especially because of what had just happened but for the rest of the night he started loudly introducing me as his girlfriend.

I was quite upset so I go to the bathroom to call my mum crying to tell her what happened. She tries to think through with me about what the right thing is to do and she suggests that if I'll be too upset, it's probably best to hand the flowers to the grandma then make a quiet and polite early exit. I didn't want to be visibly upset in front of everyone especially it being their first time meeting me but didn't know how to leave without making a scene and everyone asking questions so I decided to stay and had some friendly conversation with his sisters and other family members.

To cut a super long story short, I ended up staying the full duration of the party and helped clear up at the end of the night. I didn't want to sit next to him in the kitchen where we were all eating but I thought it would look bad so I asked him what food he wanted and served him and myself a plate and sat next to him. His family were really warm and welcoming honestly so lovely. As they were leaving and we said our goodbyes they told me they hoped to see me again. I took all the belongings I had at his place and he dropped me home. We spoke in the car for a little bit, I won't go into that detail but I abruptly left the conversation and said goodbye. I did send a little goodnight message like I usually do but this time without all the hearts. He responded similarly.

I don't think I'm asking for advice but I did want to share this. I feel really disheartened by it all because this issue had come up before and I thought we had moved past it but now we're here again. I already don't have the highest self-esteem, I'm quite insecure and self-conscious so it's quite upsetting for me. I'm proud of myself that I was able to sit through a difficult situation because usually I go into flight mode. At dinner he was talking about a trip he wanted to book for us in the summer and I would love to go because I do enjoy his company and I've had a lot of new experiences with him. He said he's introduced me to his family and I'm the one here with him so I'm more important than the girls he's talking to. He really put in so much effort into my birthday just 2 weeks ago and made it really special for me. I am a bit confused about what to do. I feel scared about having to start again and find someone else but I also do feel scared about being with someone who's not satisfied with me and wants to talk to other people and what effect that could have on me down the road.

TL;DR The guy I've been dating for 9 months just introduced to me to his family for the first time yesterday during his grandmothers birthday. Whilst we were there I saw he had been talking to a girl on a dating app when he opened up his phone. I stayed for the duration of the party and he dropped me home. Little bit confused about where to go from here. I think this might be a sign.

73

UPVOTES

How do your men treat you? As their partners? Wives, girlfriends?

TermAggravating8043 · 11 June 2022 · Archived copy · Reddit

I've recently seen a lot of discussions regarding the red/blue pill mainly from men about men using the red pill to improve themselves and improve their life. I also realised that both me n my husband are arguably a redpilled couple, I left my career when we had our first child and I do about 90% housework/cooking etc while also changed to a part time job to work around kids schools/daycare. I love having long hair as well as dressing up whenever the occasion will allow it, I'm not a gym bunny (no chance with our kids) but my work is fairly physically. I also believe sex lives are private but for this I'll agree ours is healthy. However, in many of these discussions a lot of the men want and believe women should be subservient to them. A master/pet kind of relationship. They want to make all the decisions, manage all the money not to do any form of chore or be bothered by children. Divorce is not an option and even if a divorce happens the wife will get nothing since all she did was look after children. I've read a post where a redpilled man was looking for someone to agree with him that beating his wife was the next logical step to silence her "tantrums" and there's a strong desire that the wife must keep herself in shape and "feminine" for him and never refuse him sex and regularly suck his dick every other morning.

I mean to me, this borders (if not is) domestic abuse. While I have the classic traditional family role, it's the way our lives worked out not because we were trying to fall into these roles. I would be appalled if my husband was boasting (or even documenting) about his pet at home making the tea or how often he got a bj.

If this lifestyle makes both people happy then who am I to judge but I just worry that soo many women are still beaten into this kind of life and I just want to know if you ladies are ok?

Edit, big thank you to all the ladies here, my Opinions have definitely been swayed and I'm soo happy and proud to see such support and pride in modern women following traditional roles, honestly hats off to you ladies for your strength

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UPVOTES

A good captain

FlouncymcTwinkle · 29 September 2022 · Archived copy · Reddit

Ah the difference a good captain on your ship can make. This post has been on my mind for a while now. I just want to share and reflect on the difference a strong, masculine man has made in my life. My 20 yr relationship ended 3 years ago. A gradual decline leading to resentment, loss of attraction, respect, libido and anxiety on my part. I was exhausted captaining our ship while he bumbled about, declaring his eternal adoration of me whilst failing to meet my needs or provide for our family. I was the man in our marriage in the end and he was a well meaning thorn in my side, endlessly requiring reassurance and looking after. I came to see him as another of my children. Our home was disorganised and messy. Our standards lowered every year. The harder I tried to raise them, the more he resisted. He cooked but did little else. I earned the money. He would be happy to go out dressed badly in holey old tshirts and clothing that embarrassed me. If I complained he would tell me appearance's shouldn't matter. Money wasn't important to him but life was an endless struggle to make ends meet. I was made to feel superficial and silly to want pleasures and luxuries. His hygiene was poor and to relax he would only want to play video games, watch adult cartoons and marvel stuff, smoke weed and sleep. I would smoke weed with him most nights to numb my boredom and help me ignore the chores I couldn't keep up with alone.

After it ended I just felt a huge sense of relief and life got much easier. I began to remember who I had been before us, and recall all the standards I had gradually lowered and hopes and dreams and pleasures I had let go.

I told myself I was better alone but after the novelty wore off I was lonely. After a year I met my fiancé.

The connection was immediate and we both knew it. JT walked into my life and took control and I willingly let him. I fancied the pants off him and I was a little in awe of him and he made my head spin and my heart pound. He is a man with high standards in all areas and the way I was living was not good enough for him. But he saw something in me I guess and set upon rescuing me.

It was awkward at first, I can't lie. He came to my home and was not impressed. Brought tools the next visit and set about fixing everything that was broken. Gave me a jet wash and told me to blast everywhere outside while he worked away indoors. Brought me a new vacuum and questioned me if it didn't appear I'd used it enough or cleaned it. Wiped kids finger marks off the walls and filled my cupboard with cleaning products. I was ashamed tbh. I had been raised with high standards but I had slipped and settled into much lower standards. I wanted better but didn't know how to get there. He kicked my ass into gear.

He observed the way my divorce situation was working out and was not happy with the way I was allowing my ex to continue to fleece me financially and dragging his heels with proceedings. I had little fight left in me there and was basically peace keeping and going along with whatever. He pushed me to get my ducks in a row and gave me strategies to stop paying the ex's bills and get myself out of our smaller property in a horrible neighbourhood and back into the family home my money and parents' money had been paying for. He helped me structure a deal and gave me the impetus to push it through. I got the house I'd worked so hard for back.

He gave me his brand new audi keys (it just sat in his garage all day while he was using his van and motorbike) and had me sell my busted old car. That felt really uncomfortable at first, like giving up my independence and really being beholden to him. But he frankly didn't want to be seen in my old car and wasn't keen on me being seen in it either.

He has a construction company and set to work on the house, which had been neglected for years. After a few months, he just gradually moved in and sold his place, ploughing everything into what was now our home. He has a schedule and a plan for raising the value of the house and us buying our forever home.

The house now is more than I could ever have imagined. It's like a show home. We just have the kids' rooms left and it's done. His skill is insane, he has done everything from knock down walls to roofing and tiling and plastering, electrics, moved gas and water pipes and landscaped the garden. He never stops.

I keep that place fucking immaculate. The children are expected to do the same. Im a hopelessly soft touch where they are concerned and he has brought some much needed house rules into play. He is strict, like my parents were with me. Old fashioned values are back in my life and it benefits us all. He is generous with my children and they love and respect him in return. He has given my son openings to a more active outdoor life away from video games, paid him to work as his labourer and given him an alternative male role model to his nice and loving but rather hopeless father. My daughter is a handful, a delightful, charismatic but rebellious renegade. He loves her spunk and she adores him and is keen to gain his approval, more than she is mine, as Im a soft touch. But JT takes no shit from her and his boundaries and rules are helping to shape her into an extremely organised, sharp witted, more responsible accountable version of herself. As for me, ive not touched the weed in 18 months. I never cooked but these days the kitchen is my space and I love it. I am free to be a woman. I have a beautiful home and a fabulous car and disposable income. I am dressed in better clothes. I am expected to take care of how i am presented and given the means to do it. I still work full time and make good money. But Im not doing it alone anymore. I come home, look after the kids (when they are here) cook and clean. JT sets our direction keeps us on course and does the hard labour and the finances that used to make me cry. I give him a soft space to retreat too and do his business paperwork

I dont stress or worry anymore. I am the cheerful oldest child in the house. I defer to him because i trust completely that he has the families best interests at heart and is complete capable of whatever it takes.

The whole Laura Doyle approach comes so easily in this relationship. I respect, appreciate and defer, and gratefully receive the gifts he brings.

A good captain has taken my life out of stormy seas onto a calm ocean of adventure. Out of a leaky sailboat and onto an elegant yacht. All I had to do was let it happen.

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UPVOTES

Women who left stressful careers - what did you do/how is life now?

blurgg77 · 6 November 2020 · Archived copy · Reddit

I feel like a failure. My whole life I went to the best schools, had a career/high paying job right out of college, was never allowed to fail. But now I find myself 25, in a job that is actually way above my skills, realizing I don't want to work 50+ hours a week just to keep up and "prove myself" where I cry every day and ignore/snap at my partner because work is so stressful.

I feel like I would let my parents and myself down if I don't continue on an upward career trajectory, since they so generously paid for my education. I'm so afraid I'll regret taking an easier job that pays less. But I look at my hours, and it's dirty, laundry isn't done, we eat takeout multiple times a week and I'm gaining weight...this is not a life I want to live. It takes every ounce of motivation just to make myself workout or cook, and usually only one of those things can happen per day before I'm exhausted and fall asleep on the couch at 9pm, missing quality time with my partner again.

What is wrong with me that I don't seem to be smart or capable enough for my career, but I also feel like I'd be selling my earning potential short if I take a step back and do something easier/different? Every day I'm getting fatter, sadder, more lost. I want to be on my feet, feel accomplished but not stressed, work with hands, have time for chores and basic life maintenance. The closest I had to this was my part time ice cream parlor job in college where I was truly the happiest I have ever been in my life. And my real dream is to become a homemaker with a part time job, but I feel a horrible sense of guilt about that too (and the reality is, it's hard for two people to get to a place where this is an option, so I'm afraid of setting all my hope on this).

Women who left stressful careers, whether you become a housewife/started working part time/working full time in a less stressful industry, what did you do, how old were you, and are you happier now? Especially women with a lot of outside pressure in their lives to "succeed" in the corporate world. Thank you <3

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UPVOTES

Hook up culture at uni and finding a boyfriend

Weihnachtsbaum123 · 23 June 2022 · Archived copy · Reddit

From the start of uni, I have realized that most men that I found attractive/that pursued me, turned out to only be interested in a hookup.

I come from a background where this isn't a common everyday practice, and so at first, I was very shocked and surprised when they discovered this (I knew it was happening, but I wasn't aware it was so incredibly widespread).

How do I attract those that want a genuine, long-term relationship?

Edit: thank you so much for all the feedback!:)

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UPVOTES

My best friend suddenly hates men and it's getting annoying

lady_marm · 13 September 2023 · Archived copy · Reddit

Note: Idk if this really belongs here. If not, I will take it down.

My best friend (23F) and I (also 23F) have known each other since we were 5. We are much more like sisters than friends. We have also had our disagreements and differing beliefs, but it hasn't been a problem since we don't shove them down each other's throats. She graduated college last spring and, ever since, I have noticed this strange turn in her behavior towards men. I thought it was nothing, until several months ago when she straight up said "I hate men. All men are trash." For context, she has never had a serious or casual relationship with a man and has many great men in her life, including her brother and dad. I brushed it off and figured this was just her new outlook and opinion, no harm no foul. Since she first told me this, however, she has been finding ways to tear any and all men down when we're together. She jokes about it and, when I tell her that I'm uncomfortable with it, she just tells me that she's "making sure I'm aware." I also have a lot of good men in my life, including my brother and dad as well. I have asked her to keep her man-bashing comments to a minimum, but she thinks I'm just being dramatic. She has even actively deterred guys from talking to me when we go out and says it's "to keep me safe." Well, today we were chatting in a group chat with another friend when she randomly sent a link to a post about, well obviously, man hating. Idk why, but this was just the final straw for me. I never responded to the text, but she then texted me individually asking if I saw the post and said "it's my new life motto and should be yours too lol." Idk what to say to her at this point and I really would hate for things to get complicated over this of all reasons.

Am I being overdramatic or am I somewhat justified for feeling annoyed? Is there something I should do to avoid a confrontation? I'm just really tired of this.

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UPVOTES

Could women unconsciously sabotage other women's relationships as a form of mate competition?

Vvviv_ · 25 June 2024 · Archived copy · Reddit

[I started this discussion elsewhere but am curious of different takes. Also I feel that in this sub I don't have to repeatedly emphasise that this is just a casual theoretical/intellectual discussion on evolutionary/adaptive reasons for behavior.]

Something I've noticed with female friendships. You're in a relationship. You're content. Everything's going well. Then you get together with female friend(s) and share things about said relationship.

In come unsolicited advice about why you should be upset about what you were never upset about, even when you reiterate that it doesn't bother you. In other words, (probably unintentionally) manufacturing conflict.

"I can't believe you let him get away with that! I would be so pissed."

"That is not ok. You should not have to put up with this."

"Man needs to step up."

"You need to let him know this isn't good enough. You need to communicate your standards."

From the male point of view, you're in a relationship. It's going well. Your woman goes out with her girlfriend(s)/talks to them online, and suddenly she has a grudge to bear.

From my very biased sample these friends are typically single and struggle to lock down a relationship.

Now, I once came across a study that found women advised their perceived competition to cut off more hair ("Off with her hair: Intrsexually competitive women advise other women to cut off more hair"). It is possible that women covertly undermine one another by giving bad advice.

That leads me to wonder: While it is possible that these women genuinely want the best for their partnered friends, could this kind of behavior actually be unconscious relationship sabotage, to free up the eligible men for themselves? A form of intrasexual competition, if you will?

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UPVOTES

Field Report and Discussion: Things are more dire for men than I realized

Jenneapolis · 7 December 2024 · Archived copy · Reddit

I ventured out last night to go on my first “first date” since 2022. After my last relationship ended, I went into not quite a nun mode, but more of a dating break to get my head back on straight. I met this great guy (34) last spring on OLD but realized I was not ready to be dating at the time and let him know. We reconnected recently, had facetimes and calls first, and finally met up for tea last night[[i]](#_edn1).

At first I thought this guy was the definition of the “**greater beta**” – but then I looked at this definition and realized it’s not a fit. He’s not a reluctant leader, he’s a leader for sure, just a very gentle, thoughtful and compassionate one. So if there is something between Alpha and Greater Beta, that’s where he sits. He owns his own law practice (small but growing) and is a self-made man (an immigrant who built his life here from the ground up). I can see how some women may see him as too nice because he asks lots of questions and is very attentive but I’m past the stage of wanting the most aggressive alpha of the alphas – I’m attracted to that but I’ve learned the risks in those men. He’s very attractive to me (although as non-white in the Midwest not all women are open to that) and has that smart cute attorney guy next door energy. He is divorced as of 2 years ago and is sober (I am just guessing these two are related) so it’s something to keep an eye on but I know sober men can have a harder time dating as most people want to drink it up.

I was STUNNED this guy wasn’t scooped up since last spring as he’s a total catch. We started talking about dating and his feedback absolutely SHOCKED me. I like to think I’m well connected to what is going on in the world but perhaps I’m too naïve or have been on RPW too long. Some areas I thought would be helpful for us to discuss are:

POLYAMORY

In his estimation, 15-20% of the women he met on OLD were either poly already partnered or had been poly in the past and wanted to continue that lifestyle (granted OLD is going to overrepresent poly than real world). One woman he connected with after talking for weeks did not tell him until the first date she was married and poly. He felt rightfully misled and disappointed. He asked me if I was poly or had ever been and I had to really reassure him I had no interest in that. I honestly wasn’t prepared to need to convince him of being monogamous, to me it’s default, but it was clear it was a real fear for him. I had no idea poly was so common in women and more so thought most men were trying to play the field and most women were out there trying to lock them down. I didn’t know so many women were looking for side pieces (yes I get poly in theory can be more than this but let’s be real, in most cases, it’s about sex for entertainment purposes IMO).

BEING USED FOR SEX

He encountered many women just looking for sex and even misleading guys into casual arrangements pretending they wanted more. Again I have always thought of this as a male led problem but perhaps that’s because it’s how I experienced it. Of course I know there are women looking for casual sex but I didn’t know it was at the point where women were out there misleading men making them think they want a relationship only to try to maneuver it into something casual. He felt completely used by women (and women in their 30s are still playing these games...). And let me say, he wasn’t harping on this topic or anything, I was prying it out of him.

KINDNESS AND BEING INTERESTED

When we’ve talked about what he’s looking for, he always says “kindness above all else.” This surprised me as most men tend to focus on more practical things – looks, maybe education, religion, maybe they prefer someone outdoors or nerdy, etc. – but kindness? This seems entry level for entering any relationship. But when I dug into what he meant by that, it seems that most women did not show an interest in learning about him at all – asking him about his day, how his life is going, truly learning about him and his interests. They wanted attention, they took it, and didn’t give back much. Again he felt used and unappreciated. He also focused on wanting someone who treated

others well, with kindness and compassion, and had the emotional intelligence to read a room. Again to me these are basic skills but sounds like this is hard to find??

So my takeaway was that if this is what the dating market holds for men, I am sorely depressed. Here I was trying to be my best self and I had no idea the bar was at being monogamous and ... kind? Caring? Asking him questions about his life and interests? The bar is on the floor it appears. The theme: men feel USED and UNAPPRECIATED.

DISCUSSION

Women, have you heard similar feedback? Men, has this been your experience? What is going on that an attractive, successful, generous, attentive man is feeling this way? I don't want this to turn into a post just crapping on women so please mods look out for that, but I am truly wondering what has changed in the recent years that this is how it is. And no I don't think this is JUST about the numbers of women vs. men on OLD. It HAS to be about more than that.

[[i]](#_ednref1) We live in a diverse liberal part of the Midwest in the US so while liberal, still conservative compared to the coasts.

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UPVOTES

"men prefer younger women"

inmsalxst · 9 January 2025 · Archived copy · Reddit

I really want to be a traditional housewife and have many children but this topic makes me hesitate to follow this traditional lifestyle. It kinda makes me scared of getting in a relationship. I wouldn't like it if after I sacrifice my body to bear him children and I let go of my financial stability to make a loving home for him just so that he'll leave me when I'm no longer young. Is this phenomenon really common as it seems on the Internet? I read comments online from men all the time saying that if given the chance all men wouldn't hesitate to go be with a young woman and praising men like Leonardo Di Caprio for ditching women when they hit 25. If that is something that will happen to me in the future then I'd prefer to be financially independent so I can take care of myself and my children financially if I'm abandoned for the passing of time.

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UPVOTES

Finally understand when men say "I don't know why women wear/do their make up like [xyz]. It's not attractive"!!!

GlitterMcSprinkle · 3 July 2025 · Archived copy · Reddit

I would get offended by statements like this or think "they just don't get it. Women can wear what they want" etc. And it's true, anyone can wear what they want – but it's not fair to also expect men to like it or be attracted to it.

What opened my eyes: hand nail polish on men. I don't like it at all 🤔 I've really tried because I know it's become trendier and trendier but I hate it. Oddly, I think painted toes would be kinda cute lolll but when I see a man with their hands painted it's hateeee it

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UPVOTES

What Exactly Is A Red Pill Woman?--Good Stuff from Athol Kay

[deleted] · 14 December 2014 · Archived copy · Reddit

“So what is a Red Pill Woman?” in response to someone I didn’t know describing herself as a “Red Pill Woman.” I have to say it’s a great question, I’ve written a lot about Girl Game and Sexy Wives for a long time now, but never actually thought to define what the idealized Red Pill woman is like. Anyway... let’s have a crack at it.

1. Understands that physical appearance and her looks are what attracts men’s sexual interest. She stays in shape and while every waking minute she may not be dressed to the nines, neither does she get mistaken for a slob. She “looks good for [insert age]”
2. Understands that all her skills, effort, kindness, intelligence and “inner beauty” et al, is what creates relationship comfort and makes her someone capable of having a functional relationship with.
3. Understands that what she does with her vagina always has some sort of consequence.
4. Understands that there is a sexual marketplace, and that women have an earlier peak of sexual desirability than men do. That the point (1) stuff comes very easily to young women, and that the point (2) and (3) stuff pays off over the longer term.
5. Understands that men are the gatekeepers of commitment and that committed men place extreme value on sexual loyalty.
6. Doesn’t need a man to save her from her own folly. Will not tolerate a relationship with a man that requires her to save him from his folly.
7. Is aware of her own sexuality and understands what in a man attracts her and turns her on. Namely hypergamy, Alpha Traits, why she may Fitness Test and so on.
8. Can delay gratification. Can pass on someone or something that is fun for now, but painful later on.
9. Can articulate things that she did wrong in prior relationships. Even if the guy was clearly the greater cause of relationship failure, she can acknowledge things she could have done better, or differently. She can think consciously about her relationships, rather than simply follow her emotions from moment to moment. Has a learning curve.
10. Understands that relationships are not static, that effort and intention to maintain them is an ongoing requirement. That while she can reasonably expect the man to take the lead, that doesn’t mean he’s the sled dog and she can curl up and take a nap on the sleigh.
11. Expresses genuine relationship discontent, clearly and directly, allowing time to correct the relationship issue. Does not complain to everyone else but her husband, does not act out instead of addressing problems, does not plan and/or execute an exit strategy before stating her discontent.
12. Lets go of resentment for relationship issues that are now resolved.
13. Understands that divorce sucks and is more akin to getting treatment for cancer than having cosmetic surgery.
14. Likes men in a general sense for who they are and what they do, rather than detesting all men in general and making an exception for the tiny few in her nuclear family.
15. Understands the risks both men and women take in having serious relationships, and is willing to negotiate ways to verify trustworthiness in each other. Sees doing this as evidence of true commitment rather than an insulting invasion of privacy.

16. With her chosen partner, is deeply and passionately sexual.
17. Is aware of her own personal kink and can communicate her sexual desires. Takes responsibility for receiving her own sexual pleasure.
18. Has a sense of humor.
19. Respects the boundaries of other peoples relationships and doesn't attempt to mate poach.
20. Doesn't keep the Red Pill a secret from those that need it.

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UPVOTES

I've started hating my fellow woman.

sunnfluer · 29 April 2016 · Archived copy · Reddit

I found TRP a year ago, and right away thought "HOW DARE THEY" and slowly, after lurking for so long, and sifting through the threads, I realize "Fuck, they're right with a lot of this".

Now, I've started hating women, as a woman who has always thought of myself as a feminist (a feminist who wants men to have parental rights, who wants men to have their own birth control, who enjoys baking, sewing, video games and fishing all at the same time). I have realized the term "feminism" has been tarnished, and even the people in the women related forums bring up points that are exactly what real feminism fought against (ex. have a baby, disappear for years and then come back to demand money from a guy you didn't bother to inform about the pregnancy in the first place)

I don't know how to go back to being proud to be a woman, now that I see how fucking terrible we can be, to one another and to men.

Did anyone else go through this? Does it ever go away?

(I don't mean to offend you guys, I know this is a women's forum but I can't really post in the regular ones, seeing as, well, they won't get it...)

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UPVOTES

Who is Red Pill for, anyway?

MsSadieDunham · 3 August 2016 · Archived copy · Reddit

This may have turned into a bit of a rant. I had an interesting interaction with a user today. He was upset because he felt that the direction of this sub has been lost and that we have essentially devolved into a sub that teaches old sluts how to reel in a BB. This lead me to ask the question, *who is Red Pill for?*

Red Pill is for women who have realized that the liberal, feminist agenda that we are indoctrinated with all of our lives is not making them happy. It is for the ladies who think, "there must be a better way to interact with my SO, there has to be another dynamic than this current one that isn't working."

It's for the 18 year old virgin who's never had a serious boyfriend. But, and this seems to be where this particular fellow had a problem, it's also for the 28 year old who realizes she wasted her youth on the wrong priorities and is looking for help to fix them. It's for the 35 year old divorced mother who is looking to fix the problems and ideologies she has been using and find a good man.

Sure, some men may think that some ladies are just trying to have their cake and eat it too, but to that I say, how can you tell the difference between one women who is genuinely trying to better herself and the one who is doing it to be manipulative? You can't, so err on the side of caution and help everyone.

Yes, some guys are going to be turned off by your age, your children, your divorce history, your party girl past. That's a natural consequence of life. Did you know a better way at the time? The answer doesn't matter because it doesn't effect the outcome. The point is, you're here *now*. You're looking to fix things *now*.

We all have a past and while some may condemn you for it, others won't. Those are the men you are bettering yourself for. Some men who are angry or bitter and come here may say they're all betas or they're low quality men but if you see quality in this man, who is some stranger on the Internet to tell you you're wrong?

Ladies, we are in a much better position than or feminist counterparts, no matter what age you swallow the pill. I'm not encouraging a "team woman" attitude and I'm certainly not encouraging the women looking to glean what they can from the sub for their own manipulative game.

When I look at posts for advice or field reports and see some posters condemning those of us who have the courage to open up about our past mistakes, it really irritates me. Red pill is about seeing reality for what it is and using it to live your life the best way you can. You can't un-ride the CC and you can't go back in time to hunt for a husband at 23. Start where you're at now. The journey is still worthwhile. Don't let the occasional bitter poster bring you down.

I truly believe in this journey, I know it has changed my life and marriage for the absolute better. I certainly wish I had found it earlier in my 20's than I did, but the point is, I did indeed find the Red Pill. This journey, this mind set, this lifestyle, this praxeology, is a truly indispensable thing to integrate into your life and a cause I very strongly believe in.

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UPVOTES

Thank you for reminding me to do self-care. It revealed a bigger problem's depth.

Nessunolosa · 5 January 2018 · Archived copy · Reddit

I had stopped shaving, period. I washed my hair once a week. I just threw it up into a bun on my head, same style every day.

As part of experimenting with RP ideas on femininity and re-committing to becoming my best self, I discovered that these things were actually symptoms of depression. I wasn't taking care of myself well enough, and only trying to be more feminine really revealed it.

I'm happy to report that I'm getting better day by day, and that my husband is really responding to the fact that I'm not a hairy, smelly, mess anymore. I realise that this should be the absolute basics, but when you are depressed it can seem totally normal.

I wonder if this indicates that many women who don't take care of their physical appearance are depressed, too?

Thank you, ,RPW. I'm slowly coming back.

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UPVOTES

(UPDATE) "My hamster is spinning out of control -- someone smack some sense into me"

KittenLoves_ · 10 September 2018 · Archived copy · Reddit

A little while ago, I made [this post](#), the tl;dr of which was that my boyfriend didn't want me coming to the concert at which he was performing, and I was having a hard time accepting it gracefully.

It ended up getting more attention than I expected, and [/u/girlwithabike](#) mentioned to me, after I gave her a brief update about what happened, that I should post a more complete update of what happened after I made that post. So here it is, and I hope it's beneficial to you all.

So, a little while after I made that post, my boyfriend and I were driving somewhere and he started talking to me about his idea for the "intro" to their set (he was going to record the sound of the rain and all the spooky "night sounds" in the woods near our house), and I casually mentioned that I hoped the concert would be recorded, because I'd like to see how that would turn out on stage. I think this was his lightbulb moment of "oh shit, I'm excluding my girlfriend from something she's actually interested in." At this point, the practice sessions with his band were going well, he was less stressed about his own performance with the guitar/vocals, and the pressure of not having performed in so long/being out of practice was subsiding. Basically, he was able to think a bit more calmly about the situation -- instead of seeing me as another added stressor, he was seeing me as someone who loved him and would support him throughout the weekend.

In a matter of a couple days after that comment, he went from, "well, I mean, yeah you can come actually..." to "you're coming with me, I'm getting you in for free, you're eating with the rest of the musicians, and I've talked to the organizer about having you stay overnight to sleep with the rest of us."

The concert was this weekend. He was, of course, a bit stressed, but not at all as much as he had been before. Being as the show was in a city a few hours away, and it was a pretty big event (pretty much an all-day thing), we left in the morning with one of his bandmates, and spent the weekend in a *very* scenic coastal city. The things he was stressed about (having to "take care" of me while they were doing sound check/throughout the day) ended up being non-issues. During soundcheck I explored the city a bit on my own, and there were enough events going on throughout the day, before the concert, to keep both of us busy.

The concert itself was spectacular. I won't go into a ton of detail about it, but they performed amazingly well, and I was incredibly happy to have been there, and immensely proud of my boyfriend.

Throughout the day and the evening, he was incredibly sweet (as always), we supported each other the way a couple should, and had a really fantastic time. To top it all off, the next day, before leaving to come back home, we ended up visiting the ocean at low tide and walking all along the beach. It was incredibly scenic and an amazing experience.

Here's what I learned from this event:

Sometimes, when men are stressed or anxious, they see everything as a problem to be solved, and will start trying to avert crises before they happen.

I also learned that I need to just chill out and *trust him*! It's not surprising that he reacted in a negative way during a time of stress, because he was in a mode of trying to put out a bunch of fires at once (I later learned, for example, that his bassist had been slacking and hadn't learned all the songs at the time I made the original post -- obviously another stressor).

If there's anything you all take away from this update, it's that not everything is a big red flag, and your boyfriend not wanting to include you in something doesn't always mean he's got something to hide. Sometimes it means he wants alone time/time with the boys. Sometimes it just means he's stressed and needs time to process things clearly. I know some commenters were mentioning he was hoping to exclude me in order to get some groupie tail. Firstly, I

know him well enough to know this isn't the case, and would never be the case. Secondly, let me close off by mentioning what he said to me to close off the night --

"[/u/KittenLoves_](#), you were by far the hottest girl there tonight." Damn right -- why cheat on perfection? ;)

72

UPVOTES

How to not hit the wall/ age gracefully?

RightfullySqualid · 21 January 2019 · Archived copy · Reddit

So I originally found this sub when I googled that question and [this](#) wonderful post came up. It's over 3 years old though and I wish I could comment my own tips and also that I could ask some of the women in that original post questions. So I decided to ask it again and revive the discussion!

My personal tips would be:

- Consume collagen regularly. Preferably from bone broth, but gelatin and collagen powders are also fine;
- Eat a diet high in animal products and in animal fats, and avoid processed foods, grains and sugar. Low carb high fat is optimal, it keeps your hormones way more stabilized than with constant blood sugar spikes;
- Take Cod Liver Oil daily and eat beef liver weekly. Your skin (and the rest of your body) will thank you;
- Drink enough water (I'm not about the 8 cups a day story. I'm 5'1 and 107lb, I very much doubt I need as much water as someone who is 5'7. Drink when you're thirsty. Eating less sugar will make you better at recognizing both thirst and hunger signals;
- Have a good sleep routine. Avoiding too much screen time before bed, going to bed and waking up at the same time every day and getting 7-9 hours of sleep per night;
- Don't over wash your face and don't take super hot showers all the time. You're dehydrating your skin this way. Moisturize daily. I have been using homemade Cold Cream (can give you guys the recipe if interested) for about a year and it's *by far* the best moisturizer I've ever used.

I'm 25. So I feel like I'm at the age that the choices I make really matter. What are your own tips? What has worked for you?

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UPVOTES

I feel bullied by women.

sofis91 · 13 June 2019 · Archived copy · Reddit

I'm not sure if this flair is correct but I just feel like women keep bullying me. It sounds childish and immature I know but I can't even make this statement without being called anti-women or brainwashed by misogyny.

I've had such a hard time at work. I have worked at three different places and three different women with power actively made my life difficult. My mum - who is super honest - told me it was because I was physically attractive and a threat. At my first workplace, my mentor (a man) told me the same thing. I didn't even have the courage to tell my work friends he said that because they would have called it sexual.

I know I'm not perfect but I'm sick of women tearing me down for saying what they want me to say.

I'm not a RPW (I don't think) but I'm getting exhausted by liberal feminists.

What should I do?

If more info is needed about my work situation right now, let me know.

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UPVOTES

What is very unflattering for a woman?

Playful_Android · 12 September 2020 · Archived copy · Reddit

I have a very beautifull and feminine colleague. She swears a lot - and I find it very unflattering, and it just ruins her over all impression.

Whats your exampels of Whats unflattering for a woman?

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UPVOTES

Partner read my dream journal and now wants to date other women?

Unicorn62829164 · 17 October 2019 · Archived copy · Reddit

I am a 28, he is 33, we have been in a committed monogamous relationship about one year. Today he texted me asking “are you dating other guys already?” Which completely took me off guard. I have not even come remotely close to dating anyone else; I make it a point not to hang out with other guys alone and make sure I have girlfriends with me. This is a change that I have made in order to continue our relationship together.

It turns out he found my dream journal. In my dream I was on a date with a stranger who tried to put his arm around me. I remembered that I had a boyfriend and left. In the dream I was angry about being neglected by my partner and wanted to end the relationship (this is when he had been ignoring me with no explanation for 3 days in real life). Other parts of the dream included hurting my leg on an escalator and trying to lose my phone. The dream before that was one where I was getting chased by witches.

I told him that what he read was just a dream that I had. He said that what he read was unacceptable and that he already had two dates set up for this week.

I apologized and asked for him to allow me to explain myself and make it up to him. He said that he would allow that but that I would have to work hard to get things back on track and that he is still going on those dates. He brought up some other mistakes that I have made in the past as further reasoning behind his decision (which I had apologized for and changed my behavior accordingly).

I am really devastated by this. I am shocked that he basically broke up with me without trying to clarify or discuss anything about what happened. And I feel really frustrated because I don’t even really think I did anything wrong — I had a dream and I wrote it down.

Prior to this, we had been in a monogamous relationship. I put in a lot of hard work and effort into this relationship — cooking, baking, dressing up, working out, wearing make up. Our sex life is great. I don’t know how I can try harder. I do all of this on top of a 70-80 hour work week.

I am planning on making an apple cake and a shepherd’s pie to make up. I am hopeful that I can explain myself but I feel so discouraged. Do you think that his reaction is reasonable? Do you think my frustration is warranted? I don’t know how to proceed. Sometimes I feel like I try my hardest but can’t succeed. It is really dispiriting.

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UPVOTES

Mommy Issues in Men

cornycatlady · 12 October 2020 · Archived copy · Reddit

How have you personally seen this manifest this in men? I was watching a video on the importance of having a nurturing and caring (woman) person in your life. in that absence, a lot of problems can happen.

I'm starting to realize my exes cheating, serial lying and inability to take accountability may be related. The demise of all his previous relationships were never his fault. And oh yeah he had an insane body count.

This was a great video on the subject: <https://youtu.be/ouYuezum5xY>

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UPVOTES

Can we talk about Suzanne Venker?

saltlamp67 · 13 May 2020 · Archived copy · Reddit

I followed her on Twitter a while back and I'm just loving all the articles she's been posting. I think her advice can be really well-received during quarantine. If you haven't heard of her, here are some great links:

[an article about men feeding off feminine energy](#)

[an article about fathers needing to be the most attentive parent to a boy over age 11](#)

[never stop wooing your wife!](#)

I'm also looking forward to watching her discussion with Mikhaila Peterson!

But what I love about her is that she not only gives sound advice to women for sustaining a peaceful relationship, but she also advocates for men to step it up and fill out a dependable father and strong (but still romantic) husband role. She gives great parenting advice too. I can imagine she has many more fans in this sub!

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UPVOTES

What do you think the dating world will look like in ten years time?

HappilyMrs · 13 June 2020 · Archived copy · Reddit

Do you think hook up apps will become the norm over meeting people in a more traditional way? Or will they go out of fashion as people realise they aren't leading to permanent relationships?

Will movements like MeToo affect gender interactions more in ten years time, or will they wane/be replaced by other movements not connected to binary gender?

Will sex robots be so well made and customisable by then that people begin to give up on human relationships entirely?

Will there be a big shift towards more traditional relationships as rebellion against some of those changes?

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UPVOTES

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Im-Toxik · 13 May 2021 · Archived copy · Reddit

I followed her on Twitter a while back and I'm just loving all the articles she's been posting. I think her advice can be really well-received during quarantine. If you haven't heard of her, here are some great links:

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UPVOTES

A Day In My Dad's Shoes

SunshineSundress · 17 June 2021 · Archived copy · Reddit

I've been helping my parents with their recent move. With all the unpacking, renovations, and chaos that's typically associated moving your life from one box to another, it's safe to say that tensions are a little high.

A little on my parent's marriage: they've been married for almost 30 years, but have been together for nearly 40. While they have a functioning relationship with traditional gender roles (Dad leads the household and is the main breadwinner, Mom was a SAHM who raised me and kept the house and didn't start working again until I left the nest), I've always looked at what they had and thought, "Yeah, I'm DEFINITELY not acting like that in my marriage." (When I was younger and more rebellious, I swore off marriage for this exact reason.) They have major issues with entitlement, anger management, and a lack of proper communication.

Growing up, I almost ALWAYS took Mom's side whenever my parents had a petty argument (there were a lot of them). Given Dad's quick temper, it was easy to see her as the victim to his scoldings and flashes of anger. "NO WAY will I be married to a guy like this! I gotta find a man who is MUCH more understanding, patient, and reasonable," I always thought.

Spending time with them again in this stressful context, for the first time I saw my parents in a different light. As an adult looking at two other adults trying to get through life, I'm starting to have a much more nuanced understanding of their dynamic, thanks to one interaction in particular.

With all of the changes my parents made to the house, they both decided it was time to completely redo our living room furniture and decor. Now, Mom wanted no part in this. She explained that she was far too busy with her own responsibilities and chores (and to be fair, she did have a lot) to have time to consider such things.

That meant it was all up to Dad to pick the furniture and decor. He spent countless hours and sleepless nights, often with me in tow or on FaceTime trying to see what he thought looked best. He earnestly and tirelessly looked for how to make their new house feel like a home, paying attention to the minute details that he knew would matter to Mom's superstitious whims and eclectic taste.

After we got all the furniture and decor, Dad and I also put everything together. We climbed unstable ladders to install the curtains and hang the paintings, carefully adjusted many pieces to our liking in laborious and extensive processes, repaired the broken ceiling fans thanks to the helpful videos on YouTube, and moved heavy furniture up and down the stairs ourselves (a 5'0 woman and her 5'3 senior dad are probably not the most efficient movers).

We were exhausted, but we finally finished and looked at each other, sweat on our brows, proud of our hard work that paid off. When I asked Mom how it all turned out and beamed for her praise, all I got instead was criticism. "Well, why just an armchair and not a loveseat? The room looks so imbalanced now! Did you really not iron the curtains before you put it up? We should have gotten marble tiles. The furniture just doesn't match the floors!" And on, and on.

I was hurt, angry, and frankly heartbroken. All of the work we did wasn't met with a single acknowledgement or praise. I looked over to Dad, and he looked like he knew better than to ask.

And then it clicked: **my mom wasn't always a helpless victim who got bullied by my dad, because he's a cruel and callous man taking advantage of a weak and innocent woman just because. Both are adults who are responsible for how they act and treat each other.** Recalling all of their past fights, I realized that a good majority of them started because of my mom's constant nagging, complaining, and criticism rather than showing gratitude, appreciation, and love. She often shot down my dad's enthusiasm (for her benefit, no less) with her stinging and sharp words.

That doesn't mean my dad is perfect either. He too has his fair share of entitled behavior and a quick temper that provoked my mom in similar ways. But still, seeing and understanding their dynamic as an adult made me realize

that **both are human beings who thrive on love, admiration, respect, and gratitude, and feel angered and spited when their hard work goes unappreciated or purposefully diminished. Both are responsible for how their actions and words affect their partner.**

Were Mom's criticisms and complaints unwarranted? No. She brought up good points that Dad and I should have addressed. But the *way* she did it, right in the moment of our puffed chests and sweaty pride, quickly deflated all of the excitement and enthusiasm and contentment we had. It made all of our hard work seem pointless, and I started to question if I should have even bothered. I didn't even want to stick around much longer. So I said my goodbyes and left, but understood that my dad was far too loyal to get this kind of escape.

So I came to a new conclusion. Yes, I can and should want my future husband to be understanding, patient, and reasonable. **However, by being in my dad's shoes, I realized I also need examine my own behavior** to make sure that I don't drop the ball either. I can and should learn to do **whatever it takes to make sure I can bring what my man truly desires to the table too: respect, admiration, and appreciation for the tireless work he puts into providing FOR ME.** Otherwise, it won't matter who started it - we'll both feel like wronged victims who aren't getting the love and respect we truly deserve.

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UPVOTES

“Do things feel different now that you’re married?” ...yea they kinda do

DancerInTheFlowers · 15 October 2021 · Archived copy · Reddit

We’ve (26f, 28m) been married about a month and a half now. People ask if things feel differently between my husband and me. I always answered something like “no, things haven’t changed at all,” but I don’t necessarily think that’s true anymore. Things *do* feel differently between us in an indescribable way. We feel more like a family unit. I’ve noticed that he goes out of his way for me like never before. I can feel that he truly yearns to make me happy. He holds me and tells me he loves me in like, a deeper way, and I feel more motivated to serve and care for him. I don’t know how to describe it. Of course, I felt that way when we were dating, both he and I did all of that stuff before. It just hits harder. It seems more intentional? He has said multiple times that he is SO happy we got married, and I feel more attached to him than ever. Idk. What do you think? Have you experienced something similar?

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UPVOTES

Why Your “Fat Reduction” Workouts Aren’t Working.

Goodtreesbadknees · 9 May 2023 · Archived copy · Reddit

Why Your “Fat Reduction” Workouts Aren’t Working.

With the use of social media in the fitness community, many women are starting to promote their workout routines. Whether for fat loss, muscle gain, or overall health, the internet has provided easy access to various workout routines. When consuming media types, believing what you see isn’t always the best idea.

Women that aggressively promote their “spot reduction” workouts for losing fat in specific areas of your body are lying to you. Doing “Chloe Ting’s” 2-week training will not help you lose weight. These women and influencers online sharing this information have entirely different genetics, wear waist trainers, and most of them take steroids anyways (although they won’t admit to taking them).

I’ve seen my friends struggle to realize this in more recent years, with physiques being posted almost everywhere on social media now. It seems there is a constant reminder that we (consumers of these posts) should look exactly like them. I’ve done sport-specific training and weight lifting for aesthetic reasons, and have done the beginning stages of training to compete in powerlifting. It is better to work out to achieve your personal goals than chase a body you’ll never be able to have.

To achieve your goals, you have to have discipline. You can’t have the results without putting the work in. It begins by simply showing up at the gym. If losing weight in your stomach and wanting a “toned tummy” is your goal, ab routines from influencers will not be beneficial. You can do their workouts all you want, but they have different genetics than you, so their work outs won’t give you the result you’re looking for. Going into a caloric deficit, increasing the number of workouts you are doing, and the intensity of the exercises will help you reach this goal. Along with increasing the amount of cardio, you’re doing. Whether at the gym or walking your dog, doing cardio and being consistent. Inconsistency will damage any progress you make and the habits you create.

While going into a caloric deficit and doing more exercise sounds like the promotion of starving yourself to be skinny, it’s far from that. Being in a caloric deficit means eating roughly 200-500 calories less than usual. You can achieve this by having less processed foods. If your goal is to “build a dumpy” or build any muscle mass, you need to increase your protein intake. Increasing your protein intake does not mean eating whatever you want or feel like. It needs to be 1 gram or 2 grams of protein per body weight. For reference, I weigh 160 lbs, and I am 5ft 10 inches. I work out 5-6x a week, and my protein intake is 200 grams of protein, 80 grams of carbs, and 145 grams of fat. You need to be strict with the food you consume to achieve your desired goals. Speaking from experience, “cheating” the system with your diet does nothing for you. Eating healthy also helps provide the body energy needed when working out, as well as reducing the risks of other health-related problems.

If you want to improve yourself and step toward a healthier lifestyle, take action now. Stop comparing yourself to people taking steroids and growth hormones to lean themselves out.

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UPVOTES

Will men find it a turn off that I am a quiet home body who doesn't have many friends?

Diamond-pearls21 · 21 September 2023 · Archived copy · Reddit

My previous 2 boyfriends didn't mind that I was this way inclined, but I'm conscious of this moving forward to other guys, as I've been on dates with men previously who were put off by this.

I don't have many friends, just a few who I occasionally see. I like to be at home a lot, reading books, doing house work cleaning a lot, cooking. I'm quiet and would consider myself submissive. I am also at university and have a side hussle.

But would this home body part of me put guys off? Do guys prefer girls who do more stuff?

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UPVOTES

I am obsessed with my husband but he no longer is with me.

abetterwifesomeday · 6 November 2023 · Archived copy · Reddit

Back when we were dating and first 4~ years of marriage, my husband seemed obsessed with me and I was riding a high like no other. Now, 5 years in, i feel like I'm the only one obsessed with him, and while he cares for and loves me, it's just not the same anymore. My previous post goes into a bit more of our relationship dynamic.

I don't know what the answer is. How do I stop feeling like my world is falling apart every time he doesn't act the way he used to? I love him so much but I just don't feel that he cares enough to make me happy how he used to anymore.

I'll give an example for the sake of putting this into perspective. We spent the afternoon together. We came home, relaxed on the couch. He put something on the TV and was on his phone for two hours, not making conversation. I stayed there just to be near him. Finally I got tired of waiting for him to engage with me so I got up and left to another room. He tried making conversation at that point but I was over it. Two more hours later he heads to bed, tried again to warm up to me. It makes me feel like a microwave dinner he can reheat whenever he wants. I left the room.

We were briefly attending marriage counseling but had to put it on pause for the time being.

I just don't know how I'll live the rest of my life remembering the relationship we used to have compared to what it is now. He's always been an early riser and used to check on me sleeping at least once or twice. He no longer does that. He used to really empathize when I cried/felt a strong emotion. Now I look into his eyes and wish I could find the man I married . I love him so much that it hurts and I just want it to be like it used to. I used to feel like nothing in this world could affect me because I had him and the love he felt for me. I don't feel that way anymore.

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UPVOTES

If older women keep complaining about men dating young Girls why they don't date younger men too ?

Fine_Nobody_2860 · 7 June 2025 · Archived copy · Reddit

I see a lot of women complaining about guys wanting younger women and not wanting women their own age, But there are many younger men wanting to date older women, If older men don't want you, wouldn't it be enough to just date younger men?

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UPVOTES

"5 ways you are unknowingly destroying your husband and killing your marriage"

[deleted] · 15 December 2014 · Archived copy · Reddit

"5 ways you are unknowingly destroying your husband and killing your marriage" is going viral across my facebook: my older, long-time-married church friends are loving it. It has also appeared on that saddest of subreddits, [r/deadbedrooms](#).

I thought its five simple, and straightforward suggestions seemed very in line with this subreddit (but i'm new so, constructive criticism is welcome)

Women, we need to be careful about how we are caring for our husbands and marriages. Don't let the small stuff ruin the things that will bring you the greatest happiness in life.

I liked how it recognised our SOs can be our greatest joy, instead of treating them like dopy sit-com dads.

It lists five bad habits:

1. Living outside of what you can afford
2. Constant negativity
3. Putting everything else first
4. Withholding physical affection
5. Not speaking his language [speak plainly, don't expect mind reading]

I hope you ladies enjoy this :)

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UPVOTES

RPW is not "one simple trick" to fix all relationship problems

[_wingnut_](#) · 25 January 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!

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UPVOTES

Dress for your man, not other women

QuestioningRedF · 8 December 2016 · Archived copy · Reddit

Hi. I just came across this sub a few days ago. I'm f/22 and got married 2 years ago. My relationship fits almost perfectly with RPW ideas already (I feel lucky regarding this) but I've gotten some good tips from here.

One thing I've realized recently is that I need to dress for my husband, not other women. I should take cues from what he likes, not what my friends or FFA are suggesting.

My husband loves all sorts of things that are "no-nos" among other women. He likes it when I wear strong eyeshadow *and* a strong lip sometimes. He likes it when I sometimes wear a bra that is not well fitting according to ABraThatFits (dat butt cleavage). And he sure as hell doesn't give a fuck about designer brands. A feminine purse from Target is as attractive (if not more) to him than a Chanel bag. He likes it when I wear a belt to emphasize my waist even though according to FFA, that's *so* out of style. He *doesn't* like twee things that show up there all the time, like cat bags and such. Most men tend to like classic styles more, especially once you're already married. He *loves* it when I wear leggings as pants. He likes it when I do my nails, but doesn't really give a shit about fancy designs or ~holo~. Red is ideal.

These are just a few examples. Overall, I would say that you should dress in a way that *men* like, not women. Realizing this has really improved our marriage even more. Once I changed to this mindset, he was all over me. :)

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UPVOTES

The default male setting is beta.

loneliness-inc · 8 April 2018 · Archived copy · Reddit

Strong men are made, not born.

An alpha male is a strong masculine man. Strong either physically, emotionally, mentally, intellectually and/or in any other way. Independence, achievement and adventurous fun are part of what make men masculine. Masculine traits in men give women tingles.

A beta male is a male who has more feminine traits. Traits such as caring, nurturing, consistency and steadiness are some of the traits that are beta in nature. They're the more feminine elements of being male, although they aren't quite the same as the feminine of females. It's sort of like feminine within masculine.

Beta traits are important to women because to build a family and raise children you need the steadiness, nurturing and soft side to emerge. Dangerous fun might be titillating and arousing, but it's destructive to raising a family.

This creates a big problem. You need the steady commitment and nurturing of the beta in order to have a stable, long lasting marriage. However, women naturally find such men boring and that means diminishing desire for sex. This can lead to frustration and resentment from the husband and boredom and unhappiness from the wife. Both can lead to adultery, a miserable marriage and/or divorce.

OTOH, choosing an alpha male isn't simple either. Alpha men have a lot of options and aren't necessarily inclined to settle down with any one woman. They're able to have many flings along with all their other adventures.

The default setting

Anyone who is a parent to boys and girls will probably know that they are very different even from a very young age. Boys are much more rambunctious, wild and destructive as toddlers. When they grow older, they may not like girls because girl germs. They keep developing their masculine self if they're allowed to and aren't shamed or discouraged by their parents and teachers.

All this changes the minute they hit puberty. All the macho independence flies out the window and the boys become the biggest simps, melting into soft butter in the presence of an eligible female! This is because it's hardwired into men to desire women with this insane level of desire, to be soft and kind to women, to be giving and caring to women and to bend over backwards to fulfill her every wish and desire. These traits make him a beta male and are not good for the female sex drive. This is the default setting.

Men can learn to be more masculine, but this does not come naturally. There's no such thing as a natural alpha. You may think he's a natural because you met him once he's been in this world for 2-3 decades or more, once he's been through many rejections in life, once he's had time to hone his masculine side. All this comes with hard work, none of it is natural. Naturally, he's programmed to be smitten with immense sexual desire for the female and to do whatever she wants in the hopes of the actualization of this desire.

Who ought to change?

This question really deserves its own post, but the short answer is - both of you need to change. He needs to go against his nature of bending over backwards to please you to start standing up to you and to stop being a pushover to your every whim. You need to go against your nature of making demands on him to fulfill said whims, of criticizing him when he doesn't get it right or of nagging him when he doesn't move fast enough to do what you think he needs to do.

He needs to go against his nature of repressing all emotions and to be a little vulnerable and establish emotional intimacy with you. You in turn need to find sexual appeal in the things he does for you by viewing them as acts of strength. You need to be appreciative of his steady support, caring and nurturing and never take it for granted.

Conclusion

Marriage requires a fine balance of many opposing traits. Harmony is when such balance is achieved. Both men and women need to recalibrate towards the middle in order to achieve such balance. This is something our great grandparents knew, but this wisdom has been somewhat forgotten in an age where we all expect the other person to make all the accommodations.

So if you're ever thinking to yourself - my husband is so beta (or any other trait that you find undesirable), can I get him to change? You need to do two things right away. 1. Look in the mirror and see what **you** can change. 2. Learn to view his trait from a different angle, an angle that might make the same trait look appealing and attractive.

If you need to look at the cup being half full instead of half empty, perhaps your cup is twice as large as what it ought to be....

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UPVOTES

[Video] "When Men Make Less, Women Don't Want to Marry Them."

Daktush · 7 November 2018 · Archived copy · Reddit

"When Men Make Less, Women Don't Want to Marry Them."

It both provides statistics about marriages where women earn more (how likely are they to form/divorce, how do their partners act) and gives advice on do's and don'ts to keep such a marriage stable.

Thought this sub would enjoy

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UPVOTES

His Handiness

Critical_Stress · 8 January 2019 · Archived copy · Reddit

Captain and I just got married and moved into our first place together. Earlier today I wiped down the bathrooms and the kitchen, tonight he is putting together some chairs and a desk we bought at an office store while we were out shopping. (Just starting out so we have no furniture.) As of now I'm browsing on Reddit, currently on standby as an extra hand to pass him tools, screws and whatever else he needs me to help with. I made sure to let him know how much I appreciate his handiness and it made him smile when I thanked him, just wanted to share here.

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UPVOTES

Feminine Moves

kamraym · 13 September 2016 · Archived copy · Reddit

I just got done reading [this](#) article over on The Family Alpha. I found myself noticing many of the same or similar behaviors that my husband does that drive me wild and keep me bouncy and happy. I began thinking about what I do to keep him strong, confident, and happy and came up with my own mini-list. I would love to hear what some of you ladies do.

My List

- I have started wearing dresses to work and am slowly figuring out ways to wear them at home and on the weekends as well
- I play. I run around, I twirl, I laugh, and try to bring whimsy into our house
- I defer to him. We mostly agree on subjects, but when we have a topic we disagree on I defer to him.
- I have grown my hair out and keep it a very natural auburn-red. When we met my hair was very short and unfeminine, he begged me for years to grow it out, and dropped hints that he liked redheads.
- I foster femininity in our daughter. I was the oldest of two girls and my father desperately wanted a son, but my brother was still-born. My mother could not handle another pregnancy and so was brought up as a tom-boy, hunting, fishing, rough and tumble play, encouraged in basketball, and got my first short haircut. Since discovering my femininity I let my 3 year old play and experiment with my makeup (brushes and 'lipstick'), I let her wear as much pink as she wants and encourage feminine traits.
- Within this I also encourage her to see my husband as the alpha. I vocalize to her that he is strong, and in charge and other such things. When a choice is made by him I validate it for her saying that "Daddy takes care of us" or "Daddy always knows best" types of things.
- I cook the food he likes, or when going out, suggest places we both enjoy, and where I know he can drink a good beer.
- I have been working at being a better house keeper. I admit it, I suck at cleaning! When its just me there is no mess to clean up, I am a generally clean person putting stuff away and cleaning as I go. But this is NOT my husband. So I have needed to learn a new way of doing things. I'm getting better, seeing it as my contribution/responsibility has helped out a lot, but I still have room to grow.

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UPVOTES

How Your Man Feels When You Nag: A Realization

NoFaceNoPlace · 22 December 2016 · Archived copy · Reddit

I had a mess up a week or so ago in trp.

My boyfriend and I were hanging in the garage where a space heater was in use and as we were heading out I said, "Don't forget to shut off the heater!" He politely pointed this out to me and with minor frustration said, "I won't forget you didn't even give me a chance to do it and you have been telling me not to forget things a lot recently, I'm not a forgetful person". And it was then I realized I was mimicking nagging from my *grandmother*. I told him he was right and thanked him for pointing it out and said it would not happen again and it hasn't.

Being a really empathetic person I was able to feel his annoyance in that moment and remember my resentment of constantly being nagged. Even now as I'm in my room in my grandparents cabin I am dreading interacting with her.

You see, my grandmother nags "out of love" and says it is "life advice/council".

"NOFACE put your napkin in your lap!" "NOFACE pick up that sock!" "NOFACE move this thing from there to here I like it better here" "You need to eat better!" "You look better as a blonde!" "You need to do it how I want it!"

Playing a game yesterday she kept looking over my shoulder to see my tiles because she *didn't believe* I couldn't make a move. She doubted my judgement. I've only been here for two days and all the resentment that built up from being constantly critiqued and nagged when I lived with them is flooding back.

I can't help but resent her even though I love her. And I believe this is how men feel when they are constantly nagged by their women. Sure you can beat them into submission like I have been with dear ol grammy, but at the end of the day the feeling of being trapped is a breeding ground for resentment and resentment will overpower love.

My hope for this post is that it will resonate with the users who still nag and might not understand how it feels, as I understand during the holidays things get stressful and practicing theory is hard.

If you have any examples of personal experience with being the nagged or the nagger (or even anti RPW behavior) please feel free to share :). The only way to end a behavior is to acknowledge its existence, process it, and make realistic plans to change it.

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UPVOTES

Sexy birthday surprise?

fairydust91 · 17 August 2020 · Archived copy · Reddit

So it's my fiance's birthday on Saturday and given that I'm unemployed right now and he's supporting me, I don't exactly have the funds to buy him a gift, so I think I'll buy him an experience instead. He comes home from work Friday evening so I think I'll start from there.

I was thinking of greeting him Friday evening in nothing but heels and an apron, in a candle lit apartment, letting him know that it's his birthday weekend & he doesn't have to lift a finger. I'll give him a massage when he gets home followed by seduction hints / flirting etc. Then make him dinner. He will most likely be exhausted all evening so I doubt anything will happen.

Then Saturday morning I'll make him a big English breakfast and let him play his videogames, keeping the whole sexy maid thing going for the day.

For Saturday night, I'm thinking of getting some new lingerie and a wig to go with it to give him a "new" experience. I'm also thinking of giving him a strip tease/lap dance to show off my new lingerie and then follow that with a nuru massage (erotic & oily - he's mentioned this several times as a fantasy so I will use coconut oil as it works as a lube too.) Do you think I should do this on the Friday night or the Saturday night?

Please help, any ideas welcome. Xx

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UPVOTES

I don't believe in living together until being engaged. My friends think I'm crazy.

ncreativity729 · 31 August 2020 · Archived copy · Reddit

What do you think? I am 23. I see friends move in and out with men constantly, and I just think they are so silly for even doing that. If he loves you, he'll propose eventually, and you don't have to risk moving in with a man who isn't right.

What are some arguments in support of my side? I don't really have a reason other than that's what I feel is right, and I don't want to live with just any old guy. I want to live only with my partner. Playing house is a big time suck, and I mean. I have a full time job, friends, dreams, and more. Living together is reserved for one special man only. I think it will be my current boyfriend. I think I give him enough of a nice taste of the kind of wife I will be, and feel if he wants more, he will have to propose.

The only support I can see for the other side is saving money on rent, but the money is not an issue for me (still working full time) and I feel this value is more important.

Thanks for your insight!

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UPVOTES

remaining a virgin until marriage.

squatternutboshh · 4 September 2020 · Archived copy · Reddit

Hello ladies, Yes this is an ancient thought, and I feel very alone on this train of “purity”.

I’m struggling with the idea of remaining a virgin until marriage, (I am a Christian). I feel like I have so much love to give, yet often have to restrain myself when it comes to guys and dating. I’ve had to turn down a lot of guys because I fear of what it will lead to, and I don’t trust myself.

I’ve also been asking myself, do other Christian Woman have sex before marriage, but just not tell anyone, so there remains this big illusion that they are virgins until marriage? I feel like a great amount of shame for myself if I was ever to do this...but not from the judgement of others, but by the judgment of myself.

I’m very confused, and I’m usually strong about my views on this, but am having a moment of weakness.

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UPVOTES

How to explain my lack of experience?

sammy_neutron · 16 September 2020 · Archived copy · Reddit

I am turning 23 in a few weeks and not looking forward to it. I have never been in an relationship or even kissed a guy besides maybe a peck in back in the day. I don't know how to answer questions like " How are you still single?", "Why did your last relationship end?" Etc. The truth is that I suffered with depression and isolated myself from everyone to the point of having only one friend

I was overweight most of my life and once I started college classes I gained 40 pounds and became obese. During quarantine I have been able to lose weight for the very first time . I have lost the 40 pounds I gained and back to being overweight. Now I am trying to lose 20-40 pounds but its a bit harder now that I am smaller than before.

I still suffer a bit with depression but the exercise I am doing has helped. My lack of experience is embarrassing and I don't mention it to anyone, if it comes up I will lie about it. I also discovered that i have an avoidant attachment/personality and tend to avoid friendships/relationships because my family wasn't emotionally supportive when I was growing up. I live with them and my relationship is fine now. Should I be upfront about my lack of experience? If so how do I explain it so they dont think something is wrong with me?

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UPVOTES

Positive Changes

wavesandwords · 1 August 2019 · Archived copy · Reddit

I was dating a guy for a few months who was very traditional and super RP. He alluded to what it means to be “Red pill”, so with a bit of research I stumbled across this community and did a lot of reading on traditional gender roles, the red pill, and how to lean into my femininity. Things ended with that guy, but my new perspective stayed. (Well, in a way I just woke up to the REALITY of biology and relationships that our culture so often denies)

I have been on dates with 2 men since I stopped seeing the original RP guy. Both of these men are masculine, dominant, driven, and seeking traditional relationships. You could call it a coincidence, but I like to think I am finally attracting the kind of man I want. (And no, I'm not a super model. I'm 25F, still working on my appearance and fitness) Whether or not it works out with one of these guys is not really the point. This community and perspective has helped me focus on self-improvement, keeping high standards, and understanding relationship dynamics between men and women.

If anyone else wants to share a small success story, feel free :)

TLDR Thanks to the sisters on this subreddit! Keep encouraging each other. Things are turning up because of it!

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UPVOTES

33 year old former feminist. Am I screwed?

trowway123 · 3 January 2020 · Archived copy · Reddit

To make this concise as possible: my ex (28M) and I broke up two years ago because I couldn't promise him I'd want kids and he wanted them *yesterday*. I was making moves towards long term commitment to him, like saving for a house but I just really enjoyed our relationship where it stood at the time. We lived apart, after being together for almost two years we had managed to maintain that hot-honeymoon phase. To me, we were building a foundation and I just didn't see a need to rush into the rest of our lives. I wanted to be child free for a while and just enjoy him.

He wanted to get married and have kids. He wanted me to not work and be a stay at home mom which I agree with. If I have kids, I absolutely need to home school them and be with them and I told him such. For me, motherhood is REALLY big deal and right now, I am not ready.

I just wanted to travel and set my life up in such a way that I can leave the country for weeks at a time, possibly for work, but have a home base. That was my focus, establishing a way to support him in his career and be a wife and mom that was local while also giving my family the opportunity to stay anywhere for whatever amount of time.

We ended up dissolving. He was seeing someone else within a couple of months. They moved in together 3 months after we broke up, she got pregnant and they got married a couple weeks following all within a year of us breaking up. Needless to say I was shocked and also not shocked. Definitely painful.

Before I met him, I had never felt easy about placing my bets on some mystery man. To me so much would ride on a stranger I might never meet so I just focused on building what was in front of me and hoping that lead "the one" to cross my path. With him, I had a lot of reasons he wasn't it. I had just broken up with a guy I had known for 15 years, he was just supposed to be a fun bandaaid. I didn't take him seriously because I knew we were just FWB from the beginning and wasn't expecting him to fall in love with me and insist that we become a couple which is what happened. That pesky timing thing, ya know?

I have a bad habit of only wanting what I can't have. When he was offering me all of this, I couldn't guarantee that's what I'd want. I was unsure of his loyalty and maybe I brought it on by retreating but also considering how fast he went with his now wife, maybe I was right to be reticent.

I just don't know where am I suppose. The last two years I have totally taken myself out of any kind of romance. I've basically been in monk mode, going to work, taking classes, and reflecting on what I actually want with my life. I found red pill-ish material around the time our break up started (it lasted a couple weeks). Part of me wished I would've came across the other side of feminist philosophy before we had started dating because I feel like I fucked up but on the other hand, his influence is what prompted me to have this epiphany.

So now I'm 33 and I read the hardcore red pill stuff and I'm like. "omg, I've become this loser old lady fuck what have I done?" But yet, I stayed true to how I was raised. My mother always told me to not get married til after 30. She's still with my dad so I listened to her. My aunt told me "never settle" after being miserably married to her wealthy abusive husband. Anytime anyone ended up accidentally pregnant I just cringed and felt so proud that I had control of my reproductive system. Now I'm wondering if I just had faulty programming in my 20s and is it too late? When I look back at previous relationships, he was the only one that was viable as husband material but I'm skeptical I'm putting rose-colored nostalgia over that relationship at this point.

Constructive criticism welcome. This matters to me now because for the first time in my life, I want to date with the intention of LTR and it's a weird place for me. I take care of myself, physically, financially, emotionally. I have ogod relationships, I'm healthy, I have hobbies. To me, I feel like I'm a matured me with experience and developed tastes and ideas. I feel like this is the best time to meet someone and settle down but traditional red pill stuff makes me feel like I'm a wrinkly old spinster who pissed away her shot at a family for being autonomous and not wanting to settle on good enough.

Truth is, I've never met anyone that I was head over heels in love with and I don't know if I need to lower my standards and surrender to settling or I'm just not cut out for having the love I've conceived of in my head.

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UPVOTES

Feminine Fashion Inspiration from Japanese IG Hashtags

momentsofnicole · 29 December 2020 · Archived copy · Reddit

On mobile, forgive formatting.

I mentioned in a comment here that I would post a list of hashtags to follow on IG for Japanese fashion.

From what I have seen of Japanese fashion, it is far more modest and formal than Western fashion as a whole. I'm sure Korean and Chinese fashion is as well but I speak Japanese so I'm sticking to that.

Here's my short list of IG Hashtags with translations

コーディネート = coordinate/coordination

コーデ = short form of coordinate

Uniqloコーデ = uniqlo coordination

毎日コーデ = everyday coordination

休コーデ = vacation/weekend coordination

今日のコーデ = today's coordination

デートコーデ = date coordination

コーディネート日記 = coordination diary

40コーデ = around 40

30コーデ = around 30

The thing about Japanese borrowing English or anything other nonJapanese words, they don't always have the same usage. A "Messer" is German for a knife but in Japanese, it means "scalpel".

So coordinate/ コーディネーション or coordi/コーデ for short basically means specifically coordinating outfits.

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UPVOTES

Why is an opinionated woman a thing of repulsion?

thenewgoddess · 28 March 2020 · Archived copy · Reddit

An opinionated (?) woman

Growing up as single kid, I was raised to be someone who is outspoken and very confident in airing my opinions. It seems to have reached a point where I can debate or be perceived as argumentative. This was recently pointed out by a female friend who seems to have had an epiphany of self awakening herself and finds my political ideas too strong for her taste. In my defence I offered to end the conversation a few times but it continued.

I then observed that when it came to govt policies and the general state of affairs I seem to get into similar dynamics.

My question is: why are opinionated or argumentative women despised? And again - what I mean when I say argumentative is having a spirited debate with facts; not just empty opinion thumping. I'm not looking to "win" a debate; but there has to be something for having a conversation, or an intellectual discussion with some persuasion?

Why are we expected to smile, say two sentences that don't mean much, and just overall walk around on egg shells?

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UPVOTES

Women addicted to masturbation and its effects on your relationship.

ValuableReception4 · 24 July 2020 · Archived copy · Reddit

Women don't like to talk about how they can be addicted to sex too or like watching porn just as much as men. Idk why this is so taboo! So let's discuss! How often do you masturbate, and do you prefer masturbation than actually having sex with your man? If so, how does it effect your relationship?

Edit: don't be shy ladies! Lol.

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UPVOTES

Just came here to say...

katwithclass · 15 November 2020 · Archived copy · Reddit

Never underestimate the power of a blowjob! Especially if you initiate with a sexy lap dance, are over the moon enthusiastic, and then let him fall right asleep after. There is nothing better than hearing your man sigh and murmur how wonderful and beautiful you are as he falls asleep afterwards. -^

thank you to this community (the Girl Game pages in the wiki especially!) for helping me learn how to be what my husband needs in bed!

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UPVOTES

Just been banned from r/naturalhair for simply commenting under a post here. LOL.

bloopblapbleep · 24 June 2021 · Archived copy · Reddit

I know this is kinda off topic but I've never heard of something like that happen on Reddit Apparently it promotes uncle ideology LMAO has anyone else experienced this with another sub?

Edit: incel not uncle

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UPVOTES

Today, I am Grateful.

koyachki · 8 September 2021 · Archived copy · Reddit

It's been a hard couple of weeks, RPW! Between increasing University demands, stress from my family, and my partner starting his first full-time management position, my heart and brain have felt quite under the weather. We've struggled a lot with communication recently, and with finding ways to make time or be intimate with each other.

But today has been *delightful*. Last night he treated us to a surprise dinner & cocktails evening: we dressed up, turned our phones off, and laughed & played & talked for hours.

This morning we woke up a little worse for wear, but feeling the type of lightness and joy we haven't felt in a while. We ate an incredible brunch together, ran some errands, and read stories to each other before he left for work.

Now I'm in the kitchen, cooking a stovetop meal for the first time at his house/since we moved in together. Nothing too fancy, just pasta with a homemade sauce, but it's *delicious*. It's **mine**, and I get to share it with him when he comes home.

I told him what I was up to and he was just so *excited* for me. Excited that I got my "spark" back, that I had the energy to create something, and that I'm feeling fully comfortable in our space. He's happy that I'm happy, and he's so inspired by what a difference it's made in both our lives for me to create a happy home.

I'm just so grateful. Grateful to have such a supportive partner, and grateful to this community for giving me the tools to become a person he could share life with. I never would have been able to communicate my feelings in a way he was receptive to without this help. I never would have felt capable of such a dramatic and beautiful change in my life - a shift towards fully accepting my feminine power, living life beside a man who fully accepts his masculine.

Today has felt bright and clean and full of promise. I'm so happy to be here with you all.

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UPVOTES

Do men tend to care more about you when you're thinner, and more attractive?

Ididityoudidnt · 17 October 2021 · Archived copy · Reddit

I've seen it here and other places, pretty privilege is real and you get more dates if you're pretty, that I know. What I'm curious about is if men tend to care more about you, as in make efforts to initiate dates with you, messages you first, etc.

I know there are exceptions to this but that's not what I'm asking about here. I ask because I am around a 33 BMI and am working on it (already lost 2 lbs!) but most men I've dated didn't seem to care about me, even when in the beginning they were super interested.

I've given up dating till I am at least a normal BMI, so I am not gonna try at this point to look for a better man at this weight. Do men tend to care more about you when you are thinner, or more attractive? Be brutally honest :)

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UPVOTES

An anecdote about femininity while having a masculine job - it's genuinely possible.

jenna_grows · 12 March 2023 · Archived copy · Reddit

A question I often see posted on this sub is about whether you can be feminine while having a job that isn't feminine, what's a feminine job, etc.

I often comment and say it's possible but i am sharing this story because I have something concrete now.

I was at my friend's birthday yesterday. My husband and I didn't really know her group of friends, and her boyfriend didn't know them well either so he ended up sitting with us mainly.

I'm a lawyer, as is my friend - but I litigate (hardcore) and she does commercial work (softer). When her boyfriend realised I was a litigator, he was genuinely shocked. He said he's never read people this wrong before. He specifically said that it was because I was "so feminine". He was genuinely having a moment trying to reconcile how someone with my persona can do the job I do.

So yea. It's entirely possible to be feminine while doing a masculine job. It also possible to do that job well - I'm head of department. And I hope that this helps anyone feeling conflicted today x

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UPVOTES

How do you ladies feel about men who preach or support feminism?

yellowbunnypup · 23 March 2021 · Archived copy · Reddit

I get a feeling that a lot of them are just trying to gain female approval or a certain groups approval overall. I also feel they are trying to make the other party feel safe so they can attack later on.

I had a roommate who used to preach things like feminism. When I first met him one of the first things he brought up was about how he lived in a multi gender house before this one and the guys in the house were not great to the girl and he moved out. Something just felt off about him after bringing that up. And not to mention I was the only girl in this multi gender house at the time. It wasn't necessarily my preferred situation to live with anybody but I had to to save money and my landlord needed people in the house.

So this roommate in particular was about ten years older than me. We were civil and all but he loved to argue me and press for information on my life. I barely ever ask as much as he did about his life unless he asked about mine. I just wasn't interested. I would try to be short although he'd keep digging for answers to the point I didn't even like to go downstairs that often to get food. I felt really uncomfortable when he'd want to talk politics because I was conservative and he was liberal. I eventually just showed that I didn't care much and he'd back off about the topic.

He like to bring up topics like 'why can't my tiny female dog be seen as tough.' As if he wanted me to approve, I'd just sit there in silence until he'd shut up.

Although I've seen this before where guys preach women's rights like crazy and it just sounds like they are doing it to control the other party. Like 'I know more than you about yourself sit down woman.' Its like they are trying to implement another form of womans oppression while preaching women's rights. Their actions do not speak their words. I think there is a particular word for this tactic.

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UPVOTES

I cooked dinner

chrissycash · 4 August 2023 · Archived copy · Reddit

I've been seeing a guy a minimum of twice a week, sometimes more when his schedule allows for it and I finally cooked for him after a month of dating. He owns a cocktail lounge and he apparently told everyone he was getting a home cooked meal tonight. All the men asked what I cooked. I made salmon with a soy and honey sauce along with diced avocados. I'm not sure if I should be flattered or embarrassed but my guy loved it so I'm happy 🤔

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UPVOTES

Uhm I commented and got banned from 3 SUBS?!

BlackKleenexBox · 5 October 2023 · Archived copy · Reddit

Has this happened to anyone else?? I only commented cause I got curious and now I'm banned from 3 subs that cater to black women and I'm so sad because wtf?!?! [?]

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UPVOTES

I don't want to be fat anymore.

randomtingz167 · 21 June 2024 · Archived copy · Reddit

I know the title is a “duh, kind of thing. But, I really don't want to be at this size. I've always been chubbier as a kid, but it got bad as I grew up. Granted, I am a lot smaller than I was. It's just with my job, being constantly in a state of depression, financial issues, I don't have the motivation.

I'm 23 and realize that I'm at a prime of my life in terms of age. I'm definitely not ugly; I know if I lose weight, I'd be so much more confident. I plan on getting a breast reduction and also, a tummy tuck. I just feel stuck on how I could look and feel more desirable. I want to be my best self and just don't feel too great about how my body is.

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UPVOTES

Repost: How some people are "naturally skinny"

ArkNemesis00 · 18 July 2026 · Archived copy · Reddit

NOTE: I read this post on the vindicta subreddit a couple years back and found it very interesting. After the post today about pursuing weight loss to attract a certain caliber of man, I thought I might share.

I'm sure we've all met someone who seems to eat a lot and no matter what stays slim. Some state they don't even like to exercise while others exercise without thinking about it. They state they don't diet or they make very minor changes to lose weight with quick results.

I grew up obese but also from a very scientific family so I spent a lot of time researching and observing the difference in eating habits. Over the years I've adopted the habits of my "naturally skinny friends." I'm at the point it's much easier for me to maintain my current weight (which is considered "skinny" to many).

Disclaimer: Every person is different and so of course there are variations in lifestyle. I think weight loss/maintenance is more like "death by 1000 cuts." It isn't just diet/exercise. It's diet, exercise, cortisol levels, inflammation, stress, sleep patterns, NEAT, etc. Weight loss is a recipe and naturally skinny people have most if not all the ingredients while those of us who struggle with weight are missing ingredients. Hence why I will state "many" instead of "all" when discussing patterns I've seen.

Here are some of my observations (add any you have in the comments): -Family of Origin: Many of the people I've seen who fall into the "naturally skinny" category have a major advantage with their family. Their family has a family culture of healthiness and very often they don't have to think about weight loss because their family was doing the thinking for them or their culture was focused on it.

Example #1 My friend has always been the size of a runway model. I've come to learn that her mom delivers home made Korean food to her every few days even after 30 years old. Her mom will change the meals when she sees her daughter is gaining weight. She essentially has a private chef who is an expert in weight loss.

Example #2: My friend's mom would wake him up with a shot of fresh veggie juice and then a large water while he was still in bed. He never thought about these healthy habits because he didn't have to do a single thing.

Example #3: My cousin's family would all go on a 20 minute walk after dinner each night, it was their tradition. Whereas my family would put on a movie and we'd all relax. I'm sure you know which family was "naturally skinny." The thing is as an adult, my cousin feels the need to go on a walk because her body expects it so its effortless. By contrast I've had to consciously think about going on a walk because I'm creating this habit from scratch.

The values of the family of origin can help a lot. For example focus on set eating times, high priority on sleep, high priority on movement, etc.

At the same time the Family of Origin might have been pushing unhealthy eating patterns for example "Finish your plate" or running to feed a child if they were only a little hungry (vs. Telling them dinner will be in 10 minutes and they need to learn to wait)

-Cultural Influences: Many cultures have traditions that help you remain at a healthy weight so very little effort is needed to reach "skinny" compared to if you were starting without these traditions.

Example #1: Japan the culture pushes to stop eating when you're 80% full.

Example #2: Korea has many fermented foods and vinegar drinks that help prevent blood sugar spikes. Additionally, foods there are lower calorie count and smaller. When I lived there I noticed all bagels were extremely thin. I see Slim Korean Content Creators mention how they have a bagel for breakfast. Their bagel is not the same bagel you'd eat in the US. Its extremely thin and max 200 calories while most bagels in the US are double that.

Example #3 In France and many other cultures, there are strict set times for eating. When you eat at specific times consistently your body is expecting the food and will begin to produce the stomach acid to break down the food.

Example #4: In Italy there are many rules regarding the order of eating and portion sizes. For example a portion of pasta is kept to 100g/person or Cappuccinos are only for the morning because it can upset digestion.

These are some example where a person is not thinking about weight loss but the culture is pushing traditions that help keep the person at a healthy weight in a more relaxed manner.

-Walkable city/nature: Living in a place you can walk and enjoy is going to help you naturally lose weight. Walking on a treadmill will give similar benefits but it requires more motivation and walking in nature drops your cortisol levels even more. Cortisol causes weight gain so this is important.

Ex. When I lived in Seoul Korea I would walk through a forest/nature filled walks (within the city) to arrive to my destination. I could have taken a taxi/bus and it would be faster but they were such beautiful walks I was excited to go. I started going out more just so I could walk.

-How their mother ate during their pregnancy: What your mother ate during pregnancy creates a big impact on your life. Shockingly, but not surprisingly, if your mother starved herself during pregnancy that is essentially mimicking a famine. Its been shown that fetal malnutrition can cause the baby to have a higher risk of being overweight or obese later in life. Many women in America struggled with Anorexia in the 90s and I've known several Aunts and my own mom who starved during pregnancy and then had overweight/sick/obese children (myself included).

-Genetics: Genetics in regards to a high metabolism do play a part in many of the situations I've seen but by the time most hit 25 years old this advantage starts to disappear. There is also genetics in regards to tendency to store fat.

-Movement outside the gym: Many naturally skinny people move a LOT. They will opt to stand instead of sit, might pace around, get restless after 20 minutes of sitting, etc. Many have even told me they never exercise but I see them clocking in 15k steps daily. Or they randomly use objects as weights for a quick 1 minute workout. Just saw a video of a couple at the beach and the wife was joking how her husband found a giant log and was throwing it around the beach for fun. This is a good example of how this man might not have gone to the gym but naturally turned his surroundings into a gym for fun.

-Doing what works for them and not others: I know two naturally skinny people who got married. The guy ate whatever he wanted and never thought about weight gain. It was the same for her but she was one of the skinniest people I've ever seen who ate the largest amount I've ever seen. I knew her when I was obese and we went on a trip together. She'd finish her food, then eat half of mine (because it was too much for me) and usually look to see who else couldn't finish their food so she could eat more. She was snacking constantly but no matter what couldn't put any weight on.

Her whole family is genetically very thin and can eat extreme portions. If they don't eat extreme portions they get too skinny very fast and so her mom constantly pushed them to eat more. This was fine for them but once her husband joined the family he was pushed to eat like them and is now obese while they are all still extremely skinny.

Opting for High Volume/Low Calorie food and a preference for dessert that "isn't too sweet": This can come from family of origin as well but for those people who were raised to enjoy salads, low calorie fruits, veggie sticks, and low sugar desserts it is of course easier to be "naturally skinny" because they don't need willpower to eat in this way since they naturally enjoy it.

High Water Intake & healthy drinks: A lot of naturally skinny people drink a lot of water, green teas, coffee (without sugar/cream) and enjoy it or do it habitually. A few people joke about how I am always drinking water but it has helped me keep weight off and I feel off when I don't have my water. Its a zero effort habit now.

"You are who you surround yourself with": This one is going to be a very touchy thing to bring up and it made me sad to realize as someone who used to be obese and felt very rejected. My friend told me that her mom, from an _____

early age, instructed her to not spend too much time with overweight friends because if she does she will become overweight as well. She told me many people in her culture think this way and so reject overweight people. It does make me sad but also makes sense. I remember when I was tracking my steps obsessively and the days I spent time with an overweight friend were always my lowest step days compared to my skinnier friends. It was more likely my skinny friends wanted to do something that involved movement like walking, shopping, site seeing, etc and they also had more stamina so they keep at it for much longer compared to my overweight friends.

Over the years I also noticed that if my overweight friends gave me a gift of food it was more likely to be unhealthy compared to my skinny friends. My overweight friends would give me desserts whereas my skinny friends gave me teas or coffees. If my skinny friend gave me a dessert it was a healthier one that was much smaller and focused on quality. Some of my overweight friends would also guilt trip me if I didn't want to eat what they gave me in that moment.

I've also noticed a pattern when I try to lose weight and told friends. My fit friends offer to exercise with me while my overweight friends will suddenly surprise me with dessert literally the next day after talking about my weight loss goal. This has happened too many times to count and I stopped sharing my weight loss goals for this reason.

My very skinny friend always avoided spending too much time with overweight friends her whole life and I think because of this it helped her maintain being skinny because she never had the experiences I mentioned above.

Balanced Meals: I didn't realize how important this was but consistently having protein and some fiber in your meal will take you far. I know a lot of naturally skinny friends who were raised on this and don't even question it. They do it by default. I found some will even balance their desserts by adding fiber (fruits) which helps decrease glucose spikes.

If there are any other observations you've noticed please comment them below.

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UPVOTES

What's the point if women are going to hit the wall anyway?

MissCherryPi · 17 June 2013 · Archived copy · Reddit

According to TRP, men can always build attraction by being more confident, funny, etc. But if women's physical attractiveness (and fertility) always decreases with time, what hope is there of ever keeping a man interested long term?

The man on TRP say over and over again that the only thing men are attracted to is looks. So isn't this a losing game for all women who will eventually get older and less attractive? How could "Red Pill women" have any legitimate red pill strategies beyond exercise, diet, makeup and fashion tips?

(For the record, I don't think that men are as shallow as that. Obviously physical attraction is important, but I don't think it's the only factor in a man's love for a woman. However this is NOT a red pill idea.)

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UPVOTES

My husband loves the new me

toriar · 25 July 2014 · Archived copy · Reddit

Specifically my cooking. I've recently (within the last month or so) have made more of an effort to cook 6 meals a week (the 7th being a "cheat" meal/takeout), and to make more effort into the kind of meals I'm making. My husband said this to me last night:

"Even if my work puts me through the ringer and I feel exhausted, it gives me the strength to keep on going knowing I'll have a great dinner on the table waiting for me."

My husband is a carpenter, so he has a pretty labour intensive job. He went on to thank me for being such a great wife and mother, and making his life that much easier. The RP has done nothing but help my relationship with my husband blossom and grow into something so fantastic!

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UPVOTES

Self-Care Megathread

pildorasamargas · 17 August 2015 · Archived copy · Reddit

Hi all,

Medium-time lurker here. I found this sub a bit ago and despite it being quite contrary to much of what I thought I believed and knew...well I've read every post since then and at least 7 pages of the top posts of all time and pretty much immediately purchased "Surrendered Single" and read it in a day. So, there's something here. Anyway this is my first post and I just made this account for the exclusive use of RPW (at the behest of a post I found).

While I could not in earnest describe myself as RP (yet?), I wanted to contribute a bit of what I do believe I have locked down. You all place such a high priority on self-care which, BP or RP or other, is something I have learned to place an absolute premium on in the past 2 years and really sets me apart from my friends. To the point where, some of them aren't much of friends anymore. Call it judgmental but it just kills me to see them place no value on their health or long term well being and just *accepting* reality as whatever is easiest.

Anyway, self-care has proved to be a snowball effect. It started with the gym, but the principles of respecting my body have eked into more places and more places. I started out overweight after literally never exercising in my life (other than the yearly "I'm going to really do it this time!" 1-3 days of half-heartedly sprinting til I died and doing crunches -- anyone else relate?) and now I'm in incredibly good shape. No fitness model for sure but I'd say upper 80-85% of the general population (and that may be less of a compliment to myself and more a low bar set by the general population). My skin is beautiful for the first time since youth and people (particularly women) comment on my teeth quite regularly (I don't even use whitening strips). I just *feel* great. I feel proud. And that was something I was used to not feeling. I don't have it all figured out, and hopefully you ladies can chime in with your tips and tricks as well, but here are some things I think many of us could benefit from.

Without further ado:

General

- When it comes to all these things, my first motto is 'motivation is doing what you have to do, when you have to do it, because you want to do it; determination is doing what you have to do, when you have to do it, even when you don't want to do it.' Don't trust motivation. It's a wonderful feeling and it's amazing to feel so driven but if that's your primary vehicle for reaching your goals..you're going to run out of gas. Once you accept, in your heart of hearts, these things (particularly the loathsome gym visits) are a part of your day and you can't change it...you stop dreading it anymore. Dread comes from some part of you acknowledging, even in the tiniest percentage, that it's optional. It's not optional and you can't change the weather either.
- My second motto is "consistency beats intensity". I think that speaks for itself, but don't beat yourself up for slip ups -- just keep swimming.

Fitness

The thing that blows my mind about exercise is how *not obvious* it is. I know the majority of times I gave up was because I truly didn't know what I was doing and it feels overwhelming. Figuring it all out takes longer than I could say in this post (as if I've figured it all out...) but maybe you can skip some of the initial horribleness.

- First off, you should really enjoy it, where possible. It won't be all daisies all the time and I think it's good to subject yourself to unpleasantness in the name of the greater good, but at the same time you shouldn't hate it from start to finish. If you hate running, don't run. I began exclusively lifting weights for this reason. All I had done previously was lug my fat butt around the treadmill for a while and loathed it. Weight lifting is a great place to start. I suggest looking into Starting Strength, Brett Contreras 'Glute Goddess' routine, or even a standard 'bro split' (sorting the body into each muscle group and doing one group each day). It was extremely

helpful to me to 1. Be doing a workout I enjoyed, and 2. Not going to the gym with any question as to what was happening that day.

- If weightlifting is also not for you, I love rock climbing. As soon as I'm settled with a job I plan on getting a membership. It's an odd one that doesn't come to mind, but it's so much fun and really a great workout. Also observing your progress is straight forward and I think people underrate how important it is to watch yourself improve at a skill. It means a lot of good things for your whole frame of mind. Yoga is another obvious one. I also enjoy swimming though I haven't done it in far too long. Oh! Pole dancing. Love it. Could not recommend it enough -- it really is a beyond killer workout, it's also a great place to be around exclusively females, and if you enjoy it enough to bring it home with you the poles are shockingly affordable and I don't doubt any Captain would love a good show. If anyone does this please let me know! Beyond those suggestions there are also adult league sports.
- Commit to your routine. If you can go 5/6 days a week...that is best. To me 5/6 days a week for 1-1.5 hours a day is the ideal. I've been doing that for the better part of 2 years, it means a lot to me and I couldn't do without it. Commit yourself to what you're doing and soon you'll need your gym fix. If that's a bit much then I think the minimum is 4 days. I personally love giving myself 4 out of 5 days or 5 out of 6 days of intense workouts, and then the last day I'll walk for 6 miles (about 90 minutes). It's a really relaxing time for me and often the only time all week I allow any TV. It's a reward I really look forward to.
- For me, morning workout is best. I like to wake up at 4:45-5:30 and just get it done before anything else. It sucks at first, but I like to do it before I have time to overthink it and it does wonders for my energy and state of mind all day. I feel productive and proud and everything after that comes easier.
- Also, start a workout notebook. Whatever your chosen exercise/sport/routine is-- log everything you can. I'm partial to Moleskin's calendar with the days of the week expressed vertically on lined paper, it's about the size of an index card and I keep it in my workout pack. I attribute much of my success to having a good system of accountability. It saves me time knowing how to improve from the week prior, and any day I don't exercise gets a big X. I've only twice missed more than a week, but each day I took the time to draw 7 big X's. Keep yourself honest. And now I have a collection of books that are a real source of pride for me. They help me not forget how far I've come when I get hard on myself.
- Finally, do try not to be too hard on yourself. I went from a complacent chubby girl to the most self-critical one with a pretty rocking physique (though it usually doesn't feel that way). In my head I know there was a time where I would have slaughtered someone to look how I do now (though it never occurred to me that I didn't need to slaughter anyone, I could just...go to the gym), and now it sometimes feels nothing is good enough. I suppose it's the double-edged sword of self-improvement, but do what you can to celebrate your accomplishments. You deserve it!

(I know I've gone a mile wide and an inch deep on this post and have possibly blabbed too much, but if anyone wants more in-depth information -- routines, advice, etc -- PM me. I'm really passionate about helping people do what always seemed just out of reach because I spent many many years feeling the same and it's just nice to have resources)

Food

I swear I'll keep this section shorter, also you ladies cook a lot and I wouldn't be so condescending as to give you instructions on how to boil water.

Just a couple rules I try and follow:

- On the food you purchase, the ingredients label should look like a recipe and not a science project. If you wouldn't keep sodium nitrate in your pantry, you don't need it in your chicken.

- When ordering a salad out, dressing on the side. Restaurant dressings are often filled with more useless sugars and unhealthy fats than if you had just got the burger. Where possible, order a straight olive oil and balsamic vinaigrette.
- Sugar is the devil. Some people process it better than others (from a purely aesthetic point of view), but frankly I would call it the worst thing for you in terms of health. Fruits and such are fine, but refined and processed sugars. Avoid. In all honesty, it's my greatest addiction and while I have it controlled, I don't have as much advice to offer as I'd like. I'd certainly be open to any tactics you all may have.
- I highly recommend the book 'Thinside Out: Have your cake and skinny jeans too'. Being healthy and being obsessive compulsive can be a fine line that I am guilty of crossing to the wrong side of. Calorie trackers can be helpful or harmful. Weighing yourself can be helpful or harmful. I have helped and harmed with just about every tool given to me. This book is well-written and an easy read and it does a lot for me about breaking down the psychology of poor eating habits and emphasizing balance above all else.
- For regular meals, I try and stick to things that live or grow (aka meat or veggies) and their 2nd or 3rd degree byproducts (aka yogurt, eggs, bread). Once you get beyond those (cereals, meal replacements) it's mostly crap with few exceptions.
- I am not the master dietician or nutritionist -- I strongly encourage your own eating tips in the comments because these things are my passion and as a group that does prioritize self-care the way you do...I'm all ears!

Skin

- [/r/skincareaddiction](#) is a fabulous resource, but here is my overview that's quite simplified and has done me **oodles** of good.
- Keep it simple. Don't get a gimmick cleanser, Cetaphil or CeraVe are 2 good brands to start with. Only use your finger tips. **Never** scrub with a wash cloth (just stopping that cleared my skin up so much). If your skin feels dry and tight after washing, that isn't clean -- that's your skin stripped of oils and it's bad. I like a light cleansing in the morning and a more thorough one at night. Though just one at night and a splash of water in the AM may be good for you.
- Moisturizer. Always moisturizer, if you have dry skin - moisturize. If you have oily skin, it's likely your skin overcompensating for dehydration - moisturize. I like CeraVe in the tub. Any time you cleanse, moisturize right after.
- Sunscreen, wear it every day, and thank me in 20 years (many of you do this but it can really never be said enough). Also, make sure you're wearing enough. I believe the suggested amount is 1/4tsp (which seems like a lot) but that's how it's intended.
- THIS MAY BE YOUR WHOLE SKINCARE ROUTINE. Cleanse and moisturize + SPF. Be gentle with your skin and that may do more for it than anything else. Less is more sounds shocking and contrary to every grapefruit, walnut core exfoliation, blah blah commercial -- but true.
- Tea Tree Oil is great for spot control on budding pimples, be sure to dilute it though. I'll say: just doing the above for about 2 weeks only -- I bought tea tree oil and came home to try it...didn't have a single pimple to test it on. For my skin, that's crazy. I couldn't believe it. Most irrational disappointment beer, but true. I got to try it the next day though (of course), and it stopped that bad boy in its tracks. Tickle me impressed. I bought mine for \$6.99 at Trader Joe's.
- If you must exfoliate (which I must to get rid of those nasty little bumps), look into an AHA or BHA chemical exfoliant. They are much more gentle and uniform than physical scrubs. I'm not there yet, but quite looking

forward to it.

- Why am I not there yet? *Wait a minimum of 1 week in between start products.* It's really hard taking crap care of your skin, researching how to take better care of it, and not being able to do that all at once. Introduce one product at a time and change nothing else about what you already do. If you use everything at once and break out...you won't know what caused it and back to square one. I'm starting a new sunscreen this week and then a BHA next week. I'm really excited and have high hopes...but patience.
- Non-facial care: AmLactin Lotion -- *omg.* It's a body lotion with the most gentle AHA chemical exfoliant in it. I use it on my body post-shower and I never believed my skin could be so smooth and beautiful. If you have any red bumps...run to Target and buy some now. It's very basic (and with skin care, basic is usually best -- keep it simple) and I love it. I've never had visibly pretty leg skin before (which is a curse after all the good exercise has done them) and now I couldn't be more enthused about wearing dresses. Note: it's a bit stinky, it doesn't bother me for too long but I warned you!

Dental Care

- You only have to floss the teeth you want to keep.
- Seriously this section is the most straight forward: brush your teeth twice a day, floss every day, and after you floss rinse with a mouthwash. That's it. Your teeth will never be so beautiful/healthy. Also, don't neglect your tongue. That's where bacteria really settle in, brush that guy too.
- If this at all motivates you to floss (understanding why do something is always more helpful to me then how), here is why: it isn't to get crap out from between your teeth (though added benefit). That's where bacteria forms and think of them like a forming anthill and you stepping on them. Your preventing bacteria from making a home in your mouth and it's a battle to be fought every day. Do this and your whole mouth will be outrageously hygienic.

El Fin

I'll admit, when I started this guide I didn't intend for it to be so long. I hope despite the word count it is welcome and provides anything useful for anyone. Again, I can't emphasize enough, I would love any of your open tips/insights/suggestions for anything related to self-care. I'm quite passionate about it (as you can perhaps see).

Below I'll suggest a few more sections that I don't have any tips for, I'd love it if you gave your best strategies in the comments.

Mental Health

I'm an anxious wreck and full-time stress ball in no position to offer advice to anyone. (Except exercise, that has helped me immeasurably and beyond words). I'm including the section though because it is important, and again, I really encourage any suggestions you ladies may have as I could definitely use it!

Time Management

Definite an important skill that ties into the rest. How do you do it??

Sleep

Sleep is an often-underrated part of the self-care process. There is quantity and quality in regards to making the most of it, and many of us (definitely myself) find ourselves lacking in one or both sections. If you wake up feeling

amazing, please post how you do it!

Relaxation

Quite similar to mental health, and they definitely go hand in hand. But I think one is more long-term and the other is more "how do you empty your mind for an hour or two?" Mind is always buzzing and I can't shut it off.

Hopefully some of you find this helpful, and some of you can contribute where I most certainly lack.

Cheers!

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UPVOTES

"Society is creating a new crop of alpha women who are unable to love"

Class_Punk · 9 February 2017 · Archived copy · Reddit

Editor's note: The following column is adapted from the new book "The Alpha Female's Guide to Men & Marriage" Post Hill Press (February 14, 2017).

Like me, my mother was not a perfect wife. She was, however, a remarkable and compassionate woman. And she was fiercely devoted to my father, so much so that five years after he died, she couldn't bring herself to even kiss the man who fell in love with her at the independent living facility where she lived for a year and a half before she too passed away. The man wanted to marry her, but it was out of the question. In my mother's mind, there was only one man for her. That he was gone and she was technically available was beside the point.

Despite my mother's allegiance to my father, she never quite mastered wifedom—for one reason: she was wholly unyielding.

With my mother, everything was a fight. Everything was "No" unless she determined it was appropriate to say yes. If my mother wasn't the one who made the decision, the decision couldn't possibly be good. Every so often she would appear to cede to my father's wishes, but only if she happened to agree with him.

Indeed, my mother was the quintessential alpha wife. An alpha wife micromanages, delegates and makes most or even all of the decisions. She is, quite simply, the Boss.

Every relationship requires a masculine and a feminine energy to thrive. If women want to find peace with men, they must find their feminine—that is where their real power lies.

Alpha women aren't exactly new, but they were once a rarer breed. Today they abound. There are several reasons why, but it's in large part due to women having been groomed to be leaders rather than to be wives. Simply put, women have become too much like men. They're too competitive. Too masculine. Too alpha.

That may get them ahead at work. But when it comes to love, it will land them in a ditch.

Every relationship requires a masculine and a feminine energy to thrive. If women want to find peace with men, they must find their feminine—that is where their real power lies. Being feminine isn't about being beautiful or svelte, or even about wearing high heels (although those things are nice). Being feminine is a state of mind. It's an attitude.

In essence, being feminine means being nice. It means being soft instead of hard. And by "nice," I don't mean you should become a mouse. (That's the narrative the culture sells, but that doesn't make it true.) Men love women who are fun and feisty and who know their own mind! But they don't want a woman who tells them what to do. As a man named Chuck once wrote on my site: "A strong woman is awesome. But she must be inviting and be able to mesh into an actual relationship. Needing to dominate and overpower, that is a no go."

Jackie Kennedy once said there are two kinds of women: those who want power in the world, and those who want power in bed. American women have become laser-focused on the former and have rejected the latter. In doing so, they've undermined their ability to find lasting love.

The roles may have changed, but the rules haven't. All a good man wants is for his wife to be happy, and he

will go to great lengths to make it happen. He'll even support his wife's ideas, plans or opinions if he doesn't agree with them. That's because a husband's number one goal is to please his wife. If he determines his wife cannot be pleased, that's when the marriage is in trouble.

Men are just so much simpler than women. Not simple as in dumb, as is often portrayed in the media. Simple in that they have far fewer needs than women do. What men want most of all is respect, companionship and sex. If you supply these basics, your husband will do anything for you—slay the dragons, kill the beast, work three jobs, etc. Men will happily do this if, and only if, they are loved well in return. It is when men are not loved well that problems arise. That is the nature of the male-female dance.

Now I know what you're thinking: that I'm putting everything on you. I am, and I'm not. Your husband is 100% responsible for his own actions. If he makes stupid choices, such as getting repeatedly drunk, it's his job to own up to that behavior and stop it. Same goes for his emotional outbursts, if he has them, or his not coming home when he said he would. Or even his having an affair.

What I am saying is that men tend to follow women's lead. Your husband's actions are more often than not reactions. He's reacting to something you said or did, or to something you didn't say or didn't do. He's reacting to your moods, your gestures, your inflections and your tone. That's how men are. Your husband wants you to be happy, and when he sees it isn't working he thinks he's failed. That's when he acts out.

Another way to think about the male-female dance is to consider the game of chess. In chess, the king is the most important piece but also one of the weakest. He can only move one square in any direction—up, down, to the sides, and diagonally. The queen, however, is the most powerful piece. She can move in any one direction—forward, backward, sideways, or diagonally. And how she moves affects how he moves.

As a woman, you can respond to this dynamic in one of two ways: you can resent it, or you can embrace it. I used to resent it. I'd think to myself, How can I possibly make sure my husband isn't negatively affected by my every mood swing? I'm a Pisces, for God's sake! My moods shift with the wind! Plus, why am I responsible for my husband's reactions? The whole thing seemed like a whole lot of pressure, not to mention unfair.

As a result, I embraced my alpha personality as though it were a baby in need of protection. If my husband chose me, obviously he likes that about me. Why should I have to change? Who would I be if I changed? And how could I be someone different, even if I wanted to?

But my alpha ways were bumping up against his alpha nature. We were like two bulls hanging out in the same pen together, and there was too much friction. And because I had zero interest in my husband adopting a more feminine role, I set about to become the feminine creature our culture insists women not be.

And here's what I learned: It's liberating to be a beta!

I'm an alpha all day long, and it gets tiresome. I concede that I thrive on it; but at the end of the day, I'm spent. Self-reliance is exhausting. Making all the decisions is exhausting. Driving the car, literally or figuratively, is exhausting.

It took me a ridiculously long time to get it. But once I did, once I accepted that the energy I exude and the way I approach my husband directly affects his response and behavior, I changed my tune. And when I did, something happened.

The tension disappeared overnight.

Just like that.

Well, almost like that. It was a lot of stop and go at first. First I'd handle something the "right" way—i.e. by not arguing with him, or by not directing his traffic, or by being more service-oriented—and marvel at the response. Then life would get busy, and I'd resort to my old ways. Sure enough, I'd get a different response. So I'd make a mental note of how I messed up and make sure to get it right the next time. Eventually, it became second nature.

It's like weight loss. Once you realize that diet and exercise is the only way to stay fit, and that sugar and carbs create fat, a light bulb goes off in your head. You've unlocked the code to keeping your weight in check. Even if you fall off the wagon (and you will), you'll know what to do to get back on track.

That's what it's like to love a man. Once you learn how, you're good to go. You have all the tools you need.

But you have to use them.

Suzanne Venker is a writer known for her provocative yet compelling views on men, women, work & family. Her newest book, to be published February 2017, is "The Alpha Female's Guide to Men & Marriage: HOW LOVE WORKS." To learn more about Suzanne and her work, visit her website. Follow her on Twitter@SuzanneVenker.

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<http://www.foxnews.com/opinion/2017/02/08/society-is-creating-new-crop-alpha-women-who-are-unable-to-love.html>

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UPVOTES

Relationship market value vs Sexual market value: some traits to consider

teaandtalk · 7 April 2017 · Archived copy · Reddit

Hey RPW. There have been a couple of posts lately about specific traits that make a woman commitment-worthy (ie that contribute to your Relationship Market Value, or RMV), not just date-worthy or sex-worthy (Sexual Market Value, SMV), in the eyes of a quality man.

I think lots of new RPW get caught up in the surface trappings that improve their SMV (like longer hair, wearing more dresses, and baking more). But what are the things men consider important when looking for a commitment-worthy partner?

This post is adapted from a long reply I wrote in a locked thread. I'd love to hear further suggestions.

- Being polite and non-argumentative in public and in private. No one wants to feel like they're being argued at. This is especially important for RMV because you need to be a strong team if you're considering having children.
- Attitude towards children/skills appropriate for motherhood. Many men, even the ones who don't want children now, watch women for signs that a woman would be a good mother. That means kindness, honesty, consideration of other people's needs, as well as actually being interested in having kids (if relevant).
- Ability to maintain close relationships with friends and family. This doesn't mean having 15 acquaintances you see each week for drinks, it means having a couple of close friends that you can turn to when you need tough love (for example, when you're having trouble dating) and who you're there for in their time of need. Family is obviously more tricky (you only get one, and sometimes they're not worth having a relationship with), but most men will understand if you don't have a relationship with your family (if it's for a good reason) as long as you've demonstrated the ability to maintain close friendships. Being able to maintain long-term close relationships is a sign of loyalty, a key trait in romantic relationships.
- Being considerate of other people's needs. This means their ACTUAL needs, not what you *think* their needs are. Sometimes a man needs quiet, alone time. Sometimes he needs to feel like a king in his own home. Sometimes (often) he needs a steak and a BJ. Sometimes he needs home baking!
- Being aware in social situations. This means 'reading the room', noticing when people are getting stressed/reactive, and smoothing things over where possible. An example of this: I had to go to a family function last weekend, and I was upset/frustrated for a couple of reasons (I tried to keep it hidden but I wasn't doing the best at it). My aunt, at the event, noticed I was upset and gave me a cup of tea and distracted me by asking about my latest home improvement activity. She 'read' my emotional state and helped improve it, a great skill.
- Being respectful and socially appropriate in public. A man doesn't get shamed when his FWB is obnoxious at a party, but a husband will absolutely be ashamed if his wife is playing up (getting drunk, or long-winded) and making people bored/uncomfortable. For an example, consider the Bennet sisters from *Pride and Prejudice* (a classic, and relatively easy to read if you haven't already). At a social situation, Kitty and Lydia were giddily flirting and acting like sexed-up teenagers. Mary was at the opposite end of the spectrum, being boring and stuffy and making everyone listen to her singing. In contrast, Jane and Elizabeth were making polite conversation, listening to the people around them, and participating in the dance. Who ended up pumped-and-dumped by an officer? Who ended up the last daughter left at home and single? And who ended up married to good men?
- Flexibility to listen and change your view when new information appears. By being open to change and learning, you show that you're a good partner and team-mate. Example: my husband wanted a particular breed of dog. I was worried because everything I read on the internet indicated that this breed of dog is high exercise - and we

don't exercise that much, especially not in dog-friendly ways (ie not the gym). BUT: I was open to learning and changing my view, and after talking to a huge number of dog owners of this breed, going to dog shows, etc, I came to agree with him, and we're getting the dog :)

- Ability to self-analyse and self-improve. This doesn't just mean the surface stuff, like 'lose two points of BMI' or 'be better at baking', this means honestly reflecting on your life (including work, relationships, and other endeavours) and identifying your flaws, and then working to resolve them. Whether this means journalling, therapy or simply talking to a good friend about how you can improve, being open to change and growth is important over the life of a relationship.
- Being interested in HIM, not just wanting a relationship. Men can tell when you're just trying to find someone to marry, rather than being interested in them as a human. Are you interested in HIS opinions, HIS activities, HIS life? It's not about you wanting a relationship, it's about you wanting HIM, and he can damn well tell if you're just playing the field. Most men would prefer a 6-7 who thought he was a god to a 9-10 who thought he was okay.

I'm most definitely not perfect, and struggle with some of these even now! I'd love to hear what other traits you think are important to RMV, compared to SMV.

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UPVOTES

Half a day in amd already improving tension with hubby

Zalikazahavah · 2 December 2017 · Archived copy · Reddit

Working on surrendering. I have three examples from this morning/day alone.

1. We're on holiday with inlaws. Hubby and his dad are heading out to buy food to prepare lunch (in this family the men are the main cooks/chefs). He asks me "so we're heading out to buy something for lunch, do you want to come along?" I don't really mind either way, and would normally give some vague reply trying to find out what he thinks is best, he would get frustrated that I am vague etc. Instead I reflect it and say "what do you think?" Which feels really weird since he asked me... he quickly says "nah, just stay, he doesn't even know where we're going so might be easier". Or something along those lines.

1. I'm coming late for lunch because I've been getting the youngest to sleep. There are no free seats for me. I start clearing a wooden trunk thing discretely. Hubby jumps up, "You can sit here!" Normally I would object, say "don't worry" and keep trying to clear the chair. He would get frustrated. Instead I immediately stop clearing the trunk, smile and say thank you and go and sit down where he was sitting. I also don't tell him how to get a place to sit. He first looks in the kitchen at a chair that is full of clean laundry, then he notices the wooden trunk, finishes clearing it and sits down. Easy. Before: he would probably see me as ungrateful, controlling, difficult and stubborn. Now he is happy he could help me and of course, he managed to find a solution himself.
2. His sister is breastfeeding her 3 month old baby and picking at her chicken with her fork with one hand. But can't really eat. I would help her but I'm too far away. I want to suggest for my husband that he should do it but know he'll do it kind of begrudgingly. I wait. When most are done eating I talk directly to my SIL and ask if she managed to eat anything at all. A bit frustrated she laughs and says not really. I offer to pass her a thigh that she can more easily eat with one hand. My husband who sits next to her and her husband who is on the opposite side of the table instantly offer to help her cut her food so she can finish her meal with one hand. Since my husband is closest he ends up doing it.

So there you have it. Three small trivial situations that would have created tension before but now were pleasant and easy.

Edit: another from this morning. Our 6 year old wants to watch the tablet while eating breakfast, I say I don't think he should, but to go ask dad. He asks, my husband says to ask me, my son says I told him to ask him, my husband says he doesn't think he should do it. My son starts whining and being difficult. A bit defeated hubby asks me (we're in different rooms) "what should I dooo?? How do I deal with this" Normally I would have said "well, if you already told him no you need to stick with that." They would keep arguing, I would join the fight etc.

Instead I said "do whatever you think is best!" He was a bit upset for a second, then gathered himself and said clearly, and calmly to our son that no, he couldn't watch now, he should eat first and then he could go back to the room and watch later. My son stopped whining and had breakfast. This is amazing. This is a huge turning point. My son picked up on the fact that my husband had the authority to decide and he could tell that he had made his mind up and wouldn't be able to whine to get his will as he usually does. I am so curious/excited to see how this develops further.

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UPVOTES

How to get a smaller waist

NewMindRedPill · 19 April 2018 · Archived copy · Reddit

Hi! So I've been working out in a way that will promote feminine curves and one exercise I really love is to exercise your transverse abdominis. It just feels like you're sucking in your stomach but look it up to know how to do it right.

It will help you get a smaller waist, I've lost 1/2 inch on my waist. Its also very good to do before getting pregnant and again after to get back in shape.

Edit: The "sucking in" one is known as the vaccum. Here are some more ways to exercise your TA:

<https://www.livestrong.com/article/185803-exercise-ball-for-ab-workouts/>

Here is an article for those who have gone through pregnancy about a class that focuses on TA to lose inches off waist:

<https://www.npr.org/sections/health-shots/2017/08/07/541204499/flattening-the-mummy-tummy-with-1-exercise-10-minutes-a-day>

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UPVOTES

Mansplaining decoded

loneliness-inc · 22 August 2018 · Archived copy · Reddit

The meaning of words and conversation

Words are vehicles of ideas and conversation is the highway upon which these vehicles drive. However, the purpose for operating these vehicles is vastly different for men and women.

People drive motor vehicles for two main reasons. 1. To get from point A to point B. 2. To enjoy the ride in your vehicle of choice. Some people drive strictly for one of the two reasons and some people drive because of a mixture of the two reasons.

Likewise, men hold conversation primarily for the **content** of what's being said, the destination. Women hold conversation primarily for the **connection** that results from conversing, the journey.

Human beings and human doings

The idea that women are human beings and men are human doings is well established in TRP communities and discussed from time to time. Here, I will focus on how this concept relates to male and female conversation styles.

As a human doing, the default male setting is to **not** exist unless he's worthy of existence. Through accomplishment - doing - a man becomes worthy of existence. Whether this is true or not is irrelevant, this is the underlying premise behind many male thoughts, feelings and actions. Therefore, everything needs a goal to achieve, a mission to complete and a destination to reach.

As a human being, the default female setting is to exist, period. No reasons or goals necessary. A woman need not justify her actual existence, rather, she needs to **fill** this existence with more existence. She does this by connecting with **other people**. The purpose is the journey, not the destination.

As a side note - men tend to enjoy working with things and women tend to enjoy working with people. This is reflected in many areas of life.

The purpose of conversation

We can now understand why there's often a huge chasm between men and women when we try to converse with one another. Especially between husband and wife. Your husband needs you to get to the point but for you there might not be a point, there's the journey of expressing yourself.

This chasm is so wide that it causes tension even between the best of couples.

A caring husband **wants** to please and indulge his wife by listening to her carry on about all the details of her day. However, his mind is **wired** to seek a goal, a problem to solve, a point of summary. Listening to you ramble on is torturous to him like the cat trying to chase the laser beam. Despite his best efforts, his mind **will** tune her out and he'll be accused of not listening. This in turn will make conversation with his wife an anxiety inducing activity which he'll engage in anyway because it's a challenge to conquer.

OTOH, the wife has emotional needs and part of these needs is for her to speak her mind to those who are close with her. Long conversation helps her bond with her husband and can even relieve her stress (often transferring it to him). If she can't converse with her husband, the marriage will be dry and dull for her.

This leads us to the stalemate of all stalemates - she **needs** to speak her mind and heart, he **can't** follow. As a result, she may feel like he isn't listening to her and therefore doesn't care about her. He may feel tremendous anxiety at the prospect of having to listen to her ramble on. He'll feel falsely accused of not caring. Thus, countless arguments ensue.

Some solutions

It's clear that husband and wife need to understand each other's needs in conversation and to do their best to fulfill

these needs without hurting their own needs. Here are some agreements you can reach that may help.

- Edit - When possible, ramble to a close female friend.
- Edit - That you let him know "I need to vent" if you don't want solutions.
- That it be okay for him to cut the conversation at any point, even mid sentence.
- That the conversation stop as soon as he cuts it.
- That you don't take this personally.
- That you not quiz him on what you said.
- If it's clear that he missed some of what you said, let it slide.
- That you summarize at the end.
- That you appreciate his listening. Thank you for listening is a great way to end a conversation. Even better if it's followed by physical affection.
- That you let him know when you want a solution and when you want him to just listen.

Conclusion

Words and conversation mean different things for men and women. For men it's about the destination, for women it's about the journey.

Due to our wiring, conversation is a necessity for women and often a stress relief. Men can spend days together in silence, conversation can be stressful and anxiety inducing.

Therefore, many misunderstandings may arise when men and women speak to each other. Men are accused of mansplaining and women are accused of rambling endlessly. These misunderstandings can cause a rift even in the best of marriages. Some basic agreements can greatly reduce these misunderstandings and increase peace and harmony in the home.

Cheers!

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UPVOTES

How to have a life in the digital age? How to cope? Maybe I need help with perspective? Not sure what I'm looking for, but perhaps others are also struggling/have struggled with this.

babielamb · 10 August 2020 · Archived copy · Reddit

I follow a ton of feminine/mommy/housewife blogs, and they are all fun and great, but I always feel a twinge of sadness and jealousy too. So many beautiful memories and so many people fawning over these influencers. It seems as though every aspect of their life is video-graphed or a picture is snapped. Their luxurious vacations, their beautiful homes, their weddings, their gender reveals, their kids' milestones. Literally everything, and it is all BEAUTIFUL. I feel so plain and boring, despite my internal desire to live simply and mindfully.

I've never been one to take lots of pictures because (for me personally) it drags me out of the moment. I cannot relax if someone needs to take a picture every five minutes, or if they're choreographing poses so we can get the perfect video.

I also don't use social media anymore (Reddit and YouTube being the exceptions...even these platforms can make me feel sad) for these exact reasons. But I'm starting to feel lonely and I'm starting to feel unheard and unseen. I know this may just be a selfish/existential human need to be remembered or cherished — because I feel loved by those around me, but sometimes I wish I had a large platform (typing that out feels ridiculous lol).

I think I'm looking for perspective. Tips to cope with jealousy. How to cherish those around us, continue to live in the moment, and make the best lives for ourselves without the pressure of looking perfect. It's been said that living in the digital age has transformed into the age of entitlement and the age of attention seekers. How can those who are struggling ground themselves back to reality?

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UPVOTES

[RPW 101] Cultivating A Feminine Frame of Mind

Camille11325 · 14 September 2014 · Archived copy · Reddit

This is the first post in a new series “RPW 101”, a recurring feature that will explore core Red Pill concepts as they apply to women and provide direction on successfully incorporating these ideas into your life. These posts are especially suited for single women, women under 20, parents seeking to instill RP principles into their daughters and new subscribers to the subreddit. That being said, everyone is welcome to read, discuss, and ask follow up questions in the comment section.

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: a feminine disposition. Developing your femininity 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. In line with this, the first post in the series “RPW 101” will center on cultivating a feminine frame of mind. 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.** 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.**

So what is a feminine woman?

- **Yielding: submitting and/or relinquishing oneself over 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? Let go of the need to control everything. Say yes more. Be open and flexible to other ideas. Be more generous with what you give.
- **Receptive: being open, interested and responsive to new ideas or suggestions.** Don't immediately shoot down other's statements or insist that your way is always the best way. Keep in mind that you don't know everything -- humility is key. Create situations where others can share something they enjoy with you.
- **Supportive: providing sympathy, reassurance, information or help.** On a daily basis you should be offering positive encouragement, listening more than you speak, and building others up with your words. Within a relationship, 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. Expectations are nothing more than future disappointments.
- **Pleasant: 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 others both in their presence and when they're not there. And most importantly, don't whine or complain; entitlement is not attractive.
- **Empathetic: directly identifying with and vicariously experiencing another's emotions, situation and motives.** **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 others are coming from and allow this to shape your assessment of the person. This means considering how other people would want you to respond, act, or treat them in a situation, not projecting how you would want someone to respond, act, or treat you in that same situation.
- **Poised: composed, dignified and self-assured.** Always carry yourself with purpose and distinction. This means proper posture, presenting yourself well (a subject of future RPW 101 posts), speaking clearly and in a light tone, and not chattering aimlessly. Don't feel obligated to fill silences.

As I have said elsewhere in this subreddit, the best way to attract someone of high value is to become someone of high value. Take the time to develop 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. Authentic transformation can only occur if you legitimately want to improve, and put in the requisite time and effort. **Female SMV peaks early**, so it is important to maximize your attractiveness while you can, inside and out. This all starts with cultivating a feminine frame of mind, as outlined in this post, but self-improvement is a lifelong journey.

Further Reading:

1. [A beautiful blog post](#) on the necessity, and lack of femininity in society, as well as the impact this has on men.
2. [A crash course in Red Pill theory.](#)
3. [A classic post about female nature.](#)

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UPVOTES

Explaining The RPW Sub

PhantomDream09 · 16 October 2014 · Archived copy · Reddit

I was lurking on the Purple Pill Debate sub, and a comment caught my eye. The user seemed sincere and genuinely interested. After talking a few things over with my SO, I sat down with the intention of trying to explain several things about this sub (everything from why we talk about some subjects but not others, how some things work, what we tend to prioritize here).

Initially I thought "oh, I can cover this relatively quickly" - but then I just kept talking (my normal MO haha). It was interesting (and time-consuming) to try and cover things in a broad (but detailed) manner.

Somewhere along the way it dawned on me that this sub can be deceptive. We focus on self-improvement and relationships...but there's a lot of moving pieces that go into both of those areas. Self-improvement is related to dating/relationships in many ways, but they are also very distinct. Anyway, I'm rambling.

I'd like to share the comment with all of you, and I'd also like to see how **you** would go about responding to the initial comment. If there's a particular topic you'd like to focus on - then go for it. This is really about seeing how all of you personally explain and define things (either to yourself or to other people). I enjoy talking/thinking about concepts and theories the *most* on this sub, so even if you think it's entirely unrelated - go ahead and share anyway.

Here is the original comment that got my attention and below is my response.

RPW doesn't really present any concept of feminine life outside of finding a "captain" and becoming a wife.

The focus of the sub *is* self improvement, but specifically on improvement that will make us more attractive, appealing, and capable of finding a good man. TRP focuses on many different things (different dating strategies, MGTOW, and overall self-improvement in *every* area of their life). It's not that we say "women cannot pursue their goals and things that they love" - only that we focus on things that will be more likely to make us appealing *to* men - and that's an important distinction.

Many of us are business owners with numerous different interests, jobs, and passions. There are some professional weight lifters, sailing enthusiasts, writers, journalists, there's a lady that has been studying mycology (for fun) for the past 15 years, some that are active in the Military, hunters, back-packing/hiking junkies, ladies that are studying to go into the medical field, and other ladies that are in high school. All of us have differing opinions when it comes to religion and politics - and those opinions vary in every direction. The RPW sub is about the RP female mating strategy, which focuses on finding and earning the commitment of one good man.

We advocate for a healthy lifestyle in terms of eating well and exercising - because body proportions play a big role in attraction. Occasionally we talk about clothes, make-up, hair, and nails - which is fine. That said, those things *all* focus on the exterior, but the most interesting (and challenging) work actually takes place internally. Learning to recognize certain behaviors, understanding why some things are more productive or destructive when trying to date.

The RPW sub doesn't say "you *have* to be a wife/gf and nothing else" - but we only focus on behavioral patterns as they relate to successfully (and positively) interacting with the intention of meeting/catching the attention of a good man. From a RP standpoint - men don't really care *what* a woman does for a living. Now, does that mean it's *impossible* for men to be interested in a woman's work? No. Does it mean a woman should *never* talk about her job - especially if she's passionate about it? No. That said, there *is* a tendency for women to emphasize the wrong things when they are getting to know a gentleman.

Most ladies that a gentleman goes on a date with will *most likely* mention either their schooling or job. Some of those women don't know when to *stop* talking about such things, *or* they go into a date thinking "I have this

awesome degree" or "My job is spectacular" (all of which may very well be true). The problem is that the fancy degree and the wonderful job *isn't going to impress, or make them more attractive to a good man, as much as they (the woman) thinks it will*. From a RP perspective, men are *used* to meeting women that study and work - it's nothing special. Being able to function as an adult, and supporting yourself is nothing to write home about. Men don't *respond* to a woman's earning power or educational accomplishments the same way that *women* respond to a man's earning power and educational accomplishments. From the RP perspective, being feminine in both personality and behavior will make a RPW far more attractive than relying on education and work to *sell* her value.

One of the most basic notions (for me) has always been that users already have hobbies, school, work - areas of their life that allow them to lead a busy, varied, and fulfilling existence. I firmly believe that people need to be content, happy, and self-sufficient *before* they start looking to date. Rock-climbing and scuba-diving are fantastic hobbies, but they don't *directly* relate to the RPW sub (which focuses specifically on the female mating strategy according to RP ideas/concepts/etc). RPW isn't about memorizing a 50 point step by step guide on how to navigate every situation - it's more of a compass that allows you to navigate through life while being mindful of certain things.

The way they characterize "complementary" is less like the that of an equal partnership and more like that of a Bike (man) and Training Wheels (women).

We talk a lot about the Captain/First Mate dynamic, but not all the ladies there utilize that method, which is fine. There's a common assumption that every Red Pill Woman *wants* to find, date (and possibly marry) a Red Pill man - which isn't the case at all. Red Pill Women want to find a good man, and the chances of meeting a Red Pill Man out in the world is slim. More to the point - not all RP Men are *good* matches for an LTR (for various reasons). Some of the gentlemen are *only* interested in spinning plates, or they want a relationship where the woman is exclusive to him while he has the freedom to date other women. Those are both perfectly fine strategies for the RP gentlemen to pursue - but no Red Pill Woman in her right mind would willingly pursue that kind of arrangement. We advocate for exclusive relationships. Many of the ladies on the RPW sub are with men that have no idea that "Red Pill" is even a thing besides two random words thrown together. Being a good man doesn't require that man to know anything about RP, many of the men that the ladies are attracted/married to/or dating *do* have traditionally masculine traits, but not all of them. In many ways "good" is subjective, and there's a lot that goes into shaping chemistry between two people and how their personalities will work together within a relationship.

The Captain/First Mate dynamic could be an entire thread on its own, and I've seen this model implemented in numerous different ways. There are some expressions of this model that would severely compromise the stability and happiness of my own relationship, yet those variations are perfect for other couples. Part of how the Captain/First Mate dynamic is implemented has *a lot* to do with the personalities at play. I know that the way my SO and I have created the C/FM structure may not work well for everyone (for various reasons), but it's still the one I keep in mind first and foremost when I talk about this (and yes, that's a solipsistic view on my part haha). So keep that in mind as I try to explain things.

A good Captain/Leader takes responsibility for a lot of things. He is the first and last line of defense in many ways, he shoulders responsibility for his SO's happiness, comfort, and security. He prioritizes her needs *because she prioritizes his needs* and by being a good First Mate – triggers his desire to be a good leader. A good leader delegates tasks, understands his SO's strengths and abilities. A good Captain is pro-active – and so is a good First Mate. We have clearly defined the boundaries of our relationship, we are both mindful of how we interact with each other, we address issues *before* they become problems. There is a hierarchy within our relationship, but that doesn't mean he holds all the power and I have none.

My SO makes decisions that benefit our relationship, not because he wants something. That's a very central aspect to my ideal of a good leader. A good First Mate does the same thing because the individual is secondary to the health/stability of the relationship. Both the Captain and The First Mate work to protect the relationship in various

ways. I protect my SO's reputation and show that I respect him by how I interact with him in public, speak about him, as well as how I treat him when we are alone. When something comes up, I freely provide my opinions and insights – my SO values my input, especially in areas where I have more experience and knowledge.

That's another misconception about this dynamic – many people assume that the Captain is a tyrant, with final say in all things, and is all knowing....I'm not sure *where* that misunderstanding comes from but it's wrong. A good First Mate knows the difference between small issues and big problems. I often handle things that simply aren't worth bothering my SO with (and he does the same). I have insights and perspectives that *help* resolve issues, and we are always working together *towards* a goal. Honestly, we've never had a fight or an argument. We don't squabble, bicker, or have disagreements. If and/or when there's an issue, it gets brought up, discussed and addressed. Once something has been resolved – that's the end of it and there are no lingering negative feelings.

I've mentioned this before, but friends and family (people that know me well) would never say "clearly this relationship is unbalanced/unfair." If anything, we probably *look* as though we implement a completely egalitarian and equal relationship because of *how well* we treat each other and how simple everything looks. That said, our relationship is based *not* on equality, but on mutual satisfaction and a clear division of duties/roles.

I'm open to hearing what RPW think women CAN do in their lives that have them live up to their potential BESIDES being a wife.

As I've touched on before - we have busy, fulfilling lives, but when we're on the RPW sub, our focus is very specific. The RPW sub is about self-improvement (becoming a better woman) and attracting a good man. If the woman in question *doesn't already* have a well-rounded life in terms of school, work, friends, and hobbies - then she certainly isn't in a good place to date and look for a good man. I believe that ever woman on the RPW *should* be satisfied/happy on her own *prior* to looking for a relationship.

The interior adjustments and realizations that usually have to be implemented allow the ladies to shift their perceptions in such a way that they begin to notice things they were previously unaware of (often this includes behaviors that most men find tiresome and unattractive). Self-awareness and accountability are big things that take time understand.

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UPVOTES

Just curious, anyone else find themselves more judgmental about other females post red-pill?

windlabyrinth · 13 May 2015 · Archived copy · Reddit

I work in retail and we cater to children so I deal with a lot of moms. Some of these women are such unpleasant shrews all I can think is, "Damn, I feel bad for your husband."

I have a coworker who spends every shift ranting about her baby daddy. She tells me all about the petty fights they get into, is proud of the 3 paragraph texts she sends him during their text fights, makes a lot of "jokes" "I poured some water on him cause I was mad, locked the bedroom door and made him sleep on the couch LOLLOLOL" All I can think the whole time is dear god, I feel so bad he's stuck with you and I don't get paid enough to hear this garbage.

Same thing when I hear people "bragging" about whatever, "I made my boyfriend go to the store and buy me x he's such a good boy LOLLOLOL"

What's your experience with others been? I really do like to find the good in people and exhibit empathy but I find the more self aware I become the less patience I have for total jackholes. I'm grateful that I know I don't exhibit these behaviors and keep myself in check, how about y'all?

Do you ladies just roll your eyes and laugh? Should I feel bad for feeling a little biting? Do you ever try to give sound advice if asked? Should I just say a little prayer for the lost causes and be glad I'm not like them?

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UPVOTES

"I wish women still had to wear dresses to work"

ChuckUFarlie14 · 10 January 2019 · Archived copy · Reddit

That was what I was told by Captain this morning as I was boasting about my boss being gone and being able to wear jeans, not slacks.

I told him "well it is only 14 degrees out this morning, it's not really practical in the winter."

He says, "yeah, but it really turns me on."

"Sorry, babe, but the kind of dress I would have to wear would be totally not sexy."

But here I am, shopping on Kohl's planning out some cute outfits for spring.

So glad I have someone who appreciates my efforts. I was mocked for years in my last relationship and called "vain" for going out of my way to look nice. (The really crudy thing about that is, dressing nice makes me feel good, but it made him insecure so I didn't get to do it.) Now I barely throw on a skirt and my stoic man turns into a big ole cheese ball. Melts me when I can melt him.

It's especially funny when we meet in public and he doesn't see me getting all done up and I can just tell he wants to grab me but doesn't want to make everyone else uncomfortable. Love that feeling. Love my Capt.

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UPVOTES

30 is NOT the new 20: Top psychologist says 20-somethings are damaging future career and relationships by treating decade as 'downtime' before real life begins

TempestTcup · 8 December 2015 · Archived copy · Reddit

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UPVOTES

Checklist or Toolbox

girlwithabike · 7 October 2019 · Archived copy · Reddit

Hello class and welcome to RPW 101: Basic RPW. Where I will ramble about the foundations of this sub, what we are and are not and how we can use these tactics to achieve our goals. Class meets whenever I feel inclined to write and you can find the syllabus in the back of the book – by which I mean my head, good luck getting it out.

TradCon is RPW but RPW is not TradCon

Women tend to be consensus builders (more on the female social matrix in another class – take my word on this for now). Because of this, any group of women will tend towards homogeneity. The Red Pill has never been about a particular way of life, however, RPW slips into this mindset quite often. It's not rare to see someone discussing the "RPW Lifestyle" or "things an RPW would or would not do".

This is *problematic* (u/guywithgirlwithabike does not like the word problematic but it tickles me pink – expect to see it pop up again).

The problem is that an "RPW Lifestyle" gives on the vague sense that there is checklist somewhere. If one were to find where on the darn sub we stashed the check list, she could follow it step by step, the heavens would part and she would be blessed with the most perfect blend of alpha-beta man that has ever walked the earth. Now, I've seen a pared down version of the TradCon checklist (thanks Mom!). That checklist says: graduate from school, find a job, get married, have sex, buy a house, have a kid. The details of *how* are a bit fuzzy and I've never been one for checklist, still, it seems like a solid plan right?

Well if I personally followed this plan, I'd have married my high school sweetheart. This is something that HSSH and I long ago agreed would have ended in divorce within five years of the marriage. I've never been good with checklists, they make me itchy.

Instead we call RP a *toolbox*. The challenge about toolboxes is that they contain tools. You have to know how to **use tools properly** or they don't work. Further, you need to know which tool is the right tool for any given situation.

If you are partnered up, it's very easy to find the right tool. **Ask your man.**

- Should you have long hair or short hair? *What does your man like?*
- Should your closet contain dresses or jeans? *What is your man attracted to?*
- Stay at home or go to work? *What works best for your relationship?*

Cue the feminist outrage: "Your own preferences matter!!" they will shout. This is why the **no feminism** rule exists, it's exhausting to put caveats on everything but caveat I will. *Of course* you should be comfortable with the decisions but if you have a strong preference *why are you asking the internet what you should do?*

Oh, and if you ask your man's opinion and he says to use a hammer, don't insist that the screw driver is better. It will make him crazy and it's, dare I say it, disrespectful. Ask me how I know.

Now for you single ladies the questions are a bit different. You should be asking: “what do *men* prefer” then “what do *the men I am attracted to* prefer” and “how limited will I be if I do this thing?”.

An example: *I want to get a tattoo* - Now a lot of men might be turned off by tattoos so you might want to think twice. However, if your “type” is Mr. Rockabilly then you are probably not going to have an issue with that full sleeve you want to get. It isn’t a problem to limit your options if your girl game is strong. Repeat after me: I don’t need to attract *all men*, just *the right man*.

There are some “tools” or strategies that will be consistent across all RPW. This is stated in the sidebar:

We come from all different walks of life, so on RPW you will find harmonious and productive discussions between very religious traditional conservative women and hardcore BDSM submissives and everyone in between. **What we all share is not a lifestyle, a set of values, or a worldview, but a way of relating to men.**

The biggies are: understanding our own nature, understanding male preferences (and the more nuanced – understanding *your man’s* preferences), submission, respect, sex. All these deserve their own rambling lecture so we’ll save them for another day while the baby naps.

Before we go, let’s talk about areas of disagreement. This is where the “RP is not TradCon” distinction really comes to light. There are a few topics that are guaranteed to rile up the base. Among these (non-exhaustive): monogamy or polyamory/open relationships, married v lifetime relationship, virginity and partner count. If RP was a checklist then there would be a concrete answer. Because it’s not, it is entirely possible to be a polyamorous woman, in a lifetime relationship who has a n-count in the double digits, and still practice RPW techniques and strategies.

So I challenge you to start thinking about RPW in terms of interactions with men and about how *effective* something is as a strategy. We can still talk about where to get a cute 50s style dress if you like (I have an adorable one for our Christmas Tea Party), but that dress doesn’t make you an RPW, it just makes you a girl in a dress.

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UPVOTES

Anyone else feel like you can't start a family because your's was bad?

pseudiams · 19 October 2019 · Archived copy · Reddit

I know it's evil, but I don't know how to feel about children. I want to pass on my genes. It's instinctual. But whenever I think about it for too long, I realize I have no idea what family relationships *really are*.

I don't want to get too personal here, but my family is extremely unhealthy. I'm 18, and I live with my dad, my step mom, and my adopted brother. I wouldn't consider my step mother an actual mother figure, and my dad is... a metaphorical "cuck". I'm about 10 years older than my brother. We didn't really experience much parenting at all. Our parents just stuck us in front of TVs all day. I got lucky and was somewhat naturally well behaved, but my little brother is so bad that I refuse to acknowledge him most of the time.

My family is completely backwards. It's hard to imagine actually loving a family member. Can anyone else relate? How did life turn out for you? Were you scared you'd resent your children?

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UPVOTES

New Year Goal - Be attentive to small details!

secret_4ever13 · 2 January 2020 · Archived copy · Reddit

Walk straight, smell nice, keep room clean, brush after a smelly meal, feel lips mositurized, don't wear undergarments at night (to let ur body breath), massage face in morning and many more

What are small details u focus on?!

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UPVOTES

[Advice] Mean girl at work, also how not to become the older bitter woman?

christianlady_ · 8 January 2020 · Archived copy · Reddit

I [29F] am having this problem at work with a younger woman, Julia F22 who is mean girl-ing me at work.

We started to work at a "dirty job" together almost 3 years ago and I started to have a "problem" with her from the first days. The first things was as new people at work she ignored me from the start. Did not sit or talk to me at breaks even after knowing no one. It also took a while for me to realize she didn't even want to have small talk with me.

Another thing before I continue is that she is very pretty, knows it very well for her age and is very confident. You can't boss her around she is the boss. I get the "I was brought up like a princess" vibes. She rides horses and has gone to french schools.

So she doesn't talk to me. She also doesn't want to work with me when we have a task to do at our job. She gets these other guys to hop in for her because they have a crush on her. She makes doors slam in my face if I walk behind her never bothering to hold the door for a second. When she walks behind me (which I'm not aware of as she is walking behind me) she does this thing where she picks up her pace, walks by me and then walks in front of me. She makes her petty games in the format "I come first you come last".

She know she looks better than me and did this thing where she looked at me, twirled her hair and did a ballerina turn to walk away.

Once I spoke to her team leader, who also protects her as she always leaves earlier than she legally should, she seemed scared since he responded nicely and jokingly to me. It was a job question and not a mean move from my side to retaliate. Later that week a guy made a cake for his b-day and she ate from it and said nothing. Other day I brought cake because I recycled the companies energy drinks. She ate from it, didn't say thanks to me but walks up to a table where me and this co-worker who is a guy eat. She turns her back to me and seductively tells him thanks for yesterday and the whole table got silent because she was very flirtatious and I felt humiliated. She thought I had a thing with this guy and did it to spite me. Also again, when this all started, we met at work. No one stole someones boyfriend. I don't speak to any of her orbiters other than work related matter.

I'm so mad at this when I come home from work. I have rage attacks.

My anger (people at work have noticed) at her has been interpreted as me being the jealous older (uglier) woman. It was because I followed her with my eyes when she spoke to other people and I noticed she spoke to most except me. Tbh in the beginning I really really was not envious but hurt at her behavior but as she has continued being mean I have become jealous. Mostly because she KNOWS she is young and pretty and uses it to her advantage. Also from the men that have protected her. This gets to me. I tried pulling the same thing with not holding up the door for her. A guy walking in front of me turned around when he noticed this and walked to personally hold the door up for her looking at me with anger. Another time she walked in front me and this alpha boss comes at our direction, he is married but has a huge crush with Julia and he looked at her said hi and ignored me. She is having an emotional affair with him. He looks at her butt whenever she walks by him.

I feel ashamed and I feel hurt. I feel hurt because it has nothing to do with her being younger or prettier than me. I can work with people. I can work with pretty girls. I can work with younger prettier girls. She is mean. She is mean. I feel ashamed at people at work seeing this and interpreting this as jealousy. I hate being the older bitter woman. I've been getting rage attacks when I'm at home. I want to hurt her. I'm mad that when I talked to a guy at work her said "she's just a kid". She know what she is doing.

On a last note she is triggering me at all these things. I'm not accomplished with school, I'm not pretty, I'm not young, I was beaten severely at home with no one who ever gave a f*ck about me. I have low self esteem. Socially I'm a marinade. I find friends slowly she does it fast. I keep seeing her good sides. She so beautiful and so mean to

me and has all the alpha guys wrapped around her finger.

She is playing me and I don't know what to do. I don't want to be the bitter old woman. I've been had things taken from me by bitter older women like my mom and I frequent raisedbynarcissists. I want to know in the future how to behave around younger prettier girls as I age to not have the old and bitter stamp. I can be envious but I never bully.

edit: thank you for your comments. This is why this sub is so awesome.

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UPVOTES

How to be the type of woman that men gravitate towards and want to protect?

applepies4kittens22 · 11 September 2020 · Archived copy · Reddit

I grew up in a happy family where my parents have an amazing marriage, my mum has never been single since the age of 16 (has had two LTR, obv the last one being my dad). I've always assumed that when I hit puberty I would gather that interest too. I'm 22 now and have always been single and never gathered male attention, while each one of my friends is coupled up. Men absolutely despise me. They seem to think I'm flirting with them when I'm not, I'm just being friendly, or they typically assume I'm extremely clingy and crazy. I am slim and painstakingly do my hair and makeup everyday, but every man I meet absolutely has made it clear they don't see me as anything beyond a ONS or FWB, which I obviously refuse. I also seem to annoy men no matter what I do, and I seem to have a better response when I absolutely ignore them, the moment I show ineterest back they absolutely run for the hills. I believe I genetically am not the woman men want. Is it too late for me?

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UPVOTES

Meet the Moderators - Interview w/ pearlsandstilettos

bsutansalt · 27 February 2020 · Archived copy · Reddit

<https://www.youtube.com/watch?v=VkcUMVCjsBs>

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UPVOTES

Recognizing your own red flags

elmartinas · 20 June 2020 · Archived copy · Reddit

The more I date seriously and continue vetting the more I realize that I have potential "red flags" of my own. For example, I realized that I have never been the one to break up with someone. I've always been the one who was dumped/ghosted/broken up with. According to some articles and threads out there, this could be a red flag for some men (and people in general).

Obviously there are personal stories behind this that could justify/provide context, but said point blank it doesn't sound very good.

How did you ladies figure out your own "red flags"? How did you address them individually and how did you address them in relationships if and when they came up?

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UPVOTES

I'm glad this sub exists + self-reflection

deerprudehence · 3 February 2021 · Archived copy · Reddit

I'm really happy I found this sub. I am still fairly young (early 20's) and I haven't had that many relationships in my life. I'm still growing up, but this sub and the RPW literature have given me so many revelations that my mind is blown. I've come to realize that I still applied a feminist/toxic paradigm to relationships; the paradigm being what I thought to be "healthy." It's just not living in reality. Men are intrinsically different in the way they express emotions and process situations, and them not behaving the way I think they should doesn't make them abusive or unloving. It's unfair and I've come to realize that my previous relationships (except for one guy who I was recently dating) were with men who were just as immature as I was. I feel really bad for putting my recent ex through the ringer because of my misunderstandings and feminist POV. I left the feminist movement years ago once I stopped being liberal, but old habits die really hard. I seriously want to improve as a woman, because the man I want to marry deserves a woman who respects and loves him in a way specific to him. It just goes to show that you think you know everything, and you actually don't. Lots of the relationship advice that I've seen on Reddit and Instagram is very much female-centric, and leaves you thinking you're in an abusive relationship when you're not. I just have a lot of maturing to do, but I SERIOUSLY want to thank this sub for helping me. And the guy I was dating would tell me directly that he felt disrespected, but because I was hardheaded and immature I didn't actually LISTEN to him.

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UPVOTES

How to show respect/ admiration

rooivuk · 24 February 2021 · Archived copy · Reddit

So, I found this simple infographic a while ago that I think, in my opinion, spells out men's needs pretty succinctly (there was a women's side too!) :

1. Sexual fulfillment
2. Recreational Companionship
3. An Attractive Spouse
4. Domestic Support
5. Admiration

So, the first 4 I understand completely, but I keep thinking about that last one. How do you show admiration for your guy? Especially coming from growing up in a society where it feels like you constantly have to be in competition and "better than" men?

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UPVOTES

What traits make a man High Value to you? Positive Masculinity

Previous-Skirt-3785 · 23 December 2021 · Archived copy · Reddit

Hi! long-time lurker here. I've always wanted a post like this (would love a link to another post if there happens to be one).

Some superficial things might make a man "high value" (6 figures, 6 feet, 6'inch) and make him look good on paper, but how can you *really* know you're dealing with a real man and not a man-child? A man can be high-value in other ways.

We all hear of "toxic masculinity". But what is "positive" masculinity? Here's a list I look at every-time I start catching the feels for a guy and need to vet him better. Men who have these traits are those who naturally bring out my inner feminine:

1. Clarity

- About himself and what he wants out of life. His vision.
- About his career, purpose, and passions.
- About his values and principles.
- About his boundaries.
- About his strengths and weaknesses.

2. Grounded

- Secure in who he is.
- Secure in conflict.
- Knows what he wants and how to communicate without letting others take advantage of him.
- Balanced, stable and prepared to express the hard things that need to be expressed. Takes a hard right over an easy wrong.
- Opposite of this: To be controlled by the fleeting emotions he's experiencing in the present moment and makes irrational decisions that can negatively affect his life. Devolves into self-sabotaging habits as an excuse for the hurdles he faces.
- Has the ability to stay calm and connect to the core of who he is in the face of uncertainty. He isn't controlled by the chaos externally but rather his values, purpose and the vision he has predetermined for his life.
- Accepts failure in stride, looking for the root cause of his failure, finding the lessons then shifting his strategy, and persevering until he succeeds.

3. Responsible and Dependable

- Has a healthy internal locus of control.
- Great leadership which rests on responsibility and a sense of ownership. Responsibility of taking care not just for oneself, but for those around, and the feeling that he can help his group with his leadership.

4. Emotionally and Socially Aware

- Socially aware of other people's emotions and social dynamics.
- Relationship management: he builds and manages positive human relationships.

- Understands power dynamics: High-quality men know what's fair and not fair, what's friendly and what's rude, and what they can take and what they will *not* take.

5. Mindful of his time and energy

- Is organized with his time, has a deep understanding of how short this life is. Is mindful of how he should spend it.
- Rarely allows himself to procrastinate.
- Wakes up early to face the day and get things done.
- Has a routine and schedule set.

6. Takes care of himself

- Eats well.
- Exercises.
- Good hygiene and grooming habits.
- Keeps learning and investing in himself.

What would you ladies add?

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UPVOTES

I've just realised that the reason I struggle to get into relationships is because I'm dating out of my league

maybememaybeno · 12 May 2022 · Archived copy · Reddit

Over the last 5 years I've been in situationships with 4 different men who would have sex with me but didn't want to commit to me. They are all, I would, say only slightly above average in looks, but all high-status in some way. Career-wise or just well connected or very charismatic.

I'm okay looking, I have no trouble attracting the initial attention of these men but then I really don't have much to offer them in the long run. I'm a good person, worthy of a good relationship, I have a good job, hobbies and interests, and I look after myself. But I'm not super outgoing, I'm no Instagram model, there's nothing very exciting or different about me or my life that would make me stand out to these men who have access to women left and right.

After they were finished dating me they have all ended up in long term relationships with much more attractive, younger girls.

So maybe I really do just need to lower my standards a bit and stay within my league. As much as I want to end up a man like this I think I am simply not equipped to hold onto one.

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UPVOTES

My husband wants to pay everything for me even though I earn 50% more than him

DelicateFlower14 · 9 May 2022 · Archived copy · Reddit

So I have a very high income and my husband wants to pay everything for me (even my friends' gifts), he asked to list all of what I have payed for but I don't want to, I feel so guilty since I don't pay anything for our house (he refused and wants to be the breadwinner). I know feminine energy is to receive but I feel so guilty to make him pay, what should I do?

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UPVOTES

Red pill ≠ Manipulation

Muriana_of · 18 July 2022 · Archived copy · Reddit

Long time lurker/RP relationship coach here, and finally felt inspired to chime in.

Red pill is NOT a magic pill (no pun intended) to get a man to do what you want him to do.

Red pill is just acknowledging that men have sovereignty in the relationship as do women. That we fill different roles in the relationship. And we owe the men we love kindness and respect without disrespecting our boundaries and needs.

Lovelies, for heck's sake if you want something from your man-simply ASK. Politely of course. He has every right to acknowledge his boundary and say no, but naturally if your man loves you he'll want to meet your needs.

Getting what you want from your man starts with you.

1. Get in touch with your feelings. What makes you happy? Sad? Loved? Jealous? Etc
2. What do you need from him to help you address those feelings?
3. Tell him.
4. LISTEN
5. If he says yes yay! Thank him and move on
6. If he says No, take stock of your feelings. Was it a need? Was a boundary being violated? Were you just asking to ask?

6a. If it's the first two communicate that to him, and don't stay with a man that doesn't honor your boundaries and needs.

6b If it's the third- don't be so extra :)

Anyways that's all.

With love.

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UPVOTES

I went through my boyfriend's YouTube history...and immediately regretted it. How can I get over these feelings I'm having?

throw222throwaway · 17 August 2022 · Archived copy · Reddit

So Im not usually the type to snoop through my partners phones/devices or anything like that, because I know that nothing good ever comes of it, and that I'll just end up hurting my own feelings...ignorance is bliss! But basically he recently left this game console at my place for me to play and.....long story short it had YouTube on it and I basically saw that he was subscribed to a girl's channel and had watched nothing on this girl's channel except for her lingerie try on videos. For some context, I feel like him and I actually have a pretty healthy relationship where we always communicate our boundaries/feelings with one another, and don't often get into arguments. With that being said, we both agreed early on in our relationship that he'd stop watching porn for many reasons, but mainly because it made me uncomfortable and I felt like it could lead to unhealthy expectations or even just an overall unhealthy relationship with real sex. When we had that conversation he was super receptive of what I had to say and he agreed with everything I said, and even said he'd want the same from me. So fast forward to when I saw that he is currently subscribed to this girl's channel and had only watched the videos of her trying on lingerie just honestly made me feel a clusterfuck of emotions (I know he only viewed those videos because on YouTube there is that little red bar at the bottom of a thumbnail to see how far along the video you're at and I saw only those ones were all fully viewed). So this youtuber doesn't even post explicit content or anything she's actually just a regular youtuber and I think would fall under the "beauty guru" category, in fact I myself am subscribed to her channel, so I know it's not porn or anything, but just seeing that he had only viewed her lingerie videos (that weren't even meant to be sexual in that way it was literally a try on haul) made my stomach feel uneasy. Ultimately, I know that it is unrealistic to expect him to never find another woman attractive or even watch some sort of explicit videos, given the plethora of soft core porn tiktoks and bikini Instagram models that get posted daily (that's actually not what I expect at all), but I guess I was just kind of sad to see that. I think I also felt extra sad because me and said youtuber, do not have a similar body type at all...like even remotely. And I know this has nothing to do with him and everything to do with my own self esteem, comparison is the thief of joy, I shouldn't see other women as competition, etc. Yes I totally agree with and understand all of that...BUT I just can't help but feel like absolute dog dookie right now...you know what I mean? Does anyone have any advice on how I should approach this situation and have tips for healthy ways to deal with my feelings?? Anything helps thank you <3

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UPVOTES

Man's view on IUDs

defiing · 1 September 2022 · Archived copy · Reddit

Good afternoon,

My wife had an IUD (mirena) installed after our son's birth in 2019. Progressively over the next few years our relationship became strained, she was indifferent, and she was becoming more masculine in mannerisms right before my eyes. No matter how much I discussed it with her, it would take a full blown argument to get some kind of emotional connection and reaction. That wouldn't last for long. Right back into our routine and right back to a dull automaton like lifestyle. Boring, no passion, and career over family kind of priority.

I would get her flowers and it would be like giving flowers to a wall. No reaction. No care. I got her a 1 karat diamond necklace and she got mad at me at first. She would then realize that her reaction was making me recoil and then put on what I can only say is an act. It felt like she was acting to manage our relationship. It was a very strange thing to perceive.

I'm an over analytical kind of guy so I spent hours trying to figure out what the hell happened to my wife. I finally landed on the theory that her BC was causing this. I talked to her and convinced her to get it removed if I have a vasectomy. We have more than enough children, and despite not having a daughter (which I wanted badly) she's done due to other medical issues.

So I went under the knife.

Finally this last weekend I was out of town for three days, during which she had an appointment to get her mirena removed. All went well.

On return, it's like she's a completely different person. I have my wife back. She's brighter, funnier, more attentive, caring and more affectionate. She used to pull away from me when I would try to hug her. No more. I can't begin to describe the happiness I've felt over the past few days.

I understand the importance of bc, but are women told about the impact and strain it can cause to a relationship? What other social and psychological changes come about because of an IUD? I can't begin to explain to you the emotional and psychological pain I've put myself through trying to figure out my wife over the past few years.

Anyways, I needed to share this with someone. I hope it's not inappropriate for this subreddit.

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UPVOTES

why does a man stay in a relationship from a male perspective?

herbalteaB · 11 September 2022 · Archived copy · Reddit

Why does a man stay in a relationship from a male perspective? when I ask my boyfriend of a year and a half, he says: "because you are sweet, cute, younger than me, sex is good with you, you attract me". Bear in my that this guy cares deeply about me and took care of me for 1 week when I had a big knee injury and couldn't walk at all. Why does he talk about the physical aspect so much and forgets to add: "because I love you, my time spent with you is pleasant". He has been telling me for a year he loves me and he confessed before me.

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UPVOTES

My submission is his gift to me.

_Pumpkin_Muffin · 11 September 2022 · Archived copy · Reddit

In vino veritas. A conversation with my husband fueled by too much wine.

"Trust me." He snapped, pushing my hand away. He'd been pouring some salad dressing in a jar and I had just put my hand in his way, blurting "oh no no, be careful, you need to..." (he was, of course, perfectly capable of pouring some f'ing salad dressing in a f'ing jar. The guy knew his way around a professional kitchen... he could manage some dressing.)

Trust me. It was like a punch in the gut. OF COURSE I trusted him! Just... maybe... not with... salad dressing? Uh. Uh...?

Go sit down and rest. I can manage. This, he didn't say out loud. He just pointed to the sofa and gave me The Look. You know, the one your husband gives you when taking grocery bags from your hands? No? Is it just me? The look that says "I'm here". Or "Don't worry, I've got this". Or "Let go of the damn bags they're too heavy for you". You know, *right*?

I am an anxious person. This usually surprises people who know me superficially. Lots of people lean on me, coming to me for advice, reassurance or help, and I'll take command of the situation when shit needs to get done. I'm the one who holds it together and organizes a funeral while the others are weeping. From the outside, it looks like I have a steel grip on everything - but on the inside, the wheels are spinning. all. the. time.

And it is... exhausting.

I want things to get done. I want things to get done in *a very specific way*. I *fret* about things not getting done the right way, aka MY way. I *stay up at night* thinking of what could go wrong, and what could I do then, and what could go wrong *then*, and... what if what if what if... I CANNOT rest until I am satisfied that things are like they should be.

I know this issue has deep roots, and I'm working through it. This is the downside of a personality trait that has its usefulness, and it's not always bad. But when it's bad... well. It's bad.

Now, enter my husband. The man has a few quirks he can be obsessive about, but for the most part, he is genuinely OKAY with things not going his way. Baffling.

He has his priorities straight. He cares that we are safe, that we are happy and that we are enjoying life, because we won't get a second shot at it. This is the serious stuff. Minor worries or inconveniences just don't register: he doesn't sweat the small stuff. If the sky is falling, he shrugs it off and keeps going. If the sky is *not* falling, then what's the problem? When we were stranded 10.000 kilometers from home in the middle of nowhere, he simply blinked and went: "oh shit. Well, here's what we're gonna do..."

Oh, I did this too. I did it so many times, when the sky *was* falling, because no one else would take care of things. I can do it again if I need to - heck, I'm *good* at it. I also hate it.

Apparently, he does not hate it. I'm still trying to wrap my head around it. For the time being, I simply accept it as the way it is. He wants to keep me safe and happy, and that's one of his most precious gift to me: peace of mind. I don't have to look around and realize that I have to be strong because no one else will. I don't have to carry all this weight on my shoulders. I can just... breath.

Is it easy? Sometimes yes, wonderfully easy. Liberating. Other times, I struggle to keep my white-knuckled grip on things that I can't control completely and that I'm not even *happy* about having to control anyway. (In-between are a hundred different levels of disagreeing, discussing, compromising, forgiving, doing each our own part, me taking charge of some things etc., of course. Submitting is not leeching, avoiding responsibilities or never taking care of difficult stuff. But that's beside the point now.)

It doesn't make me happy to worry, to fret, to nag, to lay awake at night thinking of all the things I need to do and all the things that could go wrong and all the things that won't get done and all the things that others could get wrong and...

"Trust me."

He wants me to be happy.

"Trust me."

He really can manage some fucking dressing.

"Trust me."

Ok, I'll go sit down and rest.

"Trust me."

My submission is his gift to me.

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UPVOTES

How to Please Husband in the Bedroom?

cohost3 · 19 September 2022 · Archived copy · Reddit

Hi everyone.

For context: I am newly married, but have been with my husband for five years. I love him dearly and think we have a great relationship. He is an amazing man.

The thing is, I am worried that I might let him down in the bedroom. When we have sex, he takes the lead and usually wants me on my stomach or on my hands and knees. We do it like this every time. He has never complained, but I am wondering if I should be doing more? What do you ladies do?

I know this isn't really a sex sub, but I am concerned at the type of advice I would get on other subs. I appreciate any feedback/help.

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UPVOTES

RPW transformed my internal and external lives.

CosmicBewilderment · 3 February 2023 · Archived copy · Reddit

Good morning Red Pill Women.

I have been a long-time lurker and I have finally decided to make an account I can dedicate to this lifestyle and my continuous self-improvement, as well as be able to post in here outside of my main Reddit account. This may be a long post.

I found this page back in mid-2021 whilst browsing FDS - a sub I used to frequent. I was in a relationship with a guy who I now can see was much better than others I've been with, but still wasn't quite 'right for me.' A lot of what I read here didn't sit right, I thought everyone here was drinking the Kool aide and was wrong about how relationships/marriages should work. My mind rejected it all, because it was completely different and new to how I had lived life.

I kept coming back to read more and ultimately it clicked that I *do* want to be soft, feminine and beautiful and be cared for by a masculine, protective man. At the time I worked on a construction site, so it was obviously very hard to emulate these qualities in a field dominated by men (and the coworkers expected me to be thick-skinned, masculine, and tough). I took some time and then decided I needed to leave that career field entirely. Shortly after, I found my current job which I absolutely love and has a better dynamic for me to embrace feminine qualities. I'm still surrounded by men, but they have stepped into their roles and they respect mine.

I then decided I needed to leave my relationship. I realized I was absolutely not attracted to this man, but I had been intensely attracted to him in the beginning, so I dove deep into what happened within myself. I realized throughout our relationship that he was stuck on another woman, his best friend of several years that he admitted to being in love with for years, unreciprocated. I hadn't set expectations on proper boundaries, because I really had none. I had *no* boundaries. I had no standards. I knew he was better than my exes but he was far from the one. When he did not take care of me at all when I was very sick with COVID, I had a deep conversation with him about our future and he revealed to me that he actually saw no future with me. This hurt **so bad**, but I respected his upfront honesty, accepted my part in this, took my dignity, and left. We have mutual friends/coworkers, and I hear that he is still not over me, and I contribute this to him seeing my "glow-up", from the sidelines.

I morphed into a hugely better version of myself after leaving this relationship. I was sick of dating men for years that saw no future with me. I knew I needed change so I found ways to improve from all angles. I digested everything I could find here, past posts and the guides and moved into learning from the book *Fascinating Womanhood* for the *Timeless Woman*. I learned about men and found out many things I had no clue about. I realized I did not understand men at all before, let alone fully love/trust/respect them. Thus, my journey began.

First, I tackled my lack of self-respect and self-love. I began therapy twice weekly and identified root causes for these issues. I was given the tools I needed to work through past trauma and old patterns. It was a tough, grueling process, but all change is. I still do therapy once a month for mental health maintenance. I began sort of a spiritual *and* religious path towards my goals. I meditated, I prayed, I found the things that worked for me.

I needed to lose weight. I've known for a long time but the sting of needing to change my life prevented me. I also had this mentality of men wanting a fit woman being a bad/sexist thing (which is wrong). I began eliminating shit food and sugar from my diet, I started doing yoga and biking, hiking, gym exercise, walks, Zumba, and anything else to get my body moving. I stopped drinking and smoking weed. I started valuing sleep a lot more, and slowly I did lose and keep off 10 pounds. This was a giant lifestyle change, I never went back to my old habits.

I started going to the thrift store and changed my style to a more feminine one. My old clothes went to a consignment shop. I began learning how to do makeup and look beautiful every day. I took better care of my hair. I started attracting attention from all sorts of men, but I knew most of it was from men I didn't necessarily want in return.

I continued to reach the depths of myself to unlearn habits and thought patterns. I used to drink heavily, smoke week daily, have casual sex (ugh), treat my body badly inside and out, **and just have absolutely no respect for myself**; In turn, I had no respect for anyone else. Partners, bosses, other women, etc... And my life suffered immensely from this. So much suffering... Because I was not living how I should have been. I looked older back then compared to now, probably from my lifestyle, stress, and inner turmoil.

I met my now boyfriend at work and I was immediately attracted to him. I saw something in his eyes that made me feel like he was instantly as attracted to me as I was him, if not more. I don't know how to describe what I saw. It was definitely something new. He pursued me and we began an extremely loving and happy relationship. We were both ourselves 100% of the time. We've been together for roughly 10 months now, and we recently had a conversation in which we both agreed we want to get engaged. We are now deciding on rings and talking about expectations for the proposal, and moving into a new step in our relationship together. We have many conversations to make sure we are both on the same page about what we want. He is everything I wanted and needed, and I barely had to look for him. He seemingly just showed up in my life. I truly believe embracing the best version of ourselves makes the universe flow effortlessly in the direction of our happiness.

I have found so much happiness that stems from embracing the ideals and advice from this very sub. It was like the more I read, the more I felt like I was accepting a new reality that I desperately wanted for years but never felt worthy of attaining. I completely trusted the process and development I was undergoing. I figured if none of it worked, it didn't matter much because I was still drastically improving my life. I feel so much self-love and confidence, that I know even if things don't work out, I will be just fine and I have benefitted from the relationship either way. I used to feel like a break-up meant the end of the world. I was codependent, and insecure. I have changed so much, and it's a continuing process.

I wish I had found RPW years ago. If I ever have a daughter, I will teach her much of what I learned here. **Thank you** for being such an amazing resource for women who want to make personal changes and get what they want.

Seriously; Thank you, thank you, thank you!

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UPVOTES

How can I follow the red pill women lifestyle and date without being exploited for my kind nature??

cancersukks · 14 April 2021 · Archived copy · Reddit

I want to live this lifestyle, I think it is best for me. I am also a sweet woman especially when I like a man, and it has been exploited. How can I date with red pill women in mind, without being exploited by sh*tty guys who want to take advantage of me? Thank you for the help :)

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UPVOTES

Need to rant about something F25

Traditional-Sherbet2 · 23 September 2025 · Archived copy · Reddit

Need to rant about something F25.

Porn, Respect, and Why the World Is Actually on the Wrong Track

I'm so tired of how everything in relationships gets twisted around. The moment you set a boundary → you're called "jealous" or "controlling." But here's the truth: expecting respect isn't jealousy. It's basic loyalty.

Respect means: – Being faithful, both physically and mentally. – Not flirting or seeking attention from others. – Not living in a fantasy world of porn or OnlyFans and pretending it's "normal."

Let's be honest: porn and OnlyFans have become an extreme toxic culture. It's now so normalized that people see it as the most natural thing in the world – but it's insane if you actually think about it. – It's unnatural for the human brain. – It destroys intimacy and the ability to be present. – It makes girls desperate for validation and guys unable to control themselves. – Kids are exposed to this as young as six years old through iPads and tablets, while parents don't set real boundaries. The result? A whole generation growing up without ever learning what love, respect, and self-control actually mean.

And now we see the consequences in black and white: – Zero emotional intelligence. – People giving a damn about the wrong things. They don't care about loyalty, respect, or responsibility – but they'll obsess over likes, stares, "heys" and chasing the next dopamine hit.

Girls, you're not off the hook either: The girl constantly chasing male attention, posting half-naked pics for likes, or hitting on her friend's boyfriend – that's not empowerment. That's tragic.

Guys who exploit this: You're not "players." You're cowards. You build yourselves up by manipulating insecure girls instead of becoming men with an actual backbone.

This is why it feels almost impossible for my generation to find a partner who's truly loyal and respectful. Not because we're "childish" or "jealous," but because porn, dopamine-chasing, and validation culture have destroyed the foundation relationships should stand on.

So no – I don't buy the lie. And to everyone who actually sees this clearly: you're not crazy. You're the only ones calling things what they really are.

Porn has turned the world into a place where people don't care about the most important things – loyalty, respect, responsibility – but obsess over the most meaningless ones. That's not freedom. That's cowardice.

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UPVOTES

How Dutch women got to be the happiest in the world -- Checkmate feminists

[deleted] · 21 April 2014 · Archived copy · Reddit

<http://www.macleans.ca/news/world/the-feminismhappiness-axis/>

Few Dutch women work full-time—does this mean they're powerless, or simply smarter than the rest of us?

Like many Dutch women, Marie-Louise van Haeren views herself as liberated. "Every woman in Holland can do whatever she wants with her life," says Van Haeren, 52, who lives just outside of Rotterdam and rides her bicycle or the train to work three days a week at a police academy, where she counsels students. She has worked part-time her entire career, as have almost all of her friends—married or unmarried, kids or no kids—save one or two who logged more hours out of financial necessity. Van Haeren, who wasn't married until last year and has no children, says she's worked part-time "to have time to do things that matter to me, live the way I want. To stay mentally and physically healthy and happy."

Many women in the Netherlands seem to share similar views, valuing independence over success in the workplace. In 2001, nearly 60 per cent of working Dutch women were employed part-time, compared to just 20 per cent of Canadian women. Today, the number is even higher, hovering around 75 per cent. Some, like Van Haeren, view this as progress, evidence of personal freedom and a commitment to a balanced lifestyle.

Others, however, view it as an alarming signal that women are no longer seeking equality in the workplace. Writer and economist Heleen Mees, for example, argues that the stereotypical Dutch woman has become complacent. "Even at the University of Amsterdam—the most progressive university we have—I had a 22-year-old student say, 'Why is it your business if my wife wants to bake cookies?' and the female students agreed with him! I was like, what's happening here?"

Mees runs an organization called Women on Top that strives to push more Dutch women into ambitious career paths. Its slogan is "Out with the part-time feminism!" and it points to part-time work as a major factor in a lingering pay gap. Then there's the matter of principle. "I think highly educated women have a moral obligation to take top positions, to set an example by their choices," says Mees. "When women just stay at home or work part-time, they don't reach the top, and they set bad examples for their daughters and daughters' daughters."

But Dutch women appear deaf to the siren call of the workplace. Asked whether they'd like to increase their hours, just four per cent said yes, compared to 25 per cent of French women. And while across the Channel, British media are heralding the resurgence of feminism—last weekend, some 500 women crowded into a feminist training camp, UK Feminista, to be trained in direct action and activism—in Holland, women like Van Haeren baldly proclaim no further need for the movement. "Feminism wasn't necessary anymore by the time I grew up," she says. "In my eyes, it was a thing of the past."

The relationship between personal lifestyle choices and the socio-economic standing of women has been under the microscope in Holland ever since the publication of Dutch Women Don't Get Depressed in 2008. Ellen de Bruin, who patterned her book after Mireille Guiliano's bestseller French Women Don't Get Fat, began by defining the stereotypical Dutch woman: naturally beautiful with a no-fuss sense of style, she rides her bike to fetch the groceries, has ample time with her kids and husband, takes art classes in the middle of the week, and spends leisurely afternoons drinking coffee with her friends. She loves to work part-time and does not earn as much as her husband, but she's fine with that—he takes care of the bills. The book went on to note that Dutch women rank consistently low, compared to those in other Western countries, in terms of representation in top positions in business and government—and rank consistently near the top in terms of happiness and well-being. In fact, just about everyone in Holland seems pleased with the status quo; in 2009, the Netherlands ranked highest of all OECD countries in terms of overall well-being.

Understandably, the notion that there's a correlation between women's relative powerlessness and their happiness

rubs people like Heleen Mees the wrong way. Yet others frame the correlation differently, arguing that Dutch women have smashed the vicious circle of guilt that traps other Western women, to embrace a progressive form of work-life balance.

Sarah Sands, of the U.K.'s Independent, writes, "Perhaps [Dutch women] are happy because they don't feel guilty for falling short of perfection. We are torn to shreds between the American and the Mediterranean models of womanhood. On one hand, we are boardroom feminists expecting equality of expectation and outcome. On the other, we are matriarchs, wanting to run model kitchens and walk through meadows with bands of children."

Or to put it another way: yes, the personal is political—but it's also pretty personal, too, and happiness has to count for something. As Germaine Greer opined in a recent interview on CBC Radio's Q, "I think you have to understand that the corporate world is not the only world, and if women are going to enjoy their working lives, they have to arrive at a different paradigm. Life in the corporation is not all that much fun."

Van Haeren echoes these sentiments. "Dutch women do not aspire to top positions because they do not want to encourage the values of the business models of today's world. It is a silent resistance movement," she says. "Maybe this will turn out to be the fourth wave of feminism. Women protect the possibility that one day we'll wake up to realize that life is not all about acquiring more material wealth, power, status. Many Dutch women that I know want to stay sane, happy, relaxed."

Eline Duterloo, 48, agrees. "I think women just simply do not look for 100 per cent fulfillment in their work. Women see themselves in a lot of different roles that they find more important to them: being a good friend, a good daughter, a good mother, a good sister, a good wife. That is why they are not 100 per cent competitive, and so do not reach the top, because in their hearts they do not really care about it enough." Duterloo has a husband (who works full-time) and three daughters, aged 21, 19, and 16; she recently started working full-time as legal counsel to a major American corporation after years of part-time work.

Author Ellen de Bruin is puzzled that "everybody seems to have an opinion about how Dutch women are leading their lives, and some say it's enlightened and others say it's old-fashioned. What I find funny is the point of view that somehow we have found the solution for this work-life imbalance. What's important is that women in the Netherlands are free to choose whatever they want to do."

Social structures, however, undoubtedly play a role in what choices are available. Generous social programs make it possible for a two-parent family to get by quite nicely on a single full-time income. And yet, a strain of social conservatism persists in Holland: daycare is expensive, and shops close at 6 p.m. on weekdays and are closed entirely on Sundays—less than conducive to the daily juggling of full-time work and raising a family.

Women aren't alone in choosing to opt out of the full-time rat race. More men are working part-time than ever before, and society is beginning to reward fathers for pushing back against the system to make time for their families. Last year, Lof, a magazine for working mothers, awarded a "Working Dad Prize" to a man who fought his employer in court and won the right to work part-time. And this year, businessman Rutger Groot Wassink was acknowledged by the government with a "Modern Man Prize" for his work in co-founding a campaign that promotes "Papadag" (Daddy day)—a day off for working fathers to be with their kids.

It's hard to argue that people who choose the lives they want, and opt for happiness rather than titles, are not empowered. (I grew up in the Netherlands with a Dutch mother and a Canadian father and came of age watching my female relatives—who hail from educated, middle-class families—repeatedly prioritize free time over career progress and money.) Nevertheless, Mees argues that striving for happiness is slowing down progress in the women's movement. "Happiness is overrated. It's defined as the absence of problems. But it's good to have challenges in your life. I believe in another kind of strength that women should have."

De Bruin disagrees. "I think that's such a strange argument. I hear it all the time. At some point, happiness is everybody's ultimate goal. Everybody is seeking a way to live their own life in the most satisfying manner."

In 1986, Betty Friedan, author of *The Feminine Mystique*, came under fire when she told the New York Times, “What we need are real choices. And I don’t want to hear women saying one choice is more feminist than another.”

Perhaps women in the Netherlands have achieved that vision of real choices. Certainly, the prevailing cultural attitude seems to be that one choice—say, working part-time instead of striving for the corner office— isn’t better than another. Whatever this says about the current state of feminism, it is evidence of a certain type of independence: in Holland, it’s every woman for herself.

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UPVOTES

The sub has changed me and inspired me to become a better woman. These theories and ideals WORK.

[deleted] · 16 June 2014 · Archived copy · Reddit

I feel very lucky to have found this sub while I am still young (18 years old.) It has seriously taught me so much. I used to be a mess...a loud, obnoxious, smoking teenager with neon hair, piercings and ripped clothes. I partied and smoked pot. I ate horribly. I had no confidence and was a bitter person.

This sub opened my eyes. It has transformed me into a pleasant, amicable woman. I have since then dyed my hair, started wearing feminine clothes, stopped drinking, and just recently shredded my cigarettes into the garbage. I have embraced my submissive nature, and have become more soft spoken and feminine. I have also started working out, lifting and eating well.

At first when I found this sub, I was angry. I thought it was stupid, misogynistic...you know the drill. But I became obsessed with it. I read it every day. And eventually, all of the truths started to hit me, and I realized what I had to do. That I had to accept it and use it to shape myself into a better person.

This change has done nothing but good things for me. It has even helped me strengthen my relationships with my family and friends.

The wishy-washy, demotivational messages of feminism and modern lifestyles would never give me the kind of confidence and happiness that this subreddit has provided for me.

I just want to thank all you great ladies (and men!) for persevering with this subreddit. It gets a lot of hate, and always will. People misunderstand it's message and get angry at its ideas, no matter how true they are. But it will remain. My success and joy shows how much of an amazing, inspirational, and truthful place this is.

So I just want to encourage you guys to keep on going through, no matter how much hate and bitter slander you guys receive. Because in the end, we are the ones that will continue pursuing fact, not fiction, when it comes to our lives and relationships. And we will come out stronger.

Ya'all rock! :)

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UPVOTES

Feminists want us to define these ugly sexual encounters as rape. Don't let them. [Article]

snbdmliss · 30 May 2015 · Archived copy · Reddit

<http://www.washingtonpost.com/posteverything/wp/2015/05/20/feminists-want-us-to-define-these-ugly-sexual-encounters-as-rape-dont-let-them/>