

# **bogeyd6**

## **ARCHIVE**

compiled by /u/dream-hunter

May 15, 2023

[www.TheRedArchive.com](http://www.TheRedArchive.com)

# Table of Contents

---

Need advice on which books to buy and study first .....	5
Shit Test, Comfort Test, Wtf? .....	6
Thank you red pill, one month in and progress so far .....	7
[FR] My first comfort test that I knew was real .....	8
[FR] Moving and the storms (multiple reports) .....	10
Decision on wife working a job, help? .....	14
How to distinguish between a shit test and comfort test. ....	15
[FR] Tests never stop, but they get easier. ....	17
[Theory] How to build your road to safety .....	20
How to build your road to safety. ....	23
[FR] Wife's Negativity .....	26
Lifting, it's not a choice you need to make. ....	28
[FR] Lessons in Leading .....	31
[Theory/FR] Mate Retention .....	34
Sexual Market Value Explained .....	37
Video Talk on Infidelity (read: Tingles) .....	41
How to Play the ChorePlay Game and Win .....	42
VICE Magazine's Answer to her N Count .....	44
IRC Channel for MRP (Reminder) .....	45
Hamsters in action .....	46
[FR] AMOG'ing the basketball dad's in Tingle Chronology .....	47
Happy Thanksgiving to Everyone! .....	49
The Timing and Buildup of Initiating Sexual Activity .....	50
[FR] Lessons in Frame Control .....	52
60 Days of Dread Week 1: Lifting for Life .....	54
Noob, do you know how fast you were going? .....	57
Flashback Post: Take Her Breath Away .....	60
An open dialogue on leading vs. directing .....	61
The Definitive Guide to Sexual Relations with Close Colleagues .....	63
Guidelines and FAQ updated Mar. 2016 .....	64
Red Pill Finances, Part 1: How to achieve financial freedom .....	65
Red Pill Finances, Part 2: Starting a business .....	66
Practicing Frame Control for Dummies .....	67
Don't expect people to be on your side as you walk the road to success. ....	69
Dealing with Certain Types of Colleagues Part I .....	70
Frame and the Social Game .....	72
Eight Essential Rules to Surviving the Work Place .....	73
Some Advice on Company Email .....	74
The Dangers of the Red Pill (Some career stuff in there) .....	75
Office Game, a Primer Part I .....	76
Office Game, A Primer Part II .....	77
Office Game Dominant and Dynamic Kino for Power and Position .....	78

Office Game Alpha Move: Formal Fridays .....	79
Modern Workplaces Demand a High Price for Promotion .....	80
Why Men Have No Choice to Being Breadwinners .....	81
How to Deal with Incompetent Women in a Technical Job .....	82
Four Morning Rituals for the NeoMasculine Man .....	83
Grab your Fucking Nuts .....	84
Are you a Stranger to Yourself? .....	85
Seven Things I Learned From Working With an Office Whore .....	86
One Year In Questionnaire .....	87
Article: How to Send a Good Work E-Mail .....	89
Interview Tips from TheRedPill .....	90
How would you handle this problem? .....	91
TRP: Leadership 101, How to Motivate Others .....	92
Interaction with Wife with puzzling results .....	93
From TRP A basic guide to life's sales process .....	95
TRP on Border Erosion .....	96
[FR] The Pseudoscience of Meteorology .....	97
Lifting Progress / Progress Report .....	99
From TPR: Five Books to Read .....	101
From TRP: Forging a Useful Identity .....	102
From TRP: No emotion & discipline: index funds and my own experience .....	103
From TRP: STATION: Status, Value, Power, Environment. Your social positioning .....	104
FROM TRP: Comment on being Direct .....	105
A post I declined to make .....	106
PSA - Thyroid Stimulating Hormone .....	108
F.E.A.R. (False Evidence Appearing Real) .....	110
Posting Quality Guide for /r/marriedredpill .....	111
Rollo is doing an AMA on MRP .....	115
Your specific fucking circumstances .....	116
FR - Family Vacation to Chicago .....	118
'Tis the Season for Covert Contracts .....	119
The Fast Train .....	121
The Fast Train .....	123
Update from RPWP! .....	125
Monk Mode is Bullshit .....	126
Don't Let Others Slow you Down .....	127
Creating A Meaningful Morning Routine Will Make You More Successful .....	128
First 2 Months Into Reshaping My Mentality and Life; Handful of Lessons I've Learned and a Handful of Observations .....	129
The Secret To Rapid Learning .....	130
How to get a billionaire mentor? - GUIDE .....	131
The Useful Parts of a ButtHurt Episode .....	132
What Do I Know About Lifting? .....	135
[FR] Shrimp, Nature's Most Powerful Aphrodisiac .....	138
[FR] A Surprising Turn of Events .....	140

Power and Control .....	141
Working Out on the Road - Gyms .....	143
How many Blow Jobs is too many? .....	145
Working Out on the Road - Diet .....	146
Structured Rules for Mobile Users .....	148
[FR] Unintentional Dread .....	149
60 DOD - Week 6 - Finances .....	150
[FR] Got weeds? .....	151
[FR] Complaining and Gym .....	152
Dark Triad: Machiavellian .....	153
Dark Triad: Machiavellian .....	156
Dark Triad - Psychopathy .....	159
Dark Triad - Psychopathy .....	162
Houston .....	165
Hurricane Harvey .....	166
Dark Triad - Narcissism .....	167
Dark Triad - Narcissism .....	170
She Doesn't Deserve the New Me .....	173
The Financial Hustle .....	174
The power of holding frame (Business Example) .....	177
TRP lessons from business: from ramen noodles to Forbes 30 under 30 .....	179
Conquering the voices in your brain and achieving whatever you want in your life. ....	183
Get Your Fucking City On Lock, The Benefits Are Endless. ....	186
Every Interaction is a Business deal .....	190
Money .....	193
Lessons from an Entrepreneur .....	194
Pulling the plug: Going tech free for a month (week 1) .....	197
Navigating sex at work .....	200
60 DoD - Career - Choosing your path .....	202
60 DoD - Week 7 - Career - Choosing your path .....	205
Turning the corner .....	208
60 DOD Week 1 Part 1 - Lifting .....	210

## Need advice on which books to buy and study first

7 upvotes | May 25, 2015 | /r/MarriedRedPill | [Link](#) | [Reddit Link](#)

---

Hello, Just swallowed the redpill about a week ago. Still very firmly in the anger stage. A friend gave me the link. There are three course prerequisites and I would like to know which I should get and study first, or maybe some sort of course guide? I know it doesnt happen overnight but I also dont want to drink from the firehose.

Another problem I can immediately see is I am not much of a conversationalist. Perhaps there is a book that you can recommend as well?

## Shit Test, Comfort Test, Wtf?

10 upvotes | May 29, 2015 | /r/MarriedRedPill | [Link](#) | [Reddit Link](#)

---

Sitting in the car tonight with son. Tone was cordial, or "normal" as the case may be. My son was talking with her about dad playing minecraft with him, something I almost never do, and she told him it was too late in the night for that (10pm work night). My son replied you cant decide that for dad. Then que her response. She said to my son "I don't make decisions for your father" then looked at me and said "he has made that very clear". I treated as a shit test and did A&A by saying "yep, and soon I will issue royal decrees with my seal". Convo went on to other things with the son.

Having a hard time processing what happened here. Tone was not whiny, condescending, or snappy.

EDIT: Context

# Thank you red pill, one month in and progress so far

10 upvotes | June 3, 2015 | /r/MarriedRedPill | [Link](#) | [Reddit Link](#)

---

I swallowed the red pill about a month ago after some intensive soul searching. I was done with my marriage and I wanted out, except i had my son and didnt want him to learn how to be a man by seeing his father run away. I bought two of the books and read them so far. Read all of the articles and comments. It's basically the only thing I am reading this last month. The start was rough, failing tests 90% of the time, but progressing. Now I am down to about a 10% fail rate when I am having trouble distinguishing comfort from shit. I do way more things around the house and really amped up changing my son. My marriage went from train wreck to a fender bender. My child went from complete hellion/brat to half hellion, and that is progress.

Two days ago we finally had the main event. I was working on a new beer recipe and she straight up ordered me to get the clothes basket (to be fair, its really heavy) and I said "woman, are your legs broken?" with a big smile and then she said "fine, ill get the fucking thing myself" and I let her. I continue to work on the recipe and samples of the water.

Not even thirty fucking minutes later she "needs to talk to me". Then proceeds to inform me she doesn't like how I have changed and wanted to know what's going on. I cooly and calmly explain that I am making changes in my life, not hers, to become a better man, the man I used to be. Her response is "i married you because you were not like a typical guy (que eye roll and look of disgust)". I then calmly informed her if she wants someone like that, feel free to leave and go find it. You won't find it with me, not anymore. The changes I have made are quite noticeable in our son and in our marriage. Then I press the big red reset button. I explain I am the captain of this ship and she is now the first officer. I gave her way too much control and power than she ever deserved and it was hugely squandered. This is changing and you can be on deck and saluting, or you get off at the first port. Which worked well as we spent 15 days on a cruise about a month ago. She just sat and listened to all that, not even saying a word. Just nodding and saying yes. At the end she asked if I love her, and i coldly told her that if I did not love her then I wouldnt even bother having this talk. Conversation is over and I go back to my brewing. Some old bluepill thoughts snuck in but I squashed that shit, because fuck that, it never worked. Nothing to lose here, so just ride it out.

We end up going to bed about an hour later, as usual I summon her to my place of sweat and shame. She comes along, but getting a bit cold shoulder. We say nothing as we fall asleep. Next morning she initiates sex and we also have sex when I get home from work. Today she has stopped texting me so much and preferring phone calls now. Tonight she comes up to me to apologize for being exhausted and dirty helping her friend with organizing. Then asking me if I would be ok with her going to shower and lay down. I do not even know who my wife is anymore but I love it.

TL;DR MRP changed my life. My wife is happier, my son is starting to mimic my new found leadership, and this marriage may be headed towards life long.

## [FR] My first comfort test that I knew was real

43 upvotes | June 24, 2015 | /r/MarriedRedPill | [Link](#) | [Reddit Link](#)

---

Last couple of days from my wife has basically been a sex fest and us pleasing each other. Yesterday she was a bit tired and stressed and I passed every single last shit test. Some of the shit tests included when I asked her to put a hot dog bun on a napkin instead of the dirty table we have been packing all night on. She told me I know how to fucking handle hotdogs, I handle yours just fine don't I. In the most shittiest of tones you can believe. I just laughed and told her she was so cute when she gets mad. Now here is where I practice my Amused Apprenticerly (Not yet master)

Her: Why are you laughing, dont laugh at me. Im pissed.

Me: You get so cute when you are mad, you get that little wrinkle in your nose. (smiling the whole time and being playful)

Her: You never take me seriously anymore, Im pissed, and you should blah blah (im tuning her out at this point)

Me: That's whatever you were talking about for ya.

Her: This is fucking bull shit (proceeds to stomp out of the room)

Old beta me would have followed and apologized profusely. Held frame, sat and finished my meal. Went back to packing boxes and then it is time to go to my step-sons house and install closet organizers. Car ride there she is pretty cold, 15 minutes we arrive at the house in complete silence. She then reaches over to me and grabs my hand. Apologizes, and then I start giving her attention again. Still with the shit tests all night. Play them all seemingly perfectly. I have become Neo and I dont even need to try to dodge them anymore.

Last night I went to sleep before her, which is abnormal, and I think her hamster went into overtime. She asks me if I am going to bed, and I respond stoically that "No, I am going to sleep". We both get in bed and I just roll over immediately and try to go to sleep. Some minutes of silence and she scooches over and asks for a hug and cuddling. Says she didn't get a good night kiss. Give her hug, peck on the forehead, and say good night princess. Immediately roll back over and go to sleep.

Fast forward to the next morning and she wakes up and cuddles me in bed. I have to use the bathroom so after like 10 seconds I just get up and go. Make coffee and etc... When I am done with my shower and shave I come out and hand her a pen and paper. Finally doing what I should have done two months ago. I tell her to write down the username and password to the online bank account we share. Also, I want her phone account login information. She dutifully agrees and writes down the information. She comes out to the kitchen where I am reading hardware advertisements.

Immediately she launches into is there something wrong. I just grab her hands and say no dear, since I am going to pay more of the bills I need the information to do that. She keeps asking if something is wrong and I just smile and say no. Maybe after 3 minutes of this back and forth she bursts into outright crying. Asking me not to leave her and stuff like this. I only reply "I gave you clear boundaries on our condition for divorce, if you didnt do anything then why are you worried?".

(NMMNG) She then tells me exactly "You are in charge now and you make the rules, and I am scared you will change the rules." Again, I go to "Are you 100% clear on the boundaries" (WISNIFG, broken record) and she says "Yes sir." (had to stifle a moment of pride)

Literally said almost no more than this. She is just staring me in the eyes and crying and crying for



maybe 2 minutes. I grab her by the hips and roughly pull her in for a super passionate kiss. She goes to rub my chest, I grab her by the arm and push her towards the bedroom. Lets go. She is basically skipping to the bedroom and starts to just give me a blowjob with her clothes on. I stop her and tell her to remove her bra and shirt. She responds yes sir and does it. Then halfway through I tell her I want to fuck. I flip her over onto her back and just yank her pj's off her. I proceed to pound her as mercilessly as I can. She comments that I should be proud of how wet she is by giving a blowjob. My back hurts a little bit this morning after that viscousness too, but not telling her that.

You know what? She stopped crying and being insecure. She saw that for once I really was the oak tree. She gave me the respect that I showed, not told her, that I deserve. Actions not words. She agreed to my leadership without even being asked. She has gleefully accepted her role as the first officer. My situation was helped by a woman who prefers that and actually wanted it without knowing it. Over the years when she told me that pounding her was her favorite, I kept trying to make love slowly. When she told me she didnt want me to help her while she ranted about this or that, I kept trying to help. When she goes into super hardcore bitch mode, she actually prefers that she gets her space rather than me offering every kind of help I can. She didn't like getting flowers and gifts at work, and now when I drop off a redbull and skittles I get a blowjob that night.

Try as I might, i still run into issues of recognizing the comfort tests. I am working out regularly, taking taking time for my hobbies. NMMNG helped me learn that I don't have to please other people for them to want to please me. It's like crack to my wife. The more I maintain my assertiveness the more its like crystal. The more I maintain frame the more she respects. WISNIFG is teaching me how to be assertive and early on in the book it said people only have so many no's and that is very true.

## [FR] Moving and the storms (multiple reports)

17 upvotes | June 29, 2015 | /r/MarriedRedPill | [Link](#) | [Reddit Link](#)

---

As some of you may know I spent the last 5 days moving my family to a new and bigger home. We have tons and tons of stuff to move. Stress and just plain worn outness was at its highest levels since the divorce. Emotionally and physically.

Our first major issue was that Budget canceled our truck a mere 12 hours before we were picking it up to move. This causes a complete meltdown on her part. I get a little visibly stressed too, because oh no, we can't move everything in my pickup truck before we have to vacate. She starts going off the deep end about this and that specifically related to how I was responsible for the truck and now that's not going to work. She keeps asking me what we are gonna do. I specifically lock eye contact with her and assertively tell her "Relax, you keep boxing items and I am going to go make a few phone calls". Long story longer, I eventually find a truck but we have to pick it up far away. She starts bitching about that. Then proceeds to tell me how to handle. No thanks woman, this is men's business, I will call this other number I tell her with a smile and a chuckle. Well, 24 ft truck and I can get it in two hours. This means two trips, but with them being on the only game in town, there is no time to be picky. She starts to calm down and comes up to me and says she loves me, hugs me, and apologizes for her behavior. Thanks me for handling it. Shit test averted. We go get the truck and instead of hovering around me the entire time I wait in line, like she would normally do, she instead shops around the store while I get everything done. This may sound weird, but normally she is right over my shoulder making sure I do everything she wants done, and in the way she wants it done. This was a big step for her, and I am proud she passed it.

Fast forward to the next morning. Moving day. Get compliance tested, but fuck it, the amount of work she has to do she deserves something nice. Instead of hostess donuts she would like me to go and get real donuts from Daylight or wherever, but I do this after I load the box pile from the garage without informing her. She asks me what took so long and I tell her slyly "Had to wake up the baker to get you the special fruity pebbles donut". She knew damn well I was in the garage loading boxes, you could hear me banging around in there but don't bother to answer the shit test. I inform her, my son, and the two guys who show up what their jobs are. Ask me if you have any questions at all. We have awesome donuts (rare treat at the ranch) and everyone gets to work. Throughout the day I can hear a couple of times the helpers asking the wife things, and you know what she does? Please ask my husband. Where did this woman come from? Not even four months ago she would have been bad mouthing me for not working hard enough to anyone that would listen. Or worse, flirting with the helpers.

Moving day progresses. As mentioned we are not around each other very much. She has her girlfriend helping her, and the few times I could hear them it was "Hubby this, Hubby that" in good terms and "Hubby said" blah blah blah, so maybe even in private things are improving for her. I expect the usual relationship talk between the ladies, but from what I know that has improved as well. Even if it didn't, I still respect her privacy and would not bring it up. Or worse, hamster it and beta the whole thing up. There is some more beta behavior during the day from me to her. Specifically her blood sugar (diabetic) and she doesn't watch it as close as she should. So a few times during trips we make stops and I tell her we stopped so she could get some carbs, whether she thinks she needs them or not. I do need her healthy to clean and pack boxes. She dutifully gets candy and drinks each time

without sass.

Day is coming to a close, the truck is about to turn into a pumpkin. Lot's of things still need to be done. Wife is offering a million suggestions on what to do next. I inform her to set course 220 degrees, and steady as she goes. I setup the timelines and what gets done and what just isnt going to happen. Send each vehicle off in a different direction. She is a little pissy I didn't take her idea of going back to the old house, but we had new stuff to pick up by 8pm or we had to wait till Tuesday to get the furniture. We kind of need a dinner table and chairs more than we need old christmas decorations. Just ignored and did not respond to her. Got in the moving truck and left.

Now we are back home. Just her, my son, girl, and me. She is super tired and super stressed but some things just have to be done. Number 1, I need my beer cold. This goes without saying, heh heh. Do you remember the scene in the matrix where the agents all fired at Neo and he just sticks his hand in the hair and the bullets stop and hit the ground? She threw me maybe 20 shit tests in a span of 5 minutes. That was me. Almost literally. Each one that pops up, A&A/Ignore, non stop. I go to putting the beds together and entertainment centers. Give you a quick run down on the stream of shit tests that happened.

Her: You dont need to get the cable going, we need beds.

Me: No, the girl and my son will form a tribe and eat us in our sleep if they dont get spongebob.

Her: You need to get the entertainment center setup for the kids first.

Me: Sure, and the cable delivers this things called "motion pictures" for the kids to view.

Her: What the fuck is your problem?

Me: My only problem is my penis is unoccupied. (thanks /u/IanIronwood for that one)

Her: Just get the kids stuff done first please.

Me: Not right now, cable is giving me an enticing challenge that I wont let it win.

Her: Stop it with the god damned cable, we needs the kids taken care of first.

Me: (silence and I leave the house to work on the cable)

Cable is all cut, and I have to repair and all kinds of stuff. Turns out the cable was never working because she didnt get the cable service moved properly. I didnt throw that into her face or anything, just loaded DVD's for the kids.

Her: You ever going to get the cable fixed?

Me: Yep, and then I will use the leftover cable to tie you up.

Cable gets repaired, move to entertainment centers. Havent told her yet to call comcast.

Her: It's already 9pm, the kids need to get to sleep.

Me: Yeah, I probably shouldnt have gave them redbull 10 minutes ago.

Her: Very funny

Entertainment centers are now setup. (its 1010pm) About 15 minutes before this she is getting the kids changed into sleep clothes. Yep, my 9 year old son still has mommy get his pj's. Ive broke most of the dependence but gotta choose the right battles at the right time. The entertainment center is setup and now I am working on the master bedroom bed. At this time I ask her to call comcast and find out why the self install box says service is deactivated. She gets pissy calls, turns out its all her fault. I let it slide. I take over the phone call, write down everything that needs to be done, and ask her

to call and handle it on Monday.

Her: The kids are ready, I hope your finally done jacking around with repairing the cables.

Me: Entertainment centers and kids beds were setup 10 minutes ago, put the little munchkins to sleep so I can wear you out.

Her: Not tonight, im way too tired and sore.

Me: Ok princess, Ill fluff your pillow and give you turn down service.

Her: (Smiles as she turns away)

I go downstairs as its 11pm and I am pretty worn out. This is not all the shit tests, but it gives you an idea of how the wife is once she gets very tired and stressed. The tests of my shit literally flowed from her like water. Guess what I find? A cold beer poured into a glass, my newspaper prepped for me, and a towel for my sweat. Very nice. I get up and get her a wine cooler and before she would turn me down cold but now she drinks and comments how she managed to finish 3/4 of it. Time for bed. Get in bed and I don't know what happened, but I hit the pillow, and said "Good night and sweet dreams" then woke up at 730am. She told me she reached over and touched me to wake me up for sex about 10 minutes after we got in bed. She said I didnt even move so she went to sleep figuring I was tired. I was. OI ftw.

Next morning we get up and instead of any shit testing. She goes to make my coffee (something she has just started to do on her own) and I thank her. Take it with me upstairs and proceed to hang all the toilet paper holders and curtain rods. Everyone is busy doing something. Even got little ones to move boxes upstairs. Thank god for youth, because one more box up them stairs and I might literally die. Didn't let on that I was worn out too. She kept saying things like god this box is heavy and I would go down the stairs and grab it, and take it up the stairs. She would make comments like I am so glad you are working out now. I am still overweight, but my strength and stamina are noticeably improved.

She comes up around 11am or so and asks me to come to the bedroom and cuddle for a minute. The moment I hit the bed with her its all game and touchy feely big time for about 30 seconds. I just get up and close the door. She is protesting because lots of things to do, the kids, but I just push her down onto the bed. Unbuckle her pants. She stops me. Gets up and proceeds to get all the way undressed. Lays down on the bed and I just go right to intercourse. She is soaking freaking wet. 30 seconds of foreplay and light game didn't cause that. Afterwards she asks to cuddle again, sure, sex is rewarded right? Comments that we are pitiful because she cant even go a day without me inside of her. No reply. Just wrap her up in my arms and cuddle. Whisper that I love her very seductively in her ear.

Rest of that day is uneventful. One final shit test of the evening. Since she didn't get the gas service turned on (she boned that one up too) we had to shower at friends. It's about 830 and I have work tomorrow. She tells my son that we are picking up food to take home. No thanks. I want to sit down and eat, not stand eating over a sink. We go to a restaurant and it closes in 30 minutes.

Her: We arent eating here. They close in 30 minutes. The buffet will be all old food.

Me: (Matter of factly) We are eating here and if it's old we will eat it and then get a refund. Free food is the best.

Everything at the restaurant turned out great. The place was busy and we got all the hot food we wanted. Got home that night and we did some minor things. Informed the wifey that "I will be retiring to the couch for the evening after fixing these two toilets". She says thank god, because she is worn out too. Curiously, she only kept going because I was. Get downstairs to a cold beer poured in a

glass, her with a wine cooler, and we sit and talk into the wee hours of the night about moving and how much better this house is.

TL;DR

I handled this super major event in our lives the way I wanted it. Complete opposite of my beta years. Previously would have deferred everything to her whims. This time if everything was going to fuck up, at least I owned it. She resisted a little but got to see her captain handle business. She was integrated into the process and stepped up as a really true first officer. The ship hit rough seas and I guided it through the storm.

## Decision on wife working a job, help?

6 upvotes | July 4, 2015 | /r/MarriedRedPill | [Link](#) | [Reddit Link](#)

---

My wife has been a SAHM for several years now. The past 6 months she has constantly wanted to find a job. She didnt put a whole lot of effort in, but the complaining was non-stop, every day. As I am away on a business trip, I get a text that I need to call her about "a situation" my first thought is oh geez, here we go. Hamster is running the wheel again. Dread level increase from the picture of me and a young cute office girl on my facebook at the bar? At least she doesnt text and call me non-stop anymore. Got that going for me, which is nice.

Eventually I call her and we discuss this, or that, usual stuff. The last part of the call she is talking about buying these wheeled trash cans instead of regular trashcans. She bought the wheeled ones and wanted to know if I was ok with that. She really has gone from controlling everything to seeking out my APPROVAL on every little thing. She does not even want to go buy decorations for the house unless I am there to approve them. Even unpacking and organizing the house, which is her domain, she seeks my approval and praise. I tell her ok, great, good choice on the trash cans. Is that what you wanted to talk about?

She says no and proceeds to tell me because of things going the way they are at home, with the move and us, she would like to postpone getting a job for a few months. She wants to watch some kids for money, and maybe even start making some crafts. Then asks me if it is ok for her to put off going back to work. I told her yes, it's fine, and secretly I prefer her to be SAHM. Usual lovey talk and then we hang up.

### **The dilemma is two fold.**

Have I done something wrong or right in her approval seeking department? She is almost paralyzed to make decisions without me. One extreme to the other. Especially when it comes to spending our money. I do not like it this way, but I also fear that if I give an inch she starts measuring by the mile again. Suddenly, I find myself without a strategy once I have gotten what I asked for.

Why has she suddenly decided to not seek a job? Has she become more secure in our relationship? Maybe now that we are not in the middle of a divorce she has hit a comfortable plateau. In that case, what can be done? Up dread? She bitched and moaned for months about going back to work, to now putting it off at every opportunity. Once the sex life got back on track, 1-2 times per day vs 1 a month, and order has been restored she has made some serious changes. This was about 2 months ago, and never openly asked me if it was ok for her not to go back to work. She just didnt bother applying for any jobs.

In my mind I really like to think that the ship is true and on course. Captain is again at the helm, and crew is busy humming along.

# How to distinguish between a shit test and comfort test.

50 upvotes | July 20, 2015 | /r/MarriedRedPill | [Link](#) | [Reddit Link](#)

---

I had a recent comfort test after sex. Maybe a few weeks ago or so. Time is compressed for me atm. Each time we have sex I caveman the shit out of her. I ride her hard and put her up wet. Then I immediately get up from the bed. No cuddling, no pillow talk. I reward her with my time outside of the bedroom instead. She grabbed my hand as I was getting up and said "Please dont get up, cuddle with me". This was a comfort test. I wrapped her up in my arms and legs and whispered sweet nothings in her ear for the next 15 minutes and one thing led to another. Round two was well under way. How to distinguish is the key. It's the tone, the body language, and her timing.

## Overview

- Tone is sweet and slightly stressed? Comfort.
- Tone is shitty and snappy? Shit.
- Body language is open and inviting? Comfort.
- Body Language is closed and stand offish? Shit.
- She asks you when you are just lazing on the couch? Comfort.
- She asks right before your planned leaving time for dinner with your male friends? Shit.

## Discussion

Each and every **man** is his own captain. You have to decide the criteria on your own but this little guide will help you alot.

### Here is a scenario you may have seen before (shit test):

Your wife stands there, arms crossed or flailing in the air. Feet are spaced apart and she is harping about that 90% ground beef you had the gall to buy. She cant believe you would to go the grocery store and not even buy EXACTLY what she told you to buy. She is shitty and you are almost starting to feel like a child. This is a shit test. Give her a big smile, leave the room and Ignore it. If you got enough game built up, try Amused Mastery. When she follows you and asks why you left the room? Tell her because she is being a bitch and you had to go do.

### Yet another (shit test):

Your wife stands there, hands on her hips. One foot is more forward than other. Leaning towards you. Tone is shitty and snappy at the same time. You are always going out with your friends. You need to make time for me and the kids. Everytime you leave its the gym or friends. Never just staying the night in with her. You are about to leave out the door and she starts directly into you. Very direct and very accusatorial. **This is a shit test.** The worst thing you could do is stay home. Instead deploy amused mastery or a&a and then leave. Deal with the comfort test when you get home. Whatever you do, don't apologize for leaving and dont agree to change your plans. Change nights, but dont lower the amount of me time you have decided that you need.

### Maybe another scenario you seen before (comfort test):

Your wife is laying next to you in bed and complains about something stupid you did today. You a&a it naturally. She is rolled over on her side facing you and speaking to you in a respectable tone. Her head is laying down on the pillow and you guys are about ready for bed. She then goes into all you want from me is sex and you dont show me you love me anymore. ^This ^is ^not ^a ^comedy ^scene,

^but ^I ^go ^through ^this ^alot. **This is a comfort test.** You need to wrap her up in your strong arms and squeeze moderately hard, give her a kiss on the forehead, and tell her "Don't worry princess, you are still my woman". Deploy some kino and get cuddly for until her storm passes. I can almost bet she initiates sex first. If she doesn't then roll over and enjoy a good nights sleep.

### **Finally another scenario:**

Here we go. Another night of being a harpy because she had a really bad day at work. Can't seem to do anything right. She is standing in the kitchen, feet crossed and one is pointed at you, arms at her sides, locking eye contact with you. She cant believe the day she has had. Glances to the floor alot. Eyes are all big and doey. Body is straight on at you. She is stressed visibly and is attempting to use you as an emotional tampon about all the shit she has had to put up with today. She is pleading with you that you just dont show your emotions and love to her anymore. She is begging you to treat her like an equal. Dinner needs to be started and she knows this, because she said dinner is going to be late now. **Comfort test or shit test?**

You better know your woman, because this could be both, one or the other, she is all shaken up like a beer can. You have to be the oak and act accordingly. If this is my wife, its a comfort test. She needs someone to show her its going to be ok. Not tell her. Not get into "I would do this" or "You should do that" bull shit. She just needs a big manly hug from her rock solid oak and passionate kiss. Tell her you love her and that her big strong man is here now. No need to go into anything else. If you show that your are unphased she is going to start feeling unphased. Your showing rock solid temperament (even if it isnt) and thats going to calm her down a little.



## [FR] Tests never stop, but they get easier.

31 upvotes | July 28, 2015 | /r/MarriedRedPill | [Link](#) | [Reddit Link](#)

---

Do the tests ever stop? Nope, they only slow down.

The hot dog fight is past us. We have gotten completely moved in and through my new "get shit done" attitude we have managed to get everything done in the new home in less than a month. She even gives me progress reports when I get home, and hope I throw her a treat. I occasionally do. Hard work is rewarded, she has at least learned that.

As a special guest appearance my mother in law came to stay the weekend. I agreed to this because it was only 3 nights. We can survive that. On the first night I had made a big deal of me always burning pizzas in the grill. I made the time to go buy three pizzas and god damn it they were going to be cooked to perfection. Wife is baulking the whole time and telling me "You dont get to be the master of everything". She is a very harsh judge of my trying new recipes and methods. Has been since I met her. We are sitting outside grilling and swilling. Pizzas are cooked perfectly. She even gives me a pat on the back and tells me I guess you are the master of everything. We sit down and everyone is going on about how much better the pizza is.

### **Compliance and Shit Test:**

Setup: I am seated at the head of the table. Wife is to the left, Mother in Law(MIL) is to the right. Son is down two chairs on the right. Point is, Wife and mother in law are face to face.

Her: (Flicks her paper plate at me, looks at her mom) Get me some more pizza.

Me: (Laughing) I ain't done with mine yet, you are going to have to wait.

Her: (Gets up after a few minutes) I guess Ill get it myself.

Me: (Silence)

Son: Mom, get me another slice please.

Her: (Plops it down on his plate and sits down noticeably pissed off)

Me: I can't believe how humid it is outside. Son, would you like to play basketball after dinner?

What happened was she wanted to show her mother that I was the obedient little beta provider and all my work that I have put in meant nothing. Showing off her betabux so mom can see she has it on lock. If I had failed, all the months would have meant nothing. Turns out her plan didnt work so well did it? Silence and hamster permeates the next few hours. Light conversations and basically doing our own thing until 9pm or so. Later that night I get a BJ that she initiated to completion while sitting on the couch. For the first time in a long time she locks eye contact while she does it the entire time. Even asks me if I will finish this time. Next day she is about ten times more obedient and submissive. When I say this one must understand that she is an extremely strong willed independent individual.

Saturday is a breeze of a day. We do alot of shopping and get some more items for the house, because in her eyes there is always something else to do. Spend the day together rather happily. We grill and swill again, steaks this time. She gets my beers without being asked. We talk about moving to Texas and moving up our target year to 2017 instead of 2018. Audibly tells me that she is really excited to plan our future together. Which as many of you know, divorce was ongoing in March-May or so. Red pill has really turned this around. We literally went from papers filed and lawyers to completely mending it. I never once brought up the prospect of stopping it. I showed OI, IDGAF, lifted, passed

her shit tests which were really amp'ed up. She came to me to stop the divorce after our big event. We talked like adults about it. In the end, I think she was pissed that she had to leave because I wouldn't alpha up again. Alpha came back stronger than ever, because I really had nothing to lose. I could only win. Also, there might have been another man involved that she had as her exit strategy and just maybe my game was stronger than his. Nothing like being tested and passing right? If she told me that though, Next!

Sunday morning we were all going to this really nice restaurant for breakfast that I was paying for. Notice I said I, because its my money now. In the car ride over there was another little conversation. My mother-in-law and my wife are ganging up on my son. He is born pure alpha and thats just not me thinking that. He literally gives no fucks about other people unless it somehow benefits him. Especially girls. At his age he is just starting to like them, but if they dont do what he wants them to do "NEXT!".

**Whatever the fuck this is test:**

MIL: Now sonny, you have to make sure you keep the women in your life happy. Because if they are happy then everyone is happy.

Wife: Thats right son. Always make sure your girl is happy.

Me: Don't listen to them son. Their happiness is not your problem. You work on you and they will be happy about that.

Him: Thanks dad.

Dead silence falls about the car. Eventually I bring up what everyone is wanting for breakfast. Everyone pipes in and we have a nice rest of the car ride. Later that day my wife brings it up to me. She tells me, shitting you not captains, thank you for telling our son that in front of my mom. She needed to hear that more than him. She thanks me for taking him and doing more manly stuff with him. There has been a big production of him needing to learn how to be a man. I take him to the homebrew stores now, play basketball with him, and gave him a little talk about how he should be treating girls. Hint: Be a skittles man.

That afternoon we eventually are hanging up pictures. Some pictures really upset her and she started to break down crying. That is a comfort test. I don't say anything and I just walk over and grab her up and give her a big hug and a kiss on the cheek. Some moments later we get back to hanging pictures. The reason for her crying wasn't important. She got upset and I comforted her. No words or begging her to tell me what's wrong. Big strong hug and comfort test is passed. It's that easy my fellow captains. Son goes to his lock in and we spend the rest of the night doing our own thing. Go to bed. On the way up MIL wants to make a final call to her other daughter that lives in a far far away land. So my wife apologizes to me and goes to facetime with her mom and sister. Half hour later I am half asleep and half naked on the bed. She comes in and says "oh shit" quietly and turns off the light and locks the door. Immediately starts with the BJ to wake me up and we have amazing caveman style sex. She even starts asking me to push her around and onto the bed.

Throughout the weekend all she does is bitch to me about her mom. As part of normal conversation. Mostly because her walker wakes us up non-fucking stop all night long. We live for days on almost no sleep. As she goes on and on I only answer uh-huh, yeah, i totally get that that, that's whatever you were talking about for you, etc.... As we all know she does not want me to help her with the problem, she just wants to use me as her emotional tampon. She doesn't want me to say "I would do this" or "How does that make you feel" or "Please tell me more about how much of a bitch your mom is". Sex

game is redic so I reward her with some of that. She has come to the conclusion that I just get it. A little amused mastery on the really big items helps grease the conversation along. Eventually she stops on her own and changes the subject to something I want to talk about it. Also thanks me for listening to her rant. This also makes her feel like she can talk to me.

To make a long story longer I will give a quick update on whats been happening in the last month since my last field report. For one, my strength is noticeable and that makes her panties wet. Without lifting, nothing else matters, is the best rule in MRP. Constant comments about how strong I am now and that I can literally pick her up. It really does get her excited. Shit tests and comfort tests are passed and I am not even thinking about them any more. It's just become the way I am. RP is internalized. I spent the last month working on my game and kino with my friend on strange women in bars. I've had some big successes and failures so I take what I learn and use it on my wife. I openly flirt with girls in front of my wife and don't even look back for a reaction. I have showed and reminded my wife plenty that my time is valuable and I don't waste it any more. I use NMMNG to start and WISNIFG to be assertive in my professional and personal life. It works. I use my MMSLP to fix my sex life with my wife. The results are more than you can imagine as I've gone from once a month to once or twice a day. I've been lucky in my choice of life partner. She craved the red pill, I just needed to provide it.

### **TL;DR**

Wife tries to prove my BB and I stand up for myself. Later I stand up for myself and my son. Everything works out perfectly. Pass a comfort test and rewarded big time. Don't try to help her with her problems and that means I just get it. Wife is happier and is helping plan our future together instead of apart.

# [Theory] How to build your road to safety

48 upvotes | July 31, 2015 | /r/MarriedRedPill | [Link](#) | [Reddit Link](#)

---

TL;DR is at the bottom.

- When you surround an army, leave an outlet free.
- Do not press a desperate foe too hard.
- Do not interfere with an army that is returning home.

-Sun Tzu

My friend and I were talking about the last 5 months of my marriage. We came to the conclusion that in 5 months I have largely turned this ship around. 15 years of marriage and in 5 months the tables are turned. This led us into a brief discussion of why my MRP worked more or less better than I would have thought. We came to no conclusions but I had thought on it.

When I started red pill in my house I decided on an equalizer. The fighting was constant and I could never do anything right. I chased after her happiness and did everything in my power to make her happy. You know how that ends. My life story was literally all about 90% lean beef and had been for several years. I handed over all leadership and control because she was a stay at home mom. This was different in the years leading up to her decision to stay home. Which, I might add, was completely hers and I had no input, just a phone call.

My relationship dynamic is no different than many of yours. Married, with children, and me being the sole beta bux in the home. She retained power, through her maneuvering, even though in reality I had all the power. I chose not to use it so she would feel relevant and happy and confident in our marriage. I was afraid to lose her, afraid of what my son would think, and in many ways chose to cling on to her the only way I had. Beta Bux. When the divorce papers were served to me, out of the blue, it broadsided me. How could she do this after all I had done for her?

Admittedly, I had more drive and motivation than the rest of you. I was a fat beta bux having slob that wore the same work suits for three years in a row. All of that sadness, and now facing the singles dating scene. Hitting the gym and fixing the diet were just things that HAD TO HAPPEN. Lifting and wardrobe weren't options, they were live or die necessities. That or no pussy for me. Which, Ironically, I wasn't having anyways. Turns out AWALT indeed. The very thing I became obsessed with was the very steps to starting red pill again. It never left, but I forced it to be quiet for her and her happiness.

With making all of these changes I knew that I could not just straight up next her because I do in fact love her. She stayed at my home during divorce proceedings in a separate room. I wanted to keep her but I wouldn't grovel at her feet anymore like I did on serving day. So I adopted the principles, read, lifted like my life depended on it.

**When you surround an army, leave an outlet free.**

When I begin this regulated journey down the road of MRP I chose an equalizer. Many people I read about in the beginning were playing the short game when they should have been playing the long game. Long term success relies on short term goals. She needed a way out. No matter how difficult things became for her, no matter how fast her hamster flew around that wheel, she had to have a way

to come back. The answer for me was sex. The problem was solved two fold. Sex could bring me back around. Her being caveman'ed and straight up pounded would bond her to me. The kind of sex would be on my terms, but she had a road of retreat. Her sexual energy would be drained and leave her less chance to ponder what single life for her might be like.

### **Do not press a desperate foe too hard.**

In the beginning of all this change she was desperate. I will never know what she was thinking and why she wanted a divorce, she wont tell me, and I will not ever ask. She needed something in life and she was striking out every possible way to find it. Think of a cat being thrown into a pool. So the red pill had to be Acta, non verba. I could not discuss anything with her, I just had to deal with her shit tests, improve my SMV, and be the kind of man my son could look up to. Never engaging in fights or insults. The first days were a war zone of nasty comments and snippets such as "Who are you getting all dressed up for?" and "Why do I get stuck with our son and you get to go out?". She would constantly engage me out of desperation so I didn't press anything. There was push back with A&A and AM. I did follow NMMNG and set my boundaries by not engaging and walking away. In a way all I did was pull as a means of pushing. She learned all my boundaries without ever being told what they were.

The problem was there was no sex to begin with. Instantly I had to withdraw and act like divorce was the only solution. Of course we had to interact on day to day business. She came to the conclusion that I had even stopped doing that. One night she had gotten a bit tipsy and in a momentary lapse of judgement she had sex with me. Only it wasn't the usual foreplay for 3 straight hours with 2 minutes of intercourse. This was passionate kissing her up against a wall, throwing her on the bed, and taking her from behind harder than I ever had in my life. She only had time to say to me "Wow, I wanted fucked but damn if I had known that..." and I was in the shower.

The next day she woke up and came downstairs. I was cheerful and she made me a cup of coffee while I cooked breakfast. We caught up some bills and paperwork and spent about an hour acting like real adults. Time goes on, wash, rinse, repeat, she is beginning to learn. At first she uses alcohol because then after two drinks she is magically not responsible for her behavior. Don't care. Then in the coming weeks she is actively seeking out sex with me without a drink or two. Attention and time is poured on correspondingly.

### **Do not interfere with an army that is returning home.**

Now that you have been acting the part and playing the part. She is getting the hints, the clues, hamstering on things. You are being super sexy, super strong, and looking better than you have in a long time. She is going to be drawn to you. This is her returning home. If your golden bridge of escape is open, she will cross it. However, it has to be the golden bridge. You can't go beta up once she uses it and it was really just a trap. She crosses the bridge, she gives you the sex you dreamed of, then you need to start returning some attention and time.

She harped and nagged for hours last night. You withdrew as you know to do and have gone radio silent. You ignored her shit tests, got some bonus points because you used some AM, and finally left to go do something else in the middle of her harping at you. She hamsters on this all night long. Use it to your advantage.

When you come home, and she tries to make up by giving you mind blowing sex. The time is now "caveman her ass like it was never done before, hate fuck like you mean business". This is not the time to ask questions, get to the root of the problem, and validate her feelz^tm. Never the incident to

be spoken of again. Get up and go shower while she lays there wondering if she will ever walk again. Remember, you don't give a fuck.

At the very start this was the only path that was open to her from me. Sex was the equalizer and problem solver, all in one solution. There were no other options. I was unwilling to discuss or even apologize, especially when I was dead in the wrong. There was zero contact often for days. She learned that if we had sex, I would give her time and attention again without a word even being spoken.

### **TL;DR**

Offer your wife a real path of escape to your attention and time, she will use it. This doesn't need to be sex, but sex will solve alot of problems for you and her.

# How to build your road to safety.

90 upvotes | August 8, 2015 | /r/TheRedPill | [Link](#) | [Reddit Link](#)

---

XPOST FROM MRP:

TL;DR Offer your wife a real path of escape to your attention and time, she will use it. This doesn't need to be sex, but sex will solve alot of problems for you and her.

*When you surround an army, leave an outlet free.*

*Do not press a desperate foe too hard.*

*Do not interfere with an army that is returning home.*

**-Sun Tzu**

My friend and I were talking about the last 5 months of my marriage. We came to the conclusion that in 5 months I have largely turned this ship around. 15 years of marriage and in 5 months the tables are turned. This led us into a brief discussion of why my MRP worked more or less better than I would have thought. We came to no conclusions but I had thought on it.

When I started red pill in my house I decided on an equalizer. The fighting was constant and I could never do anything right. I chased after her happiness and did everything in my power to make her happy. You know how that ends. My life story was literally all about 90% lean beef and had been for several years. I handed over all leadership and control because she was a stay at home mom. This was different in the years leading up to her decision to stay home. Which, I might add, was completely hers and I had no input, just a phone call.

My relationship dynamic is no different than many of yours. Married, with children, and me being the sole beta bux in the home. She retained power, through her maneuvering, even though in reality I had all the power. I chose not to use it so she would feel relevant and happy and confident in our marriage. I was afraid to lose her, afraid of what my son would think, and in many ways chose to cling on to her the only way I had. Beta Bux. When the divorce papers were served to me, out of the blue, it broadsided me. How could she do this after all I had done for her?

Admittedly, I had more drive and motivation than the rest of you. I was a fat beta bux having slob that wore the same work suits for three years in a row. All of that sadness, and now facing the singles dating scene. Hitting the gym and fixing the diet were just things that HAD TO HAPPEN. Lifting and wardrobe weren't options, they were live or die necessities. That or no pussy for me. Which, Ironically, I wasn't having anyways. Turns out AWALT indeed. The very thing I became obsessed with was the very steps to starting red pill again. It never left, but I forced it to be quiet for her and her happiness. With making all of these changes I knew that I could not just straight up next her because I do in fact love her. She stayed at my home during divorce proceedings in a separate room. I wanted to keep her but I wouldn't grovel at her feet anymore like I did on serving day. So I adopted the principles, read, lifted like my life depended on it.

**When you surround an army, leave an outlet free.**

When I begin this regulated journey down the road of MRP I chose an equalizer. Many people I read about in the beginning were playing the short game when they should have been playing the long game. Long term success relies on short term goals. She needed a way out. No matter how difficult things became for her, no matter how fast her hamster flew around that wheel, she had to have a way

to come back. The answer for me was sex. The problem was solved two fold. Sex could bring me back around. Her being caveman'ed and straight up pounded would bond her to me. The kind of sex would be on my terms, but she had a road of retreat. Her sexual energy would be drained and leave her less chance to ponder what single life for her might be like.

### **Do not press a desperate foe too hard.**

In the beginning of all this change she was desperate. I will never know what she was thinking and why she wanted a divorce, she wont tell me, and I will not ever ask. She needed something in life and she was striking out every possible way to find it. Think of a cat being thrown into a pool. So the red pill had to be Acta, non verba. I could not discuss anything with her, I just had to deal with her shit tests, improve my SMV, and be the kind of man my son could look up to. Never engaging in fights or insults. The first days were a war zone of nasty comments and snippets such as "Who are you getting all dressed up for?" and "Why do I get stuck with our son and you get to go out?". She would constantly engage me out of desperation so I didn't press anything. There was push back with A&A and AM. I did follow NMMNG and set my boundaries by not engaging and walking away. In a way all I did was pull as a means of pushing. She learned all my boundaries without ever being told what they were.

The problem was there was no sex to begin with. Instantly I had to withdraw and act like divorce was the only solution. Of course we had to interact on day to day business. She came to the conclusion that I had even stopped doing that. One night she had gotten a bit tipsy and in a momentary lapse of judgement she had sex with me. Only it wasn't the usual foreplay for 3 straight hours with 2 minutes of intercourse. This was passionate kissing her up against a wall, throwing her on the bed, and taking her from behind harder than I ever had in my life. She only had time to say to me "Wow, I wanted fucked but damn if I had known that..." and I was in the shower.

The next day she woke up and came downstairs. I was cheerful and she made me a cup of coffee while I cooked breakfast. We caught up some bills and paperwork and spent about an hour acting like real adults. Time goes on, wash, rinse, repeat, she is beginning to learn. At first she uses alcohol because then after two drinks she is magically not responsible for her behavior. Don't care. Then in the coming weeks she is actively seeking out sex with me without a drink or two. Attention and time is poured on correspondingly.

### **Do not interfere with an army that is returning home.**

Now that you have been acting the part and playing the part. She is getting the hints, the clues, hamstering on things. You are being super sexy, super strong, and looking better than you have in a long time. She is going to be drawn to you. This is her returning home. If your golden bridge of escape is open, she will cross it. However, it has to be the golden bridge. You can't go beta up once she uses it and it was really just a trap. She crosses the bridge, she gives you the sex you dreamed of, then you need to start returning some attention and time.

She harped and nagged for hours last night. You withdrew as you know to do and have gone radio silent. You ignored her shit tests, got some bonus points because you used some AM, and finally left to go do something else in the middle of her harping at you. She hamsters on this all night long. Use it to your advantage. When you come home, and she tries to make up by giving you mind blowing sex. The time is now "caveman her ass like it was never done before, hate fuck like you mean business". This is not the time to ask questions, get to the root of the problem, and validate her feelztn. Never the incident to be spoken of again. Get up and go shower while she lays there



wondering if she will ever walk again. Remember, you don't give a fuck.

At the very start this was the only path that was open to her from me. Sex was the equalizer and problem solver, all in one solution. There were no other options. I was unwilling to discuss or even apologize, especially when I was dead in the wrong. There was zero contact often for days. She learned that if we had sex, I would give her time and attention again without a word even being spoken.

## [FR] Wife's Negativity

11 upvotes | August 10, 2015 | /r/MarriedRedPill | [Link](#) | [Reddit Link](#)

---

TL;DR

Wife gets sassy and disrespects everyone in the house. Husband corrects her Attitude. She comes to apologize to each person individually on her own.

There was nothing particularly hard about this weekend. We were busy but I had everything planned we just needed to stick to it. We mostly did and Saturday ended up being a great day. Took our son to a birthday party, came home and had some pretty awesome sex, picked him up and went to a grill out. At the party there were some decent looking women HB5-6's that were single and kept coming up with excuses to talk to me and my wife. She hung onto my side the entire time and deployed several mate guarding tactics. We had a great time, and we all came home and went straight to sleep. Wife notices my SMV is improved and being approached by these women do have the desired affect of making her more attracted to me.

Sunday was home brewing day. We had a pretty good start to the morning and at about 9am I went and did my thing in the garage. She kept coming out and asking me about silly things here or there. Answered all of them. We came in to plan my sons up coming birthday party. Que the stressful shit tests. She gets on this thing where she says 15,000,000 words and if I dont remember three of them then she keeps saying "I just said that, why did you just ask me this" and etc... over and over again. That's how she always has been. Eventually I give up the A&A and just tell her with AM that we are about to be done planning this together. Then broken record we are about to be done. She seemingly calms down and continues with the planning. This will be an expensive birthday party and a lot of things have to go right.

Eventually we are done and her and my son go to his new laptop to plan a birthday cake. She has never used windows 8 before. She keeps getting shitty with him and me. I am brewing beer and have to keep stopping what I am doing to help her figure out how to go back another screen. To be fair, I dont use Windows 8 all that much myself. Finally she snaps and storms up the stairs meanwhile saying "This laptop is shit, I am so glad you didnt get me one of them too". My son has this look on his face that his laptop was junk and his dad didnt get him something nice, because he loves that thing since the day I got it for him. Basically he begged forever to get one, and I got him one as an early birthday present. He has treated it as a golden gift from daddy.

Immediately I go right up stairs. I must have this evil look in my eye because I bend down to her eye level at the computer desk, lock eyes, and noticed she has a fearful look on her face. I tell her very strongly "Is your end goal to make our son think that we gave him his favorite gift as junk". Then I walk down stairs. My son is telling me his computer isnt junk and its the best thing he has ever gotten. He loves it. I also think my wife heard him say that from upstairs. I get on there and fix his browser problem and he happily goes back to searching for a cake. The laptop is not junk, its a dell e7450 touchscreen. Maybe this is breaking my frame, maybe not. I would like to think an edge of my frame slipped into hers a little bit. Either way, I corrected it and used my assertiveness to let her know that behavior is not acceptable. Didn't even have to scream or get shitty or even act butthurt. Pay attention to how this pays off later in the FR.

I am back out in the garage doing my brewing and about 30 minutes later she comes out and

apologizes to me, very sincerely. She also tells me she already apologized to our son. Deploy AM and swat her on the ass and send her back in the house. You see I did break frame slightly but also needed to "protect" my offspring. Even so, I drug her back into my frame kicking and screaming. Then when she thought she could actually surprise her "oak tree" she finds out that its not the case. Still the same rock as before. She comes back out an hour later and is all over me sexually. Ended up pushing her to her knees. She does everything and zips me back up. Pat her on the head and say good girl. She hangs out with me for the rest of the afternoon helping me. She gets rewarded with time and attention when she is sexual, and its gobbed on more as she gets more submissive about it. Plus since I was an oak/rock she accepted my leadership and helped me with all my brewing so I could get done sooner. Especially submissive since she has hated my home brewing with a passion for years now and for her to do anything but bitch about me leaving a teaspoon out "after i was supposedly done cleaning" was a huge step for her.

The point of the garage incident is that it might have been a comfort test. Probably not. She fucked up and she knows that. Her hamster was doing wheelies at the speed of light after I did that to her. She really came down to see if I had gotten upset or angry. When she realized that I didnt, it cue'd her hamster to slow down a little bit and maybe all this planning is not so tough after all.

Que later in the day and she wants us all to go out to eat for Mexican because "Dad has been working hard all day and I dont want him to have to cook on the grill". Awesome dinner, had a family walk where she held my hand the entire time. Watched some TV and then we all went to bed. Wife kept giving me ques that she wanted me to initiate and I AM'ed those as well and took her to bed. Woke up this morning and she came to cuddle with her head on my chest. She rarely ever does that, I don't know why, but I think to her its very submissive.

Edit: Formatting and expanded some concepts.

# Lifting, it's not a choice you need to make.

53 upvotes | September 14, 2015 | /r/MarriedRedPill | [Link](#) | [Reddit Link](#)

---

Everyday we see people come here with I am unplugging by reading this or that. Applying this. Holy Shit is works. Blah fucking blah. You are doing it wrong. Your very first step in your road to manhood is lifting heavy weights. Start your weight routine. Then pick up a book in between reps. SMV, to me, is the core of everything. Until your SMV outpaces hers, then it's all an uphill climb. But just wait, if you call now, ol' bogey has the cheap and easy solution for you.

Maybe one of the first articles I ever read on /r/TheRedPill was about strength training. The program was called Stronglifts and the article was

[https://www.reddit.com/r/TheRedPill/comments/2m1gtt/if\\_squats\\_arent\\_a\\_part\\_of\\_your\\_lifting\\_routine/](https://www.reddit.com/r/TheRedPill/comments/2m1gtt/if_squats_arent_a_part_of_your_lifting_routine/) . This article talked about testosterone and strength. Arguably two things I was severely lacking in. Immediately, I went to [www.stronglifts.com](http://www.stronglifts.com) and downloaded the app to my iphone. Started the program and never looked back. I went from the bar to 240lb squats yesterday since the start.

## Example

Yesterday, I was laying my head on my wife's lap on the couch. This is not something that I normally do. This was to her, and me, a supreme display of confidence in each other. Flashing a little controlled weakness is like passing comfort tests she didn't even know she had. As I layed there I noticed she went from rubbing my back to casually tracing the muscles on my back. Stronglifts is good for that. This went on for about 2-3 minutes and she spread her legs ever so slightly. Tingles^tm. I looked up at her and said "You like that huh?" and she said "What?". Figures, lol. Then she looks me right in the eyes and says "Thank you". I know what she means. Then she gets up and goes down on me, and we go to the bedroom. Bold on her part, MIL was upstairs and son was outside playing.

## Summary

The reason I tell new people to lift is three fold (there is more). One, muscles/strength increase your SMV. Two, self-reliance/confidence. Three, the hormones that are released in your body. These things combine into some very interesting and valuable resources that you can then begin to use.

## Looks

Everyone knows the cliché about the muscle bound dude scoring all the chickadees at the beach. The fact is, it's true. Visually perceptive as strong is maybe one of the first things a lady will recognize in you. This could be being cut like a literal diamond. The other way is look like you just might wrestle a bear and win. Physically imposing and proximally dominant are turn on's for the ladies.

Your wife's vagina will become the niagara falls when you go to initiate sex by carrying her up the stairs and tossing her onto the bed. Fucking her doggy style, with power, will drain the sexual energy she has for other people. Using your Sex God Method you can even get her to completely bond to you. This all starts with your physical prowess. If you are unable to pick her up and calmly toss her on the bed like so many dirty clothes, she won't get the Tingles^tm. /u/IanIronwood has a great article on this. It's called "Three alpha moves to use on your wife" located at

<http://theredpillroom.blogspot.com/2013/01/three-alpha-moves-to-use-on-your-wife.html> .

Particularly the part about carrying her books.

## Confidence

As your strength progresses until you are easily outperforming every male you work with. Your confidence will increase correspondingly, if not linearly. There is no replacing the feeling of satisfaction when you are lifting equipment or boxes by yourself and colleagues are having to use team lifts. The guys will take notice, and by your strength alone, you will start your ascent on the male social ladder.

There is a halfway decent article with a good take away located at <https://jehurst.wordpress.com/2011/04/18/game-theory-part-2-the-hierarchy/> and is quite informative with the relation of self-confidence. "Beyond puberty, the social structure brutally punishes any weakness in self-confidence. By the same token, self-confidence determines how thoroughly one can reject cultural orthodoxy and choose a more independent path." The question then becomes "How can you reject your betabux role?". The simple answer is that you cannot.

Self-confidence in a male is the end all be all of every leadership undertaking. Lifting is the quickest and surest method to get your confidence back. Heavy weight lifting will make you stronger, and the side effect is confidence. The side effect of confidence is natural leadership and social elevation. You understand. Therefore, lifting becomes necessary in your path to the red pill. Be sure, that I am not talking about 500 reps of a 10lb dumbbell. I am talking about squatting 300lbs and benching 250lbs.

## **Hormones**

Lifting heavy weights is a key to increased testosterone levels. Really there are two ways, as I am sure the doctors on MRP know. Specifically squats. The best way is the natural way in my humble opinion. Lifting heavy weights is going to increase several different hormone levels in your body. All for the purpose of good. Men are meant to be strong, not betafats.

Strength training and lifting heavy makes you stronger. Certain levels of training will help your body naturally produce significant increases in Growth Hormone, Testosterone, and Insulin like growth factor. These hormones have varying affects on your body.

Growth hormone will help you build muscle and burn fat. Obviously looking better increases your SMV. As we know, SMV is where the gains are made in our relationship. Supposedly this hormone enhances your immune system and reduces aging. There is an interesting theory and articles about how women are attracted to men with a different immune system. This could all be bullshit, but any edge is better than no edge.

Insulin like growth hormone is kind of a bonus hormone. You can read the scientific shit I can't understand but it goes a little like this. This hormone helps your cells repair. Your heart, your lungs, and your liver. After a night with friends at the bar, who couldn't use some liver repair? This hormone may also repair your muscles and help you get stronger and feel stronger.

Testosterone, oh where to start. This is your sexuality and male hormone extraordinaire. This hormone helps you build muscle, burn fat, and get your dick hard. Yeah, better than viagra. There was a very interesting study not too long ago located at <http://www.nejm.org/doi/pdf/10.1056/NEJMoa1206168> that does quite an indepth study of doped males.

Your woman needs a good and hard fucking down every now and again. Testosterone is your friend. If you read the above article, increases in testosterone go hand in hand with improved sexual function. Basically, you are going to feel like a man and you are going to fuck your woman like a man. That's what she really wants. She doesn't want four hours of foreplay, three hours of eating her out, and two seconds of intercourse. You would be surprised how little foreplay she needs. Plus, once

your smv outpaces hers, she will get wet from things that don't even involve sex.... There is no greater foreplay than her seeing you be a man.

Last but not least on testosterone. Women prefer the scent of a male with high testosterone.

### **Conclusion**

If you are not lifting, then why are you bothering to do the reading? If you are a beginner then I recommend a program like Stronglifts for 12 weeks. If you are one of those high cardio dudes who thinks being skinny-weak is attractive then go for IceCream Fitness.

## [FR] Lessons in Leading

22 upvotes | September 20, 2015 | /r/MarriedRedPill | [Link](#) | [Reddit Link](#)

---

Tonight was a rare night indeed. Compliance tests all day. Shit tests to round out the late afternoon and finally a comfort test to finish out the night. This is the one time I get to write it out while it's so fresh in memory.

Today was scheduled for a gym and lazy day. We were moving some stuff around the house and re-arranging the garage. Going from a 5 bedroom home to a 3 bedroom requires some creativity. I started off the day being lazy as hell. We got a new mattress and I have been groggy for the past few days adjusting. I get downstairs and I drink my coffee and watching TV. Specifically finishing up Hand of God which my wife hates. Remember Briffaults law? No matter how much I have already done at the new home, means nothing. Immediately she is telling, not asking me, to start doing this or that. Amused Mastery that shit right off, finally ending with "Ask nice sweetie!". She asks nice, and I say, ok maybe I will start soon. Finally, I get started on the garage after she leaves me alone for awhile. I tell her and my son whats required and what order things need to happen. Mark two big things off the list, and get some heavy furniture moved by myself. She is lightly impressed. Remember, lifting is everything. Picking up a chest of drawers and carrying it down the stairs. She says "Wow, you dont need any help?". Of course I do, but I do it by myself for the Tingles^tm.

As I start moving the furniture, without being told, she starts cleaning up the garage. Merely by starting the tasks and not barking orders, she knows its time for her to get to work. She did nothing all morning while hinting at me to get started. Women sure do know how to be men. She didn't need told to do anything. She has embraced her first officer position and knows what needs to be done, but relies on the leadership to get it moving.

### Lesson

Start leading by doing, not delegating. If you have to tell your wife exactly what to do, then the break in leadership starts with you. Delegating difficult items is tempting but only leads to disappointment. Leadership many times can be messy, roll up your sleeves, and dive right in. When you begin an important undertaking, start first with explaining the overall picture of what needs to happen. Tell everyone involved (wife and children) what is most important right now.

After the garage is done, we are back inside being lazy. She half mentions some things she has wanted done but I kept forgetting to do. You know, those little things that you think about while you are doing something else but always manage to forget about. Well, I remembered a bunch of them. She was left on the couch while I went outside and got the garage cleaned up, wind chimes hung up, maintenance on vehicles, garden tore down, etc... She of course has her lazy ass on the couch while I am out doing this. She asks where I have been. Told her I was out in the garage doing things. Left it at that and went to get a soda. Well much like a dog, she starts sniffing around. Completely impressed. She comes back in and says "You got all that done?". Yep, sure did baby, get me another drink will ya? Oh, and by the way, cross off the other items on the list. Went to check the list like thirty minutes later and remind her I also did these two things. Cross off.

### Lesson

Sometimes your wife wants to be impressed. Much like IanIronwood would suggest. Don't make the mistake and do things she wants done. Do the things you want done. She just happens to be

impressed as a side effect. Be the man you are impressed by.

Well, the shit tests started around the time gym time was upon us. The last four months have been rock solid gym days. T, R, S are the gym days. Period. No matter what else is going on, 1.5 hours are spent at the gym. She doesn't want to go. She is obviously worn out but not saying it. The blue pill man would give her a pass, buy her flowers, and make sure her Feelz<sup>tm</sup> were going to be ok. The red pill man goes to the gym with or without her, and not a word is spoken about it. She goes. Thats the moral of the story.

Me: It's gym time everyone, lets go.

Her: Can't we just go tomorrow when we have more free time?

Me: Of course sweetie. You can go tomorrow!

Her: What the hell does that mean?

Me: That means my son and I are going today.

Her: What an asshole.

Edit: You know, I never told you about the spinning instructor. My wife was there, and the instructor didnt know. She chatted me up about lifting weight. As I was warming up my squat with 145lb she commented that maybe I was just starting. When I strapped on 250lbs, she said "Wow, you lift that much" and stayed through my 5x5 watching me. My wife saw it all in the mirror. When we left that day she said to me "Ok, no more talking to her" and I replied "Yeah, and maybe next time she will help me load the weight".

Long story short. We all go to the gym. I pack up me and my son, and she follows us out the door completely ready. She knows at this point, she will be left behind. There was further shit tests about her upcoming online testing for her new job. Basically, I am going to do her math stuff for her because she isn't that great at math, but her future job doesn't really require the depth they will test her on. As I am doing the math tests for her, I am struggling, its pretty difficult, so she keeps saying shit like "You better do well" and "You made a mistake here". Finally I ask her will I get to see the grade? I play to win, and I want to know what the result is. She gets all pissy and tells me this isnt about you. You just need to do the testing. I tell her of course she can just do it herself. She tells me ok. I get up and go. Really that simple fellas.

Later on she comes storming down the stairs. Fire in the eyes bull shit. She tells me very sternly that she needs to talk to me. I get up and follow her to the garage. Ironically the very one that we can now stand in after I got it all setup.

## **Break**

You can play this two ways. Some RP material tells you to blow it off. She doesn't get that from you. Nor does she deserve it. The other side will tell you, there is nothing better than be tested and pass. For the beginner, please blow it off. As you advance and can competently pass the tests, go in full bore. Passing a test is better than ignoring the test. Silence is golden. Being able to AM and A&A your way through it, is better. The worst you can do is fail the A&A/AM when you try, so shut the fuck up in the unplugging stage.

I follow her out to the garage. She immediately goes into how this was not about me. She told me I totally disregarded her. She was hit right in the Feelz<sup>tm</sup> and that was wrong of me. Notice she was saying "you, you, you" and this means shit test.

Setup: I am standing with her square, hands behind my back (showing no fear), and locking eye



contact with her. She is facing me, square, and locking eyes with me. Her arms are folded across her chest.

Her: Blah blah, you, you, you, I am hurt because you didnt validate me

Me: You knew what this was, I play to win

Her: That's bull shit, it isnt about you (she is crying), it isn't about your test score. You always fucking do this to me. You took something from me, and made it about you. (OK there is more, but thats the gist)

Me: (Pats her on the head) Next test, I will wear one of your sun dresses and talk in a high pitched voice

Her: (more crying) Hahaha, that's not funny, you jerk. I feel so bad that I gave up everything in my career, and now it's all taken away from me. (there is a large back story I am not giving you here). I just don't know what to do and it sucks that I have to start all over.

Notice at this point she has gone from You, You, You, to I, I, I, this is queuing the comfort test. You have to watch the body language. The A&A and she laughed and unfolded her arms. She slouched against the drink ice box. She smiled. She came down ready to blast me with both barrels, but I took the ammo out of her gun pouch. She wanted the alamo and got the battle of san jacinto. To make a short comfort test longer, I just grabbed her and gave her a very strong hug. I grabbed her, and held on way past the point of a usual hug. This calmed her down, and she eventually melted into my arms. She apologized to me, and told me she loved me with all her heart. I didnt say anything. Just more hugging. Let her go and she says "Thank you". How weird is that? All the punches right in the feelz and she thanks me for it. I slap her on the ass so hard it makes her jump, and I tell her to go get her pajamas on. She says "Thanks Daddy" and heads upstairs. She comes back down and gives me a deep full kiss and tells me again Thank you and I love you with all my heart. This time I just say I love you to.

## **Lesson**

She tests to see if you will fold. She hopes you won't. She needs that oak tree. She needs the tree that only sways in the hurricane, not uproots. Sure, you can go all Blue Pill and get that duty sex and constant contempt. Maybe that's your thing. The red pill method is "She love's when you don't take her seriously". Law #9. Never more important than in a comfort test. Later as we had sex I bonded her to me using the SGM. I fucked her hard, forcing eye contact, and when I came we were still locked in eye contact. She may very well be bonded to me now. It's a bold move, lets see how that plays out. Shout out to /u/BluePillProfesor for this reminder. Literally left her asleep on the bed. No cuddling.

TL;DR

Read the sidebar. Everything you need to live your life as the man you were meant to do is right there. -->

# [Theory/FR] Mate Retention

9 upvotes | October 3, 2015 | /r/MarriedRedPill | [Link](#) | [Reddit Link](#)

---

## Background

I went on a three week business trip to Canada. As an experiment I basically ignored her the entire time. Two facetimes and a handful of texts in total. When I came back, the first night I fucked her, degraded her, and was extremely rough. Gave her so much attention afterwards that she started to not value my attention at all. Even going so far as to start ignoring me and letting me do my own thing. She even turned down going to bed sex, which is extremely unusual for her as late. The next day I just played beta all day long and was actually denied sex later that night. My wife is a very tough nut, it's 100% alpha or nothing to her.

## Experiment

The next day I took a half day. We had a series of shopping and errands to do and I let her completely plan it out. My wife is a SAHM. She was very annoyed that I seemed to lack the past 6 months of leadership. All is going according to plan. She even brought up some cash she spent while I was gone and "neglected" to tell me about just to test me. Of course I planned for this and /u/stonepimpletilists told me about a little gem called Red Deer. So I spent some time practicing my game. The town was like fish in a barrel. With my thick Texan outfit, cut body, the women there really didn't stand chance. I took the opportunity to sharpen my game, considerably. Even going so far as women to ask me for my hotel room so they could come up when they were done for the day. Of course, all were denied but one in particular made me doubt my marriage vows.

The next day I went and worked a half day and my wife helped a friend at her store for half a day. She gave me shit all morning and second guess everything. I made sure to fail every shit test. Briffault's law, everytime, I tell you what. You don't get a break in your alpha game. I even went so far to tell her to text me when she left so I could also leave. Giving her the lead. I tried to initiate sex when we got home and was given a flat out hard no. Beta's get no sex. They provide bucks. That's my wife, though, it's a hard lesson to learn for some, to me it was all in the game.

After the hard no, it was time to spring my plan. We left together, in my SUV, not my truck. This was to set the mode that we were playing in her territory. We were in her frame. **Enter my frame.** Immediately I started in on my own agenda. Went to the places in the order that I wanted. Much to her chagrin. Que the "what happened to the plan" and "I thought we were doing this next". The first place we went I chatted up every girl, married or not, that we came across. The list does go on, but for brevity I will only list a few.

**The Kroger's girl.** This was a super 7 white girl with brown hair by anyone's standards. We were standing in the grocery line and I just started chatting her up and lightly flirting. She was laughing and smiling. We chit chatted and my wife ignored us the entire time. I of course didnt bother to check her reaction, because, you get super double bonus points for this behavior. The girl was married (ring) and was responding extremely well. Wife noticed, I am sure of this, but not enough to make her overtly react.

**Toys'r'us girl #1&2.** There were two, aggressively hoe'd out black women(6's) shopping together and holding up the line at the electronics register. I let my wife start bitching about it and went up there to stand next to them. Truthfully, just to find out what the hold up was and maybe interject in

this cluster fuck and move the train wreck along. As I listened I found my point. I interjected and started conversation with both of them at the same time. I know what you are thinking, a Texan, with boots and a hat, chatting up black women. The man doesn't stand a chance. Step up your game gents, women are women. Ignoring the wife the entire time the girls closed the gap on their own, one of them squeezing my arm, and the other asking me about math while the cashier went and did something. The wife had snuck up behind me and tapped me on the shoulder and asked me about a tablet directly behind me. She was mate guarding and bringing my attention back to her. She doesn't even use a tablet but was feigning interest.

**Toy'r'us girl #3.** At this point I am thinking that maybe toys'r'us is the place to pick up women. We are standing in line and a blonde women, dd's (solid 9 in my book) was standing in front of us ignoring me. I just start chit chatting and passing shit tests and the girl turned around and started talking to me. We really hit it off. She was asking me about what I like to do and agreeing with things, I was asking her about her interests and she was going on. At some point I turned around my wife had this momentary "oh shit, what just happened" look on her face.

**Wal-Mart girl #1,** yes I know I hate it, but try buying a boys bike anywhere else, in the north, closing in on winter. This time I was a good boy. We were at the register and I kept my mouth closed the entire time checking the mechanics of the bike and making sure it was sound. The cashier was a 6, being generous, white, dirty blonde, and the most amazing blue eyes you ever seen. As we were leaving the cashier said to me "Have fun on your bike" and I turned around. Smiled at her and winked. Told her I would do a wheelie just for her. She laughed so hard I thought she might snort.

**Wal-Mart girl #2.** This girl was probably a solid 9 but if you like asians she might have been a 10. We got stopped in security and I checked her out. She caught me, dead to rights. Then she smiled at me and came to me and start chatting me up about my boots. Lol. I can talk for days, but I flipped the script and asked her about her shoes. She responded, started touching my shoulder and the whole time the wife was about 30 ft away getting checked out by the greeter for her alarm being set off.

As we were leaving my wife said to me "You seem awful chatty today, more than usual" and I replied "Maybe its the starbucks" with a smile and a wink. We went to load the car and finish the errands. She was unusually silent, as my wife likes to go on at great length whether you like it or not. We picked up my son and finished the errands. Nothing great to report during this time. Just the unusual silence.

## **Conclusion**

When we got home she went full bore as my son went out to ride on his new bike. Immediately she was all over me. She initiated, she drug me upstairs, and she gave me some of the most amazing sex we ever had. During the entire time I gave her no foreplay, while she gave me everything.

Gentlemen, I mean to say, I pushed her to the very limits and found there were none. Literally. You ever had your wife orgasm while sucking your cock? Then you have not lived.

## **Whats the walk away info, bogey?**

Captains, your wife is responding to you and what you do. She doesn't want someone who is loyal to a fault and gives her all your attention. She doesn't want to be coddled and told everything is ok everytime. She wants a man who other women want. She wants to wonder, and guess, and hamster what other women would do for him. She wants other women to soak her panties over conversation. She desperately needs confirmation that she made the right choice. She needs the Tingles^tm and you are providing them or someone else is providing them and all you need to read are posts by

/u/trainingthebrain. It's simple.

If you think that by talking to her, being loyal, communicating efficiently, and appeasing her feelz for her to feel secure. All you are doing is securing your inevitable future. You will end up in divorce or dead bedroom. That much is for sure.

*Are you man enough to respond accordingly?*

# Sexual Market Value Explained

16 upvotes | October 13, 2015 | /r/MarriedRedPill | [Link](#) | [Reddit Link](#)

---

## Sexual Market Value (SMV)

### What

The worth in the eyes of your woman as to your sexual attractiveness comparatively to other men. The basic standard that she is judging your fitness, attractiveness, and leadership. There are two kinds. The ones where you calculate by hand and this is called the SMV Value. The second kind is the one where she has judged you based on no controls, only experimental Chad's. This is called the Perceived SMV or PSMV for short.

Perceived SMV is merely what your wife is seeing and judging. Like many things she is not good at doing, this is not one of them. She sees you every day and is quite literally judging you constantly.

### Links to Calculators:

- [Men's Calculator](#)
- [Women's Calculator](#)

When you take this assessment you need to be brutally honest with yourself. You must also be brutally honest to your mate. She is judging you in the harshest way possible so be fair, answer truthfully. It matters.

**Your body** will be one of the first thing a woman notices about you. You can look like a ripped jacked up body builder or a man who wrestles bears for a living. The one thing that you don't want to have is a dad bod or be grossly overweight. She wants to run her fingers over your hard body. She wants to feel like she is safe because she knows you can protect her and her offspring. A recent quote by Alana Massey "He made me feel safe not because he was gentle but because I knew he was capable of violence and cruelty that I was confident he would never direct at me." that pretty much sums it up.

**Your clothes** should be proper fitting. There is a [great article](#) here detailing how your clothes should fit if you work in an office. Always dress to impress your lady and especially other ladies. The days of lounging around on a Sunday morning in ripped pajama bottoms and a wife beater need to come to an end. Look great. This also builds into the next part.

**Your confidence** is something else she is going to take into account. Alpha men are first and foremost comfortable with themselves. Failures are not losses to leaders of men. When you lose, don't lose the lesson. Everything is a learning experience. A confident man doesn't take women seriously, and they love this. Amused Mastery is probably the most effective pickup strategy when passing shit tests with a woman you just met. As you move into a relationship and onto marriage you should be moving onto Amused Mastery. Passing her fitness/shit tests are what's going to get you accepted as the leader of the family.

**Your frame** needs to be your frame. There is a reason it is the #1 Iron Rule. "Frame is everything. Always be aware of the subconscious balance of who's frame in which you are operating. Always control the Frame, but resist giving the impression that you are." Your women should be operating in your frame without even realizing it. Your wife doesn't want you to seek her permission or do the

things the way she wants them done. She won't respect you for that.

**Your alpha traits** should focus on being the leader and taking charge with your family. This also means never apologize. Apologizing to your woman is weakness in her eyes. There was a point in my marriage where my wife would batter me with attacks until I apologized for the 90% lean beef and then use it as her reload to come back harder. Your woman will not respect you and she doesn't want you to either. You must convey sureness of self, proximal dominance, and charisma. Then finally to end with positive attitude and no matter how bad things are going you are managing to find joy in it.

### **What It Isn't**

SMV is not merely the function result of the amount of women you are fucking. While many red pill sites describe it as such, it's just simply not applicable to the married man. You won the woman. You are fucking one woman the rest of your life.

*SMV is not the end all be all of your measurement as a man in your wife's eyes.*

### **Why You Need to Increase It**

The first and foremost reason to increase SMV are tingles. Tingles are the raw subconscious generated lust. They dampen her panties when she sees you acting like a redpill man. They overcome her very thoughts and judgement. As also mentioned in MRP they are like heroin, and she will get her fix from you or someone else. When you can generate the tingles in your lady, it will open a whole new sexual world for you. Gone will be the duty sex and starfish. Keep in mind however, that starfish from some ladies is just because they don't know how to fuck. It's up to you to lead her, and when the tingles keep her vagina moist, she will do as you instruct.

You should be gaming your wife every single day. PUA with strange women and when you find ones that work, bring them home and use them on her. Practice your kino. As your SMV increases women will become more much responsive to your attention. When you have your frame structured well, practice in front of your wife.

Your rank in your male social circle is going to see a significant improvement. Making friends will be easier, especially beta friends who need a leader. Other friends will start respecting you, and even people you work with would rather associate to an attractive person than a betafat. When is the last time you saw a charismatic jacked man eating lunch by himself?

### **How do you increase your SMV?**

**Lifting.** You are playing red pill if you are not lifting. You have to lift heavy ass weights, there is no other exercise that you can substitute. Already, so many posts on this lifting idea. Starting Strength, StrongLifts, etc.... The programs are free on the internet and merely requires just an hour or two of your day, three days a week. You can read, practice, etc.... but if you are not lifting do not bother to do any of it.

**Reading.** The sidebar books are the best bet. Tried and true methods, in plain english ready for your consumption. Take a book like No More Mister Nice Guy and read it all the way through one time. Then cherry pick some things from the book and try it out for size. Then start the book on page 1 and do every exercise in the book. Wash, rinse, and repeat for all the books. Especially on Kino and PUA.

**Proper Attire.** Dress to impress. Invest in some clothes, shop clearance racks, find a tailor/seamstress. Start looking good. It's the one thing you can do today for instant results tomorrow. I don't care where you work. Shined shoes, good dress clothes, if you are in business. If you are a blue collar construction guy then invest in some nice carhartt or some such and keep it looking good.

Fit properly and make sure you look nice.

**Displaying Alpha Traits.** Start passing shit tests and comfort tests. Look like you have money even if you don't. Display power and dominance, but not overtly. Cool and confident in stressful situations. Stop immediately with the good listening skills, thoughtfulness, and compassion. NMMNG is the order of the day.

**Become the Oak Tree.** They bend in sway in the heaviest of storms, but stay firmly rooted in the ground. When her hamster goes full retard, and her world is crumbling around her, she needs someone who has their shit together. Your confidence will be the strength you need.

### **Benefits to you**

- Confidence will sky rocket
- Your sexual intensity, quality, and quantity will increase proportionately.
- One step further into your new alpha life
- Increase your rank in the male heirarchy

### **Benefits to your significant other**

- Tingles
- Hypergamy is satisfied
- Submissiveness/Willingness
- Loyalty, as much as their can be
- She will be much more satisfied with her mate choice

### **Example of your Perceived SMV being significantly Lower to your Wife's SMV**

- The worst situation you can be in, you are a 0 and she is a 20
- No sex or worse, duty sex.
- Hard no's almost constantly
- Outright anger, insulting, and other bad behaviour to you and in front of others.
- Shit tests are basically the norm of the day, there is no respect at all, possibly even contempt
- Hypergamy, she is already branch swinging, and multiple affairs already in the pocket
- You being the leader is laughable right to your face as she goes out "with friends"

### **Example of your Perceived SMV being the same or slightly lower**

- Not the best situation, but not the worst either, you are a 15 and she is 25
- Sex life could be described as barely adequate
- Hypergamy is being tested constantly, probably already had a secret affair but didnt keep it going
- There is a lack of respect no matter how overt it may be, Shit tests are extremely common
- She may accept you as the leader, but she is just waiting for you to slip

### **Example of your Perceived SMV being slightly higher**

- You are in the ideal "pocket" of SMV, as long as you trending right below significantly higher. You are a 19 and she is 30-35

- Shit test every now and again, but mostly comfort tests
- Sex is damned good and she is always willing.
- Hypergamy is satisfied for now, but she is always testing, won't ever stop really, not entertaining affairs or other men
- Women are probably checking you out , and this makes her tingle
- She accepts you as the leader

### **Example of your Perceived SMV being significantly higher**

- The second worst situation you can be in, you are a 21 and she is a -4
- Sex is anyway you want it, anytime you want it, on your terms
- Hypergamy is totally satisfied and doesnt entertain fantasy's of affairs
- Comfort tests are through the roof, and you have alot of work to do
- She will be at the top of her game to keep you around, and you might need to ask yourself if you are going to stay around



## Video Talk on Infidelity (read: Tingles)

10 upvotes | October 19, 2015 | /r/MarriedRedPill | [Link](#) | [Reddit Link](#)

---

Esther Perel

The talk, its a TED, and at this moment in the video she talks of a woman who has a perfect marriage, but then another bad boy generates the tingles. Fell for the maintenance man that had a truck and tattoos. Where the wife has lived with a true BB and Chad comes along and off she goes. Let it be heard new people to MRP, tingles are a powerful motivator to your spouse.

I wouldn't give too much credit to the rest of the video, its pretty much woman has power type of shit you expect to hear. Give some read to the comments and check out the white knights and feminists giving their two cents.

These are the kind of conversations we need to be having, because so many are not communicating with their partners and too many people don't truly understand what it means to be in a relationship or even that cheating is not some black and white evil.

This is my personal favorite. So communication will save the relationship and stop cheating that may not be necessarily bad.

Mr Cheezy crack kind of gets it with:

- Me: Babe, I want to have an affair.
- Her: Scared (at least for the first time).
- Me: Meet me at **(insert location)** at \_\_ (insert time). I want to have an affair with you.

# How to Play the ChorePlay Game and Win

17 upvotes | October 26, 2015 | /r/MarriedRedPill | [Link](#) | [Reddit Link](#)

---

Every now and again we find ourselves at a loss for knowledge and know how. All the training and reading you spent doing the last 9 months suddenly leaves you with a conundrum and nowhere to turn on a whim for a bacon saver. Frame control, A&A, and AM are pretty much your fundamentals.

## **Be a Skittles Man.**

This past weekend I was literally a captive prisoner in the car with my wife for 4 hours. She has started a new job after being a SAHM for several years. She had been bringing up **the idea of the "Chore List"**. She was just so busy with this new job and she didnt know how she would get everything done. Nevermind, she literally grosses 1/17th of my net pay. Women simply do not think this way.

We would each be assigned jobs that we were responsible for each night. She even brought a pen and paper with her, was very sweet and nice. **This was an ambush.** She played a good hand of cards, but she lost. The best part? She liked losing to her man.

Most modern marriages have some form of choreplay. Even though choreplay is specifically a no no to a red pill marriage. It's going to happen in some form or the other. The form that the play takes is your job to mold. Not Hers. You are the captain of your ship. Diane Mapes (yes, a woman) had it right when the chores are to be split among the genders. **NO AMOUNT** of dishwashing or ironing is going to give her the tingles. If you think this is you, think again. Hopefully, at this point in your life you are not coming home to chores assigned to you by your wife. This makes her the captain, and you the drunk first officer.

## ***Effective Methods to Playing the Chore List Game***

### **Frame Control**

The most effective method to dealing with choreplay and chore lists comes down to Frame Control. Holding your Frame is basically the same thing as your rules to interacting with her. Woman are the defacto masters of Frame Control. Attempting to win frame control from them is *mere child's play to her*. As much as playing a baseball game with your four year old son. She will win, every time, every way. The only hope you have is that you are not playing the game at all. Your rules for interacting with her should be the only thing you are concerned with. When you control the frame, she will instinctively sense this. She will test and poke at your frame and when it can't be altered? Tingles^tm .

When your wife insists on the chore list, or chore division, or whatever you want to call it. She will approach you in many different ways. Much like a kraken. When she approaches you, hold frame like a hoplite on the battlefield. You are entering into this discussion as the victor. No covert contracts, and you are doing this for you. Not her.

### **A&A/AM**

There are many different methods of dealing with your woman. Your options are to A&A, D&A, AM, Balk, Be Mean, etc... You can also simply STFU and not even bother to deal with it.

One of the best ways to deal with the whole chore play/list/division talk is to deploy your A&A and AM. Since she is bringing up the discussion, let her lead the discussion. As she makes the list of chores that need done each night she will most likely want to start assigning them to a person. You or

her. This is how you mold it.

Agree and amplify or AM every single thing she assigns to you. Make her laugh. Have a good time with this. The list itself does not matter. You having a great time while she is doing this is what matters. The discussion will break down into "i do this, this, this, you should help do this or that". Nevermind the 12 hours you spent working on her car, cuz Briffaults Law. Your goal in the beginning is to be extremely confident in your abilities. "Honey, you know if I do the dishes, the sink dragon will be angry". You are going to be surprised how much her name is next to the items. Balk and AM every single thing she tries to assign to you.

Eventually she will catch on that she has assigned herself all of the chores. Then she will want to go over the list she made. No thanks. Tell her the list is not complete. Now is the time you add the things you do every day to the list. At my house it's trash, car repair, house repair, dog walks, basketball practice, games, and cooking. I cook 6 of the 7 meals we make at home. Her list is laundry, dishes, vacuuming. Looks like by default I won the most chores. When you are both done, she will see what you did. Then if you are like me, start teasing around with her and try trading chores. Grab her up really high on her inner thigh and seductively tell her "Babe, Ill trade you car repair for vacuuming". Laugh, have fun, be sexual, and most importantly control the entire interaction.

When she gets butthurt, and angry, and is unhaaaapppy with the way the list is going. Be sexual and playful to her. She has to know by now, losing her temper with you is a no win situation. You don't negotiate with terrorists who are holding a vagina as a hostage. Amused mastery, tell her that her anger is a huge turn on, whatever works in your situations.

Everyone by now knows that I don't like STFU for later stages of your unplugging. It works in the beginning because it stops you from being stupid. After a few months of STFU, it just starts to look like butthurt and anger. STFU is never a display of confidence or alphaness. Maybe in just the right circumstances it is. Those are few and far between. Therefore, if you STFU the chore list discussion you are probably not going to lose, but you are not winning either.

### ***Closing***

At the end of the day, and all the of teasing I did. She said she didnt need the list and threw it away. She asked me to promise to help her if she needs it. "Sweety, no promises" as I chuckled, gave her a wink, and walked away to do leaves.

Some modern red pill men, such as me, allow a Honey-Do list. The Honey Do list is an effective medium for her to channel her choreplay at you. My Honey Do list is on the beer fridge, and I have complete veto power. Such examples include clean my pipes (sex), re-carpet bedroom closet, and my personal fave is fix something. This is what I informed her that we would do. We used to do it, but about a year ago I took it away. She said that was awesome, and she always liked the honey do list.

Therefore, as the captain, you decide who is doing what at your house. If the wife/ltr doesnt like it? She knows you will show her the door. Ask yourself, what does she bring to the table? Is it coming to hiring a maid and she is only good for sex? You have something to think about your choices.

## VICE Magazine's Answer to her N Count

54 upvotes | October 28, 2015 | /r/TheRedPill | [Link](#) | [Reddit Link](#)

---

There is an interesting article found [here](#).

### A quick analysis of some quotes:

Mina says she's "only slept with eight guys" but she's ashamed of it. "I want to have fun, to be liberated," she says, "but it's hard." Émilie—like me—prefers not to count.

Want to bet that as being liberated and fun her N count is probably around 80?

but I always imagined that after I'd finished studying I would spend the rest of my life with the same man

Alphafux, Betabux

My boyfriend is certain that my pussy is damaged by the amount of guys I've had sex with.

Maybe not her pussy, but definitely her morals and quality.

His solution? "I became an expert at going down on girls. Seriously, I am really conscientious," he says. --- Once she starts twisting and turning, grabbing the sheets, moaning; I don't care about the other men any more. She might have done it with Rocco the day before, but I feel like the king of the world."

This is maybe the most beta man I have ever seen on the internet or in real life.

There you have it gentlemen. In black and white. Alpha fucks, Beta bucks. A modern day woman literally knows exactly what she is doing. She continues with her princess, exploring, partying lifestyle. The only reason? She knows there are beta bucks out there willing to close the deal anyways.

## IRC Channel for MRP (Reminder)

8 upvotes | November 4, 2015 | /r/MarriedRedPill | [Link](#) | [Reddit Link](#)

---

Hello,

There on the sidebar ----->

You will find a link to married red pill's IRC chat channel. I am one of the IRC operators of the channel. I would like to welcome you to give it a try for many different reasons. There are several people from this Reddit and other Reddits in the channel. The chat is usually active during the lunch hours and after 8PM EST. This is especially a place for new subscribers, and those looking for a real time discussion and maybe even solutions to their current questions.

For those of you already there, Quakenet has other channels centered around the manosphere that are quite lively. Typically you will find myself, /u/protopill, and /u/whinmoreplease active throughout the day and night. So, click the link and give it a try.

## Hamsters in action

11 upvotes | November 20, 2015 | /r/MarriedRedPill | [Link](#) | [Reddit Link](#)

---

Captains,

There is a good article on [hamstering](#) where someone actually blurts out their thoughts while being ghosted by a tinder date. There are some good tidbits.

The article proves to further the point of what your wife/LTR is doing when you start ghosting her. The hamster goes into overdrive. The trp male will simply move onto the next one. With our wives its important that we spin this hamster to further our own goals. You will notice throughout the entire 56 thoughts she doesn't go on at great length on her faults. The problem is him. Gentlemen, AWALT. Why isn't he paying me attention. Hamstering. You wan't to know how many guys she has unmatched with no further thoughts? Cock is cheap and abundant, and the number is probably astronomical.

The weird thing is, what kind of tinder game does this guy have that he can generate tingles and interest. Ghost her, and she spends the next three days obsessing. Then writes an article to be published about it. Step up your game gentlemen. When your wife is being less than pleasant, and you begin to withdraw from her. She will go through a similiar process. If not at first, then in a day or two.

I assume you are like me and too lazy to read the comments so I will summarize some of them here for you.

| happened to me back in highschool and we were on again off again, but he was also a dick.

He was a bad boy that alpha widowed me repeatedly, and I got plated. I did it for awhile though.

| learn to live with people instead of being babies like they are today

We know this won't/can't happen in western society. If our wives were able to do this, we wouldnt have MRP.

| It's the lack of an explanation that drives me/all women crazy.

Yep, and when used effectively on your wife. The results are astounding.

# [FR] AMOG'ing the basketball dad's in Tingle Chronology

13 upvotes | November 22, 2015 | /r/MarriedRedPill | [Link](#) | [Reddit Link](#)

---

Yesterday started out as a perfectly normal day. I took the family to the gym first thing in the morning. Hit my PR's in SL as usual. We all went to a nice breakfast restaurant and then to the game. Since I have returned from a business trip we have been fucking like rabbits. Keeping to the usual routine, we both take an unspoken hiatus on FRI and generally would last for two to three days. You know, to cut down on chaffing for me and letting her body build back up fluids :D. Alpha as fuck to take care of your health.

## Tingles #1

We were waiting in line with my son to take his basketball pictures with his team. There were about 5 other teams in the pavilion waiting for pictures. All of the sudden this wife just lit into her husband. About a water bottle.... She castrated this man(?) (another teams coach) in front of the whole place. Specifically because he opened a bottle of water and already had one open. She was none too happy that he decided to willfully waste the free water bottles. The look on his face was one of defeat and she was like a rabid pitbull. I am probably standing five feet away with my wife and son. My wife grabs my attention and has this look of "oh my god, this is happening in front of our son". I look over and lock eye contact with that wife and just start laughing. Opened my water and started chugging it. She got embarrassed, noticing that everyone was now staring at her. The husband retreats off to his team. Wife and I joke about it for the whole time we are in the picture line. Wife got the tingles #1 presumably because I was able to hold frame and defuse the whole situation without even causing a bigger problem. Maybe the tingles were from the whole she see's what she used to be married to and what she has now. Gentlemen, where the tingles for you come from, matters not. Tingles are tingles are tingles.

## Tingles #2

Moving into the game building. My son is not being very aggressive and assertive in the game so I have taken three days a week to work on him being more elbowy and pushy. Wife likes to come watch me turn him into a man. I am doing the same on the court and the wife actively despises the coaches inability to teach the kids how to properly ball. Tingles #2. Stepping and teaching my son while the other dads stay content with losing every game. Her watching me step up and assert myself in front of the group of dad's to further our offspring success. Im not really sure why she likes that, but she does. When I return to the wall she grabs me around the waist and saddles up real close. The other ladies must have been checking me out. The other dad's just lean against the wall and do nothing. All the while making sure I don't interfere with other kids or the coach. **Don't be that guy.**

## Tingles #3

Yelling at the son off the side of the court and having loads of fun. During the game. Reminding him to jump for rebounds, hands up, lock out, etc.. etc... He starts listening all of the sudden and he has the best game of his young life. Multiple assists, all (yes all) the rebounds, and scores several points. Miles away from where he was. The wife hates when I do that and all of the sudden it clicks for our son and bam, wife is onboard 100% and keeps mentioning that none of the other people are helping of course telling anyone who will listen how bad the coach is. I correct the scoreboard a couple of times and the ref even comes to ask me how to fix the time because the operator forgot to stop the

clock on a timeout. Even one of the single mom's comes over to stand by us and talk to my wife. Which itself is unusual because no one ever talks to anyone there. There is probably a further lesson into why this single mom wanted to be seen with my wife. I just don't know enough about those dynamics.

#### Tingles #4

The game is over and I forget to grab my sons water bottle. Technically he forgot to grab it. Wife goes to start in on me about forgetting another water bottle. She forgot the first one. She is also bitching because I didnt ask about the schedule changes from the coach. All shit tests are foreplay. She needs to keep checking if the changes are real. My wife doesn't know about MRP, and I will never talk about it. I just laugh it off and remind her teasingly that she forgot the first ever lost water bottle. This would have been number two. I also went on about how we should buy like 50 bottles and turn this into a basketball ritual. Lol. I had alot of fun with that and got her to laugh about it too. Shit test passed.

Just to top off the basketball day, the athletic director cold approached me and asked me to coach a team on the next mini basketball season. I agreed to coach under a few conditions, which he readily agreed and my wife just goes on and on about how I would be a great coach.

#### Take away

You know when you see a man being a man, and you are impressed, and you say "I should have been doing that". Well be the man who does that. Stop talking, start doing. Be the man you look up to. Don't be content with sitting on the sidelines and working on your home game. Your visiting game is even more important for your well being and redpill journey.

Finally, I did something more important than even tingles. For the first time in 8 months I let my wife know she is mine. We were driving home after the game and I reached across the truck, grabbed her hand, told her she is mine, and kissed her hand. She blushed and kept her hand on my thigh the entire ride home. She blushed and said thank you, and she told me how awesome it was I kissed her ring hand. Yep, that night, we had awesome sex. I fucked her hard, tied up her hands, and choked her (lightly). Think she still wants that divorce?



# Happy Thanksgiving to Everyone!

10 upvotes | November 26, 2015 | /r/MarriedRedPill | [Link](#) | [Reddit Link](#)

---

Hello,

Remember that today is a day to give thanks for the good and bad things in your life. Today will no doubt be a day of hell for some people, and for others its a wonderful day indeed. There is no better time than to "show off" your new found manhood. As families get together from long distances, stress levels go up. Be the oak your wife can lean on today. Hold Frame like a hoplite on the battlefield. Enjoy your day no matter what and have a good time. Take it easy on the juice.

This thanksgiving I spend away from all of our families. Instead of the usual moping and complaining I took my family to the gym, cooked pies together, and now we are on hiatus until some work friends show up.

I personally give thanks to Robert Glover, Mehdi, Athol Kay, and /u/BluepillProfessor. Without these people in my life I may have never swallowed the pill and started to lead my family. Thank you gentlemen.

# The Timing and Buildup of Initiating Sexual Activity

20 upvotes | November 30, 2015 | /r/MarriedRedPill | [Link](#) | [Reddit Link](#)

---

Initiating sex is like many other things in life. You have to properly plan and execute the initiation. There is a build up of sexual tension between you and your partner. You time the initiation correctly to your energy levels of the day. You don't walk up to a girl in the bar and hit her with an invitation to sex do you? So why are you doing it with your wife?

Just think of how many times we see someone commenting "I initiated sex right as we were going to bed, then got starfished or a hard no". Well no shit, really? At this time of the day we are ready for sleep and probably don't have the energy if we have young one's we are taking care of. Somewhere along the line you mistook SMV/ALPHA/SEX as being anytime anywhere anyway you want it. Sure, Mrs. Bogey will starfish him if I hit her up right before sleep. Not a hard no, but not enjoyable for either us really. Why build this as a dynamic of your new sexual life? Sex should be something that you both enjoy and look forward to doing.

There are three greater, probably more lesser, keys to initiating the sex. Treat your wife like you would some random girl. Game her. Kino Her. Time it. Use these tactics to isolate and alienate your wife from whatever is going on at home. Ian Ironwood has written extensively on just this very subject.

## Gaming

Game your wife every single day. Caution in that some women are sexual camels, so when you start in the day is completely up to you. Time your gaming to her reactions. Maybe it's an all day thing, maybe it's something you do when you get home. Tease, be playful, and finally practice it on strangers before you bring it home to the wife.

## Kino

Kino your wife as soon as you get home. Playful ass swats, passionate kisses, touching parts of parts of her body such as her arm and elbows. Build up as you move in for the close, and she will be having sex before she even knows it started.

## Timing

Let me say it just one time. There is no reason you cannot have sex at the early part of your day, or the middle, or even the late. There is no reason you cannot have sex in every part of the house, garage, and cars. Therefore, when you time your initiations do it at a more reasonable hour. Don't be closing right at bed time, **ALWAYS BE CLOSING**.

If you try to close right at bedtime, don't expect the best reactions. If things are such in your life that you just can't get in a quickie before bedtime. Then you need to change up the schedules. You as a man have the power to change this in your life. Switch them up, hire a nanny/maid, etc... Make the time for what's important.

We have often talked of sexual market value and the hard vs. the perceived system. In the context of marriage only the perceived smv matters to your wife. Unpluggers, you are just going to have to face the fact that no matter how much money you have and weightlifting that you do will ever matter. You have to have the mindset and put the whole system into place. She wants to submit to a strong leader of the family, but she won't until she sees you as one. In other words, gentlemen, stop reading only

what you want to read. Read it all, apply it all, and keep what works.

## [FR] Lessons in Frame Control

13 upvotes | December 18, 2015 | /r/MarriedRedPill | [Link](#) | [Reddit Link](#)

---

Lets start with "Audentes Fortuna Adiuvat". Fortune comes to the aid of those daring. The first thought that comes to mind when I say this is simple. If you want something to happen you have to make it happen. In other words, you make your own luck. Forget about destiny, signs, it was meant to be, if it will happen then it happens. No.

Frame control is one of the most important tenets of all RP levels, including MRP, and not one only to dabble and experiment with. You begin making things happen by centering the world on yourself. This truly begins, and the maybe the best description of frame control, is holding your head together when the shit hits the fan. To be bold, you must show courage, and courage is bravery when facing fear.

Boldness makes you seem more powerful when you are weak. When you are weak you are timid, and timidity shows prey. Your LTR/Wife is the greatest man hunter in the world. When she sees you are prey she will exploit your beta qualities. Her weapons of choice are shame and duty sex. Boldness is the defense against this. When you feel like you are about to crack, and she has very valid points to shame you with. Double down on your boldness. She will find this incredibly attractive.

Switching gears. Last night was an incredible real life example. No matter how "alpha" you are, AWALT rules the day. Depending on her cycle and what time of year you find yourself in. Even the most experienced captains find themselves in the middle of a hurricane. This moment is iconic because I have not uttered the words I am sorry to her since March.

When I came home I got in a little later than usual. Put my coat on the rack, glanced over at the packages on the table. Like a panther stalking her prey, she pounced. Immediately screamed at me "Why are you looking at the mail, its christmas time and you arent expecting packages". From 0 - 100% bitch in a quarter second. I replied coolly but boldy "If you dont want me to see the mail, hide it". She got pissed and went off to the kitchen to do something and I walked by to go upstairs. As I climbed the stairs I heard his snottily say "You aren't always right". Whew, truly I thought those days were over.

I went upstairs and did the chores waiting up there. She came up and told me we needed to talk. I replied no, we will talk when you calm down. She insisted so I relented. Basically, I am not allowed to speak that way to her, I am not always right, and I needed to apologize to her right now. With a smirk on my face I replied "You started it, I corrected it, and now you come here to start again". Then she went on a long string of things about how I was wrong, and I didnt need to yell at her, and she has all these things to do when she gets home. She can't just run upstairs and hide them because I came busting through the door. At this comment, I couldn't hide my laughter. I A&A with you are right, and I will start kicking the door next time. Maybe a low kick like this, or should it be a high kick like that.

She laughed, and she apologized to me and explained she was upset that I might have saw where the package came from. I told her it was alright and gave her a quick kiss and went to get my workout clothes. She cornered me in the closet and blocked my exit. I laughed and asked her if she was going to rape me now. She grabbed my hands and told me she was sorry again. Doubling down on my boldness I said thank you and kissed her.

Her: Aren't you going to apologize?

Me: Come on baby, dont make a mountain out of a mole hill

Her: You should apologize and be nice to me for once.

Me: I admit I shouldnt have looked at the package, but I am owning it and moving on

Her: I am just saying its nice to hear.

With that she turned to leave and I smacked her on the ass and hip pulled her to me. Whispered seductively in her ear and told her you know what else is nice to hear? Then I started singing let's get on by Marvin Gaye and we did.

Frame control is about staying inside your mind and not letting yourself start thinking about how you should make her feel. You decide how you want to feel and judging your own actions. She does not get to do this for you. You maintain this mental posture when she sieges you from all sides. Don't DEER. The attraction is when you don't budge.

# 60 Days of Dread Week 1: Lifting for Life

31 upvotes | January 25, 2016 | /r/MarriedRedPill | [Link](#) | [Reddit Link](#)

---

Hello,

/u/SorcererKing asked me to write a post on lifting programs to complement the 60DOD challenge. There are several that we talk about on here. The number one task for any MRP'er is to lift heavy weights regularly. The reasons come down to hormones and confidence. Simple as that. As a newcomer you might not be able to lift heavy weights. As a long time lifter you might not know how to get even heavier. Either way, this post is a summary of the popular lifting programs inside reddit, and outside.

## Starting Strength by Mark Rippetoe

Arguably the best program for the absolute beginner. This person would be one who never ever picked up a single weight in his life. The program is built around a 3 day a week training program. Focusing on compound lifts and power cleans being the differentiating factor.

*Pros:*

- Easy to start, easy to keep going.
- Built around compound exercises for great hormone release.
- Emphasis on the squat and power clean.
- Free weights only

*Cons:*

- Power Clean jump and shrug is not the proper technique
- The built-in diet will cause you to gain body fat
- No room for customization or accessories
- Cost to purchase program

## Ice Cream Fitness

This is one of the all around fitness programs. Essentially a 5x5 SL program with lots of built-in accessories.

*Pros:*

- Linear compound exercises and accessory lifts
- Quick results when starting at 20-25% body fat
- All around program for novice only

*Cons:*

- Novice only routine
- Recovery is extremely challenging for a beginner
- Skinny weak men will find this program extremely challenging to say the least
- No long term gains, not a long term program
- Use of machines

## **Stronglifts 5x5**

This is a simple and easy linear program. There are six compound exercises with alternating workout days. Emphasis placed on short duration. The program only focuses on building strength. The program is centered around squats and progression.

*Pros:*

- 45 minute work outs, Free weights only
- Great hormone release
- You will notice the results in 12 weeks
- Strength you can use in daily life
- Most recommended at MRP
- Simplicity

*Cons:*

- Linear only, not a life program.
- Strength only program, No bulking so you won't get ripped
- No advanced lifting component
- Biceps get ignored

## **Madcow**

This is an advanced lifting program for advanced lifters only. The program places emphasis on the recovery period. Program is modified for extremely heavy lifting. This is program for taking your squat from 450lb to 550lb or your bench from 300lbs to 350lbs.

*Pros:*

- You will progress on extremely heavy lifts
- Recovery means you aren't squatting heavy 3x a week
- Move your 1RM by 120lbs in a year

*Cons:*

- Not a program for beginners, gains come slowly
- Low volume, not much increase in muscle size

## **Untamed Strength**

This program places emphasis on volume and intensity. Excellent for the advanced beginner to intermediate lifter. Program builds raw strength and has a 4 day per week schedule.

*Pros:*

- Tailored and customized by you based on your progress
- Assistance exercises tailored for the compound lifts
- Maybe the best beginner program, made specifically for beginners
- Increased volume, increased mass

*Cons:*

- Takes much time out of your schedule
- Gains can fall behind, but made up later
- Increased workout times and days

### **Arnold Schwarzenegger's Blueprint**

An all around program that includes diet, philosophy, workouts, start to finish program for life. This program will build you from 145 skinny weak to a 250lb shredded cut man.

*Pros:*

- All around plan and inclusive of your needs
- Body Building competition plan
- Diet plan built in for eating quality calories

*Cons:*

- Not a strength program
- Extremely complex
- Made for getting shredded in competitions

Edit:

User contributed routines:

/u/ggfmofu shares [Fierce 5](#)

/u/theoakenshield shares [5/3/1](#)

privmsg'ed [The Texas Method](#)

/u/hilf13 shared [GreySkull LP](#)



# Noob, do you know how fast you were going?

41 upvotes | January 27, 2016 | /r/MarriedRedPill | [Link](#) | [Reddit Link](#)

---

Good evening gentlemen, I present you a wall of text. If you found this in the future through a search, this post was meant for people new to the journey and need to slow their shit down.

Flying through the program, dabbling here or there, and wondering why their plans/wife are not turning out how everyone promised! MRP simply mustn't work if I couldn't do it, because I can do everything. I know what's good for me and since I've always been alpha.....

You sure do. Failing marriage. Dead Bedroom. Failing Career. Disrespectful spiteful wife/gf. Unhappy with life in general. Few to no friends. No social life. No Hobbies. You have done real well for yourself. Now put on your big boy pants, shut your mouth, open your mind.

My personal favorites are the men who take the shotgun approach and try to do everything at once. Get the fuck over yourself. You aren't that smart, you aren't that good looking, and you certainly aren't going to come and change the program because you are some genius who is looking for the best path. There is a very strict path of where you need to start and where you need to go. This is the foundation of MRP and what you will build everything from. Don't shortcut it and don't look for quick results. They aren't there. If there was an easy way, dont you think everyone would be doing it?

A big shout out to /u/Jang-A-Lang before he decides I wrote this post directed at him. No. I write my posts days in advance. Just incredible timing, which I am known to do. You aren't that important.

## Lifting

Mental Note: Jesus H Christ, another fucking post on lifting? Can't help it, people are stupid.

Your very first journey starts with lifting. Stronglifts, starting strength, untamed strength. Get to the gym and start the programs. Make it a ritual. This is the single most important thing you can do. Look, I've said it a thousand times. Lifting is the cornerstone, foundation, and walls of your new building. Don't forget, nutrition is part of lifting. Without lifting, nothing else matters.

You need the foundation of hormones, muscles, raw good looks, and strength. When you look good in a tight shirt, then you can say I have lifted. That doesn't mean you stop, it just means congratulations. Girls notice, and I postulate that by merely being in demand will build your frame and your ego all by itself. Having other women salivating over you is going to do wonders for your OI.

## UNTIL YOUR PERCEIVED SMV OUTPACES HERS, NONE OF THIS IS GOING TO GET TRACTION

## Reading

Different approaches on this topic. If you have a problem with your wife walking all over you, start with the book No More Mr. Nice Guy. If you have a problem with always catering to your wife then read When I say No I feel Guilty. If you are going through an affair, jump straight to Married Man Sex Life Primer.

Simply read the books at the gym. Keep them in your gym locker. She shouldn't know about your MRP journey at all. Give each one a good once over. Read, ponder the topics, move onto the next book. You have to let your brain crunch on the material before you jump right in.

## Applying

After you have absorbed some content and feel like you understand it. Then take one book and start practicing it. The books are written in plan style, so feel free to start at chapter one and work your way through it. Finish a book, keep what works, discard what doesn't.

Maybe you want to go onto passing tests, recognizing them, and obliterating them. This is a fair way to start, after you have done the reading. At some point in your journey you are going to start fitting these pieces together. You and your SMV is going to improve. Things are going to start falling into line. Experience is the best teacher, and unfortunately MRP can only be learned through experience.

"When someone says, "I'm going through hell," the best response is to tell them, "Don't stop!" If we see that pain, grief and tough times are a process and that it will get better, we're less likely to get stuck in the hell." -Douglas Bloch

There are much more advanced topics and if you are beginning your journey. Forget it. These topics are like Algebraic topology to a kindergartner. Don't be that guy.

## **Career**

The red pill changes everything. Mental acuity flips upside down and you are seeing things for what they really are. Alpha, AMOG, Hamster, AWALT, AF/BB, ASD, CC, LJBF, Solipsism, DLV, DQ, DT, HB, Incel, IOD, IOI, these are all just electrons flying around in the ether. Until you see them unfold in front of you, there is just no real grasp on the concept. That said, RP has a way of destroying things that need to be destroyed.

Gentlemen, this includes your career. You will either better your current career or you will move to a new one. You will find yourself striving for the best and you are going to get what you want. Maybe. You might also destroy what you have because it really isn't just for you. Then you go on to do what you wanted to do in your life. I took a step back in my promotions and hiring and analyzed them for exactly what they were. The guys who were moving up are the ones who went and got it. The guys who quit or stagnated, were the typical work nice guys. I am willing to bet that the 99% of the quitters were holding covert contracts, but I have no way to prove it. Makes sense, especially if this is you, work real hard, be nice, stay quiet about your achievements, and never get anything return. Sucks doesn't it? The red pill will teach you go get it, not just let it happen.

## **Example**

As usual, in my submissions I like to give you a real life example. Something raw, true, and straight from the battlefield of marriage. This happened to me 6 days ago. The blow up, on her part was pretty big. The story, is not the relevant piece, neither is the build up. The application of WISNIFG, NMMNG, and Manipulating a comfort test is.

Wife flies off the handle for , and I mean really flips her shit. Passive Dread tends to do that sometimes. I leave the room and go to the garage to start cleaning it. She follows me out and forces the issue. WISNIFG: Fog, Fog, Fog, Broken Record, Fog, Fog, Fog, she gives up and leaves the garage. Employ NMMNG, as I am not about to cave and DEER with her. She was wrong, I was right. She can have her comfort, but not at the expense of her shenanigans. The pattern had gotten predictable with me and her. MMSLP: She blows up, hubby betas up and comforts her immediately.

## **The Rub**

The real issue at hand was a comfort test and I recognized it immediately. No real reason to purposefully amplify the need for comfort but I did it more as a way to switch it up. She needs to keep guessing. I left the house and went to the gym. The hamster lifted heavier than me. 30 missed

calls and 50 some unanswered text messages later, I came home. Passed the now amplified comfort test with flying colors. All is well again.

Parting thoughts. Think about that story for a moment. Frame was solid, put myself first. Applied actual MRP related material. Still got my gym time. I spent my time doing what I enjoy doing and she didn't get to take that away from me. Wife got her comfort, tingles, and life went on. Blue pills, let the down votes flow. Maybe MRP works after all.

## Flashback Post: Take Her Breath Away

9 upvotes | February 16, 2016 | /r/MarriedRedPill | [Link](#) | [Reddit Link](#)

---

We often see and tell people to "check the top posts page". This post, is a special post written by /u/bluepillprofessor ranked #500 on the top page.

[https://www.reddit.com/r/marriedredpill/comments/2zt4ul/take\\_her\\_breath\\_away\\_a\\_message\\_about\\_how\\_to\\_kiss/](https://www.reddit.com/r/marriedredpill/comments/2zt4ul/take_her_breath_away_a_message_about_how_to_kiss/)

### Top Highlights

- Kissing your wife the right way
- Solid principles pulled directly from the reading
- Step by Step Methods used in a direct FR by applying MMSLP and a bit of SGM

Forgive him for the formatting however. I personally liked the post as it is written in a way that other men can pull ideas from.

# An open dialogue on leading vs. directing

22 upvotes | February 25, 2016 | /r/MarriedRedPill | [Link](#) | [Reddit Link](#)

---

**"Leaders aren't born, they are made. And they are made just like anything else, through hard work. And that's the price we'll have to pay to achieve that goal, or any goal." -Vince Lombardi**

Leading in your marriage is more than just IDGAF and OI. It's easy to become MRP and lose the ones you love(d?). Truly leading your marriage and your family comes to more than just doing everything yourself without regards to what anyone else is doing. We have all witnessed the posts where the guy "swallows the pill" and his SO nopes the fuck out. This is just as common as "in the wild" marriages and red pill marriages alike. Not just merely quoting from other sources, but things I have learned over time with my career. Here is a short list.

## Traits of Natural Leaders

- Leaders are inspired and inspiring.
- They are bold.
- They defend what is theirs.
- They are passionate about something.
- Very High Self-Confidence.
- They lead only when they have to.
- Steadfast character.
- Leaders are natural problem solvers.
- They lead by actions.
- Leaders enable, not direct.

**"The best thing you can do with wisdom is to part with it, but I have never met someone who would take it." -Unknown**

Looking at the list of traits that I just typed out. Which qualities do you display? Are you bold in the gaming and kino of your wife? Do you set your boundaries and defend them equally? Do you display irrational self confidence? Do you solve the problems in your marriage before they become nuclear? What are you truly passionate about? No, before you ask, PIV is not considered a passionate endeavour.

You need to take a look at your life and your wife. The advanced RP'ers included. I encourage you to take a deep dive. Are you leading your wife or are you merely just doing everything? Is she following you or just going along to get along? A user named /u/whinmoreplease has helped me realize that I was doing everything. Not just some things, but literally everything. Bills, chores, cooking, etc... The wife was completely cut out. This was the wrong way to handle leading. I do not do it at work, why was I doing it at home? She wanted in on the action. Also, giggity. He gave me some steps and I took it from there. So try listening to advice once in awhile is the takeaway.

Once you get the place where you have become effective in your implementing your map. The day when the excuses stopped and actions took over. This is the day your wife is wanting to follow behind you. Simply because by showing passion and inspiration, she will also feel the same way. People are inspired by people who are inspired. You have to go into this program with this in mind. Each day you eat just one more twinkie, drink just one more beer, and skip working out only this one

time. These are the things holding you back from the life you want. Not the harpy sitting next to you as you read this.

When I talk about leading your marriage I speak from a place of conviction. The struggle<sup>^tm</sup> is real. There is another poster on here /u/strategos\_autokrator. We disagree on many facets and have discussed these on several occasions. This is also someone I deeply respect and admire because of his passion/conviction. Therefore, I would like to take a moment and posts some of his posts about leadership. If this is something you are truly interested in building they are good places to start. BTW, you wont find these in these top posts search.

- [https://www.reddit.com/r/marriedredpill/comments/2vr5ih/how\\_to\\_build\\_boundaries\\_during\\_our\\_transition/](https://www.reddit.com/r/marriedredpill/comments/2vr5ih/how_to_build_boundaries_during_our_transition/)
- [https://www.reddit.com/r/marriedredpill/comments/308j0b/how\\_to\\_lead\\_a\\_wife\\_that\\_doesnt LET\\_you/](https://www.reddit.com/r/marriedredpill/comments/308j0b/how_to_lead_a_wife_that_doesnt LET_you/)
- [https://www.reddit.com/r/marriedredpill/comments/35tzkz/the\\_elements\\_of\\_frame\\_2\\_intellectual\\_basis/](https://www.reddit.com/r/marriedredpill/comments/35tzkz/the_elements_of_frame_2_intellectual_basis/)
- [https://www.reddit.com/r/marriedredpill/comments/420fuh/the\\_elements\\_of\\_frame\\_3\\_emotional\\_basis/](https://www.reddit.com/r/marriedredpill/comments/420fuh/the_elements_of_frame_3_emotional_basis/)

If you made it this far, please take moment to post in this thread about the leadership traits you display and how do you think they help you in your marriage? Consequently, I would also like to hear about the failures you have had. Feel free to hijack this thread. I mean to encourage open, honest, and sometimes harsh dialogue.

P.S.

This is the internet.

# **The Definitive Guide to Sexual Relations with Close Colleagues**

3 upvotes | March 6, 2016 | /r/RedPillWorkplace | [Link](#) | [Reddit Link](#)

---

Don't.

# Guidelines and FAQ updated Mar. 2016

1 upvotes | March 6, 2016 | /r/RedPillWorkplace | [Link](#) | [Reddit Link](#)

---

## Who we are

RPWP is primarily a library and reading room. A place where we collect information from other places and with the posters permission, crossposted here. The moderators are all people who are adults in the business world making things happen. We encourage to discussion and Q&A style posts where people can discuss how redpill concepts apply to the work place. Mostly in a non-sexual way the concepts are applied, but sexual concepts apply as well.

## Who are you

A man or woman over 18 years old who is either in their careers or looking to start their careers. You should already know and be living your red pill lives. If you are looking to learn about the The Red Pill I would suggest that you visit [/r/TheRedPill](#) and start your journey there first.

## Does the RPWP hate females?

Not necessarily but you should know the the red pill isnt exactly female friendly in that validation of your feelz<sup>™</sup> sort of way. [/u/\\_wingnut\\_](#) has [/r/redpillwomen](#) for an on topic female oriented red pill subreddit.

## Flair

There are some preassigned flair that you may adjust for yourself. On certain people other flair will be awarded as necessary or as asked for. Flair here is not a "ranking" of your status in the mod. Unless you have been assigned special flair in a negative way ;)



## Red Pill Finances, Part 1: How to achieve financial freedom

1 upvotes | March 6, 2016 | /r/RedPillWorkplace | [Link](#) | [Reddit Link](#)

---

A post from [/u/Alpacash](#) in the TRP sub. [Red Pill Finances, Part 1: How to achieve financial freedom](#)

The post is a very good post on starting your own business. Very strong points on managing your money before you try to manage others.

## Red Pill Finances, Part 2: Starting a business

1 upvotes | March 6, 2016 | /r/RedPillWorkplace | [Link](#) | [Reddit Link](#)

---

Part Two from [/u/Alpacash](#) on starting a business

### Red Pill Finances, Part 2: Starting a business

In part two we learn about raising capital, financing, and the ever elusive infinitely scalable business model.

# Practicing Frame Control for Dummies

42 upvotes | March 9, 2016 | /r/MarriedRedPill | [Link](#) | [Reddit Link](#)

---

## Practicing Frame Control

This post is about Frame Control, not building a Frame. When we talk about holding/maintaining Frame we are talking about maintaining mental acuity and awareness within yourself and focusing on the items that are important to you. One of the more redpillsciencey articles you can read is located at <http://www.returnofkings.com/29943/the-essence-of-frame-control> and is a more metaphysical approach. I prefer a more direct easy to understand approach. One of the best I have found is:

"This is your party, homeboy, you're in charge of the direction. You are above her, she is beneath you; she is lucky to be out with you. You keep things moving in the direction that you want. Tease her if she gets bratty; tease her if she doesn't, always with a smile, always having fun. Don't lose your sense of authority, don't question yourself. Think of Frame Control as the ultimate display of overt confidence." from /u/LastRevision

Let's face it. Once the time comes to "maintain frame" its often in the heat of the moment and shit just got real very quickly. This might be the worst time ever to try and maintain frame. The more intelligent beginner will realize its time to STFU and leave. Frame control needn't be this hard. You can practice it on your terms. Lay the trap, set the wire, and bait the hook. All under your conditions. As you begin to adjust to realizing what is happening around you. Once your mental awareness gets sharper maintaining frame is just something you do.

The married man's frame is more than just control. It's building a life people want to be part of. For sake of brevity take a look at some of these practice runs and see if you can start working on maintaining your frame.

## Poking the Bear

Aluded to from an earlier post by /u/stonepimpletilists wherein we "poke the bear" to get a reaction. The setup is simple. Perform a lesser pet peave of your wife and let her get pissed. Then tease her about it with good humor and A&A. Have fun, and when she goes off the deep end don't follow her. An example would be to unload the dish washer and when she is in the kitchen with you, put in a dirty cup. When she flips her wig and asks why you put a dirty cup in the clean load. Just give her a playful smile and a chuckle. When she flings the door open and checks. Time to game her with a hip pull, laugh, and a quirky smile. "You think I would let my wife handle clean dishes? Not on my watch!".

*ProTip:* I have used this so much, my wife just starts laughing at me and says "I am onto you by now mister". Yet she still plays along for the fun of it.

## The Careless Planner

This one is best done on errands day. Make a plan of all the errands you need to get done without her. Don't tell her the plan. When she insists you need to make a list or whatever you guys do, refuse and tell her you are going to handle it. When she snips at you, laugh it off with A&A or AM. Ask her about the next stop and then do what you planned. The key is that your plan should be working well. At the end of the trip let her in on the secret that you had a plan all along. You must pull it off with humor such as "Wow baby you seem frustrated! *wink*, I had this planned since last week, *big smile*".

*ProTip:* Whoa is the man who has the fucked up plan, then you will be practicing frame control on

her terms ;)

### **The ol' Surly Sailor ( a nod to stone )**

Come home in a snippy in a mood. When she starts calling you out on it, start A&A on every single jab she throws at you. When she moves in for the kill, pick her up and swing her around with a kiss. Then liven up the mood with an announcement of something exciting for her or yourself. Double extra bonus points if you can carry her up the stairs to the bedroom!

### **The Morgan Freeman**

When she is mad at you start narrating out her actions or thoughts in a silly or playful voice. I do a good Morgan Freeman and it drives her nuts. As she is huffing or puffing around the house, slamming cupboards, and the like, I call it out as if I am narrating a nature documentary. If you go too far and you get the silent treatment that is the golden window. "The mother lion has resorted to silence to attract her mate. She knows it's success and often uses this ploy to arouse the male".

### **Cold as Ice**

When you come in from the outside and your hands are basically frozen solid. Come up from behind her and run your hands up her back inside her shirt. Illiciting hoots and hollers. She is gonna be pissed and go off on you. A&A the results but keep trying to touch her with your cold hands. Thank her for warming up your hands and just walk away chuckling.

### **Fashion Mogul**

On date night or going to a big event. Hopefully she isn't always late because you don't put up with that any more. When she is dressed to the nines and looking hot coming out of the bedroom. Look her right in the optical fibers and ask "Is that what you are wearing?". Prepare your jimmies because she is about to rustle them. Then when she gets all worked up, laugh, tell her she looks amazing, and walk away. This one is a double, because you also spin the hamster wheel for the rest of the evening. There it is. Six ways you can practice frame control and if you fuck it up, the damage is minimal anyways.

## **Don't expect people to be on your side as you walk the road to success.**

2 upvotes | March 14, 2016 | /r/RedPillWorkplace | [Link](#) | [Reddit Link](#)

---

Found this one digging through [/r/TheRedPill](#)

[https://www.reddit.com/r/TheRedPill/comments/2z38bw/dont\\_expect\\_people\\_to\\_be\\_on\\_your\\_side\\_as\\_you\\_walk/](https://www.reddit.com/r/TheRedPill/comments/2z38bw/dont_expect_people_to_be_on_your_side_as_you_walk/)

An interesting take by a contributed endorser just like in the next post about the crab bucket.

# Dealing with Certain Types of Colleagues Part I

3 upvotes | March 14, 2016 | /r/RedPillWorkplace | [Link](#) | [Reddit Link](#)

---

Got that one colleague who is just seemingly out to get the job/fired/promotion, always depressing about work, or is actively trying to tank you? Welcome to the crab bucket. Where every bucket is unique and always on the clearance shelf.

The good news is there are some very clear redpill methods that you can use to shut it down, or if you prefer, to win.

## Unhappy Colleagues

The easiest of all problem colleagues to handle. Law #10. Avoid them like the plague. Why avoid them? First, socially, no one else likes them. Second, their careers are unstable and will bring instability to yours. Lastly, they don't want you to be happy?

What if you have to work side by side with them? That sucks, but is manageable. Start fogging them, broken record. Set a clear boundary that you will not communicate negatively about your work or others on the job. When they try to manipulate you and make you unhappy with your work, you have to just shut them down. Most of the time they will take the hint and stop. You cannot help them or pull them out of their self wallowing.

Do not let yourself be drawn into negative assertions or discussions about your company.

## The Go-Getter

This is the colleague that is always trying to outshine and outperform you. While not actively outshining you or outperforming you. There is truth to the better to have a friend than an enemy. Of course, enemies have their uses too. Dealing with this particular person isn't really all that hard. Just give them all the rope they want to hang themselves. Eventually the chickens will come home to roost.

You often cannot expect other people to be satisfied with your success. Generally the go-getter is jealous and motivated to sabotage you, in effort to themselves look good by comparison. The trick is, to always be better. Looks only matter on the first date :D

The other side to this is you have to chill the fuck out and not actively engage the go-getter. Alphas disregard. Don't talk about this colleague to others, or especially neg hit their work. Save the Alpha Behavior for the meetings. Be bold in the meetings and let that be your reputation.

## The Saboteur

(I have personally dealt with several of these in my career)

This colleague basically has it out for you. The way to handle this is to become proactive and not reactive. Remain positive and practice the TRIPLE D. Document, Document, Document. When you strike back it has to be surgical. Appear weak where you are strong, and strong where you are weak. When you are ready for battle, let him strike first.

Your dark triad needs to come into play here. These colleagues, imho, need to be taken out or at least severely weakened. Isolate and alienate. Typically they are narcissist or sociopaths that have decided you are in their way. There is no reasoning or friendship. Set them up to hit you where you are your strongest. When they call you out, bring your mountain of documentation and bury them.

This method accomplishes two things. One, the saboteur is hopefully fired or at least marginalized.

Two, others are witnessing the level you are willing to go to. This will sure to be the scuttlebutt for the next few weeks. Lastly, they now have the reputation of just trying to attack you and will never get anywhere again.

### **The Chatty Kathy**

Bogey can be the first to admit he likes the gossip, and the juicier the better. Unfortunately, this is a very bad habit, especially if you are the Chatty Kathy, and will impede your promotions. Everyone likes the tale of the tape, but no one likes the person. Why would you? They talk about your personal items like they are trading cards at the water cooler. I have never promoted the office gossip because they cannot be trusted.

Steer clear of the Chatty Kathy. Avoid them in the break areas, and if you are in the same meeting don't show up early. If you get caught, always make the graceful exit because of a phone call or another meeting. The other way is to be direct and short circuit them.

HR might ask you to take a direct approach and ask them to stop. The more alpha way is to simply ask "Why are you telling me, is it relevant <to reason for meeting>?" This catches them off guard and puts them on the defensive. You are using power talk to communicate three things with one question.

- Why do I need to know this?
- I am not here to listen to your shit.
- I am not willing to play the game and you need to move on to someone else.

### **The Company Phantom**

You know this guy, hell you might be this guy. You always send emails and voicemails trying to get a response or something done. They never respond, but typically get the work done even when late. How you deal with this depends on your type of work.

#### **Project Dead Lines are Important**

You can prove you sent all the emails and phone calls in the world. It doesn't matter because you missed a deadline. This is my every day line of work. Where missing deadlines means missing big money. My role in the company is managing earners. My department generates revenue. When the revenue stops, you think they care about those 200 emails? Nope. The company phantom has to be dealt with on a face to face basis. Explain your need verbally and ask if you can help them get it done right now. They are probably logical and highly systematic introverts who aren't able to ignore the person standing in front of them and file it away to be dealt with later. Don't bring up all the communication you sent, that's beta, just hit them up directly.

#### **Just Communication**

You can probably just let this go and the work gets done, or if it does not you can at least prove you tried and let your manager deal with your manager. It's self-defeating and ultimately scores no points. If you want to break through to the next level, your manager needs to be able to rely on you to solve your own problems, not just snitch about how your problems are caused by others.

If you can think of some more people and how to deal with them, please either make a post or comment.

## Frame and the Social Game

1 upvotes | March 14, 2016 | /r/RedPillWorkplace | [Link](#) | [Reddit Link](#)

---

A nice post on how to spot friends that are private and public. Also with some tidbits on how to identify them.

[https://www.reddit.com/r/TheRedPill/comments/1vvuwh/frame\\_and\\_the\\_social\\_game\\_framework\\_with\\_everyone/](https://www.reddit.com/r/TheRedPill/comments/1vvuwh/frame_and_the_social_game_framework_with_everyone/)

Pay close attention to this paragraph:

The first is a workplace example. It is commonly believed that if you work hard and are capable, then your employers will see and you will be fairly compensated; WRONG. After two years of quietly working my ass off in a retail gig, a newer and less competent worker came and got promoted very quickly. I figured that I would be the one promoted over this new guy; I did far more work and more efficiently as well. Apparently the store manager thought so as well; when there would be challenging tasks he would always ask me, always stating that he needs one of his smarter, more skilled workers (could be true, or could be an ego-stroke, this I know). Yet and still, we'd all see this newer employee and the manager always talking, laughing, smiling (never working), and his standing always improved.

This is a prime example of a red pill theory. Just like with women, all the hard work and dedication to the relationship is only looked up with half interest. The person who gets promoted is the one the boss can trust the most.



## **Eight Essential Rules to Surviving the Work Place**

1 upvotes | March 14, 2016 | /r/RedPillWorkplace | [Link](#) | [Reddit Link](#)

---

<http://www.returnofkings.com/2710/8-essential-rules-to-surviving-the-workplace>

## Some Advice on Company Email

1 upvotes | March 14, 2016 | /r/RedPillWorkplace | [Link](#) | [Reddit Link](#)

---

Guys, do not use company email for personal shit. Ever. You cannot unsend it, and its documented in writing.

Same goes for texting personally on your company phone. If texting is that important, get a personal cell phone.

[https://www.reddit.com/r/TheRedPill/comments/3dfior/a\\_nice\\_guy\\_beta\\_bux\\_tries\\_to\\_call\\_out\\_the\\_new/](https://www.reddit.com/r/TheRedPill/comments/3dfior/a_nice_guy_beta_bux_tries_to_call_out_the_new/)

The gist of the article is to point out the blue pill white knight. The real take away is not to have sent the email in the first place.

## **The Dangers of the Red Pill (Some career stuff in there)**

1 upvotes | March 14, 2016 | /r/RedPillWorkplace | [Link](#) | [Reddit Link](#)

---

<http://therationalmale.com/2015/05/12/the-dangers-of-the-red-pill/>

# Office Game, a Primer Part I

1 upvotes | March 14, 2016 | /r/RedPillWorkplace | [Link](#) | [Reddit Link](#)

---

<http://theredpillroom.blogspot.com/2012/10/office-game-primer.html>

## Office Game, A Primer Part II

1 upvotes | March 14, 2016 | /r/RedPillWorkplace | [Link](#) | [Reddit Link](#)

---

<http://theredpillroom.blogspot.com/2012/10/office-game-primer-part-2.html>

# Office Game Dominant and Dynamic Kino for Power and Position

1 upvotes | March 14, 2016 | /r/RedPillWorkplace | [Link](#) | [Reddit Link](#)

---

<http://theredpillroom.blogspot.com/2013/03/office-game-dominant-dynamic-kino-for.html>

## Office Game Alpha Move: Formal Fridays

1 upvotes | March 14, 2016 | /r/RedPillWorkplace | [Link](#) | [Reddit Link](#)

---

[http://theredpillroom.blogspot.com/2013/01/office-game-alpha-move-formal-fridays\\_7.html](http://theredpillroom.blogspot.com/2013/01/office-game-alpha-move-formal-fridays_7.html)

## Modern Workplaces Demand a High Price for Promotion

1 upvotes | March 14, 2016 | /r/RedPillWorkplace | [Link](#) | [Reddit Link](#)

---

<http://www.returnofkings.com/44601/modern-workplaces-demand-high-price-for-promotion>



# Why Men Have No Choice to Being Breadwinners

0 upvotes | March 14, 2016 | /r/RedPillWorkplace | [Link](#) | [Reddit Link](#)

---

<http://www.returnofkings.com/74623/why-men-have-no-choice-in-being-breadwinners>

# How to Deal with Incompetent Women in a Technical Job

1 upvotes | March 14, 2016 | /r/RedPillWorkplace | [Link](#) | [Reddit Link](#)

---

<http://www.returnofkings.com/80956/dealing-with-incompetent-women-in-a-technical-job>

## Four Morning Rituals for the NeoMasculine Man

1 upvotes | March 14, 2016 | /r/RedPillWorkplace | [Link](#) | [Reddit Link](#)

---

<http://www.returnofkings.com/72752/4-morning-rituals-for-neomasculine-men>

## Grab your Fucking Nuts

2 upvotes | March 14, 2016 | /r/RedPillWorkplace | [Link](#) | [Reddit Link](#)

---

<http://www.returnofkings.com/57144/grab-your-fucking-nuts>

## Are you a Stranger to Yourself?

2 upvotes | March 14, 2016 | /r/RedPillWorkplace | [Link](#) | [Reddit Link](#)

---

<http://www.returnofkings.com/53939/are-you-a-stranger-to-yourself>

## Seven Things I Learned From Working With an Office Whore

2 upvotes | March 14, 2016 | /r/RedPillWorkplace | [Link](#) | [Reddit Link](#)

---

<http://www.returnofkings.com/34264/7-things-i-learned-from-working-with-an-office-whore>

# One Year In Questionnaire

29 upvotes | March 15, 2016 | /r/MarriedRedPill | [Link](#) | [Reddit Link](#)

---

It's that time of the year I 'spose. Anniversary posts are sure to be ever flowing the next months. I will get mine in early. I am not the most active MRP'er. Not because I am super alpha and above everyone, but I simply travel alot for my job and work long hours. Still, I keep coming back and reading. Most of you recognize me as the lifter of heavy things and shit test passing ace. Yet I still see myself as merely a novice.

## When did you start?

March 13th, 2015, a Friday. I was served divorced papers from my stay at home wife. Floored isn't really the right word for it. Pole-axed maybe. This came from seemingly no where and I couldn't believe. Although at the time I had no idea about this pill people called Red. I had began the journey that weekend. Single men need to be attractive and I was total dad bod. I hit the gym and started lifting weights and doing cardio.

It's worth noting that on March 13th this year. The sadness I felt at her betrayal was non-existent in her, as if it never happened.

## How I found MRP?

Found a link in deadbedrooms, or divorce, dont really remember exactly.

## How Did you swallow the pill?

Browsed for a month or so and let the information sink in. My willingness to swallow wasnt as hard as finding the right way to ingest it. If you look around here as a new person, you can quickly see for yourself how difficult it is to start. My proverbial swallowing of the pill was /u/theultmatecad actually started me on the right path. The /u/jacktenofhearts gave me the first book to read. /u/whinomoreplease taught me that my wife can be a partner and has spent many a long hours counselling me on marriage strategy. /u/stonepimpletilists taught everyone that you can hit the reset button on life. There are many others here who have been instrumental in my journey and they know who they are.

In my personal life I am known for two things. Patience for days, and I can find a whisper in a whirlwind. Two important traits I would learn is necessary for MRP.

## What did MRP do to help you?

- Always Lift Heavy Weights
- Be attractive, don't be unattractive
- That I can be happy with my life
- Marriage doesnt mean a life of negativity
- Mentoring two MRP'ers has helped me understand myself
- My wife is my partner, if not, next her
- My life went from boring to awesome
- Social life is now abundant
- Dread is healthy and productive
- You can set boundaries and say no
- There is two theories to arguing with a woman. Neither one works.

### **What did MRP do for your marriage?**

My post here at

[https://www.reddit.com/r/marriedredpill/comments/3fc5xq/theory\\_how\\_to\\_build\\_your\\_road\\_to\\_safety/](https://www.reddit.com/r/marriedredpill/comments/3fc5xq/theory_how_to_build_your_road_to_safety/) pretty much describes how I put the information together and attacked my shitty marriage.

Although, I improvised and used Sun Tzu as an MRP book. I still count it as a MRP success. My marriage today is on good terms and by that I mean my terms only. I lead, she follows, and we are all happy because of it. My life outside of the marriage grew and she encouraged that. The occasional shit tests happen, but they have largely given way to comfort tests. Instead of the shrill harpy of a wife disrespecting me at every turn has turned into "Thank you for being an awesome husband and father".

### **What do you not like about MRP?**

Many a gentlemen will peruse the sub and look for their ace in the hole, shortcut, or some other tactic they think is a single tool. Let's just all be reminded that if you cut your own firewood it'll warm you twice.

Not all aspects of MRP work in every situation. There is a real system of trial and error. Finding what works and keeping that should be a whole book in and of itself.

### **One thing you could tell someone new to their journey?**

Leading your family is hard damned work so make sure you are up to the task.



## Article: How to Send a Good Work E-Mail

2 upvotes | March 24, 2016 | /r/RedPillWorkplace | [Link](#) | [Reddit Link](#)

---

### How to Send a Good Work E-Mail

There are some bad things and some good things in this article. This article was written by a girl but I would like to say there are some truths in there. I am not too sure I would be sending gifs and one line emails, but in some workplaces this could be normal. I always say e-mail is not text. Open Formal, Direct, and Close Formal.

#### **Some things I disagree with:**

If you called this meeting just to “touch base” and “see where everyone stands”: how dare you. It’s called email. Absolutely not. If you want to touch base and be an effective leader, you need to do it face to face. Calling a meeting, yes? Just not to a conference room. Look at any manager in your company and look at how things are handled. People schedule time with the boss, not just pop in unless they have a very close business relationship.

Keep some choice GIFs handy. I don't know that I would ever send a gif in an email. Perhaps in the company messenger app, but surely not in formal communication.

#### **Some thing I do agree with:**

Be the ‘bump’ you want to see in the world. If you want an answer to your email, you need to ask a direct question. Also, don't follow up with a phone call (unless they are remote) because as previously stated you need to handle company phantoms face to face.

I will close this out with saying that, don't think you can handle business relationships the same way you handle your facebook and imessages.

## Interview Tips from TheRedPill

3 upvotes | April 8, 2016 | /r/RedPillWorkplace | [Link](#) | [Reddit Link](#)

---

[https://www.reddit.com/r/TheRedPill/comments/3xpegq/corporateland\\_how\\_to\\_kill\\_it\\_in\\_your\\_job\\_interview/](https://www.reddit.com/r/TheRedPill/comments/3xpegq/corporateland_how_to_kill_it_in_your_job_interview/) written by [/u/VasiliyZaitzev](#) about 3 months ago.

There are some really good tips in this. All except for how to hand shake the lady interviewers. If you are in the western hemisphere it is expected behavior. The last thing you want is to make someone feel weird on your first impression. Shake a ladies hand like you would anyone else's. If you are PUA enough to bang the HR interviewer in the bathroom then my hat is off to you.

Edit: Another pro-tip on handshakes. Shake their hand firmly, make direct eye contact, and say your name and their's. For instance, "Hi Janice, I am Jamal, Nice to meet you"

The one really big home run he made was about answering the weakness question. When I am interviewing a candidate I don't ask that question. I ask them what their biggest strength is, and then I ask them how is it also a weakness. It's more like powertalk to establish rapport with the candidate and see if they can think from two different directions. In closing, I will just add that if you can demonstrate you are legit, not socially awkward, and actually know how to do the job, and more importantly won't rock the boat, then it will all come down to salary and budget requirements.

## How would you handle this problem?

3 upvotes | April 9, 2016 | /r/RedPillWorkplace | [Link](#) | [Reddit Link](#)

---

The problem is I am being called into to constantly fix a sisters divisions problem. The secondary problem is, I have no training or experience in their systems. The third part is, I always manage to fix the issues and get business moving again.

Edit: Removed some doxxable items.

The sister division has constantly insisted that no others are allowed in their back yard, and all trespassing is dealt with severely. The current problem is construction delays because of supply line errors. Specifically, failure to secure SLA's and then hold those suppliers accountable. Bottom lining it, we miss bonus money for early completion of project. This particular instance we miss hundreds of thousand of dollars because we have problems getting valves. Every division has their own compliance and procurement logistic departments. Since the business is basically a highly specialized rocket surgery on every project. We are forced into the problem, but expect managers to handle the exceptions. I know the basic management tenet is to handle exceptions, but almost every contract is an exception.

One thing, I could insist that our department be trained in their procurement process. However, my people suffer because more work and no extra money.

The other thing, if we were cross trained we wouldn't handle it every day, so the potential for knowledge retention is basically nil.

Even the other thing, I lose my time because I am dealing with things. Well, because, I am known as a fixer. This is basically bullshit, but it's all in the game.

One more other thing is I let the project tank, because reasons. The companies reputation is damaged.

The last thing is, I would rather they own their own shit. The president knows I can fix everything and is very displeased that I didn't take the chief officer of operations (COO) promotion. We discussed my reasons over scotch and he knows I prefer field work, even though they bought my company specifically for that reason. He sees bigger things for me, but my heart isn't there. So, at the end he asks me to do the job, well, because I am beta bux for him. Owning that here and now.

The meat of the issue. The one I am really struggling with. The division closes ranks constantly. What would be the red pill method to deal with this ? I am at my wits end on handling their problems, for a glass of whisky in return.

## TRP: Leadership 101, How to Motivate Others

6 upvotes | April 14, 2016 | /r/RedPillWorkplace | [Link](#) | [Reddit Link](#)

---

[/u/superduper15](#) has wrote a post here

[https://www.reddit.com/r/TheRedPill/comments/4eiu86/leadership\\_101\\_how\\_to\\_motivate\\_others\\_to\\_get\\_shit/](https://www.reddit.com/r/TheRedPill/comments/4eiu86/leadership_101_how_to_motivate_others_to_get_shit/)

The post seems written by someone in college / high school but some principles still stand. Playing people to their strengths (identifying value), Engage people based on emotion (feefees), Rewarding good behavior.

# Interaction with Wife with puzzling results

7 upvotes | April 24, 2016 | /r/askMRP | [Link](#) | [Reddit Link](#)

---

## Intro:

Hello. I am a mod from /r/marriedredpill and along the lines of /u/SorcererKing 's post I wanted to offer you a glimpse into post swallowing (giggity) marriage. We often times say MRP is for the advanced user and I do agree with that. I also wanted to reach out to you guys who are teetering on the brink about when they can post to MRP. We are all new people who often times run into new situations and need actual advice. Well the best way to get it is from people who have been there. Much like an AA meeting, you come to the table with what you have and are treated accordingly. I would wish to ask the guys who havent quite swallowed and moved on in their lives to answer a puzzling interaction for me.

## Background:

I have been doing MRP and all sidework for a year now. I am known as the lifter of heavy things. I did lifting before I did anything else in the side bar. Hit the gym and never looked back. Hell, I could post a whole background on lifting and how only doing that could singlehandedly save your marriage. So if you think you can do everything else, reading, discussing, without lifting you are fooling yourself. I am not saying you need to be jacked/ripped but you need to be lifting heavy three days a week. Ok, thats enough. Actual post time.

## Discussion:

My schedule has been pretty packed with traveling for business. When I am home, I make a super double effort on family time. The downside is I interrupt their routine, the upside is I bring fun to the table. The wife and I have been having a roller coaster sex life and the last time I left neither of us initiated. Which brings us to the next part.

Me and my wife were supposed to be planning the weekend and putting the kids with a babysitter, just so we can spend a whole day doing nothing but getting things accomplished before our family three week vacation in May. I wake up at 630am on a Saturday and get ready and have breakfast going by 730am. Then I get on my computer and start reading reddit. Well instead of getting ready herself, she decided to watch to TV. I guess at some point she has tried to talk to me but I had my headphones on listening to PUA on youtube. This basically puts her in the mood, I think, of I am being a lazy fuck and not wanting to work with her.

Eventually around 930 am, I get up and go grab some yogurt and protein powder for breakfast. She asks me very shittily (yea I make up words, deal with it) if I am going to make lists with her about the day so we can plan it. I told her to go shower and get ready and then we will prepare everything. She goes off in a huff.

Around 1030 she comes down and I have the pen and paper out to make the list. I am at the dinner table and putting boot butter on my boots. You already know she is pissed that I am not waiting for her to tell me what to do. She gives me a very shitty look and I just laugh and pretend I am having a heart attack ala sanford and son (look it up young-uns) and going on that looks can kill. She is non-plussed.

We start making the list, and I forget exactly what she said to start the conversation but I am being very playfully and giddy. The dog had surgery and is wearing a cone to keep from chewing the

stitches.

Me: Ill put a lamp shade on you like the dog if you keep chewing at me (chuckling)

Her: But then I wouldnt be able to go down on you

Me: It's ok, it'll be worth it to see you trying to get it off your head.

Her: Stop acting like that.

Me: Don't be like that poochy, daddy still loves ya

Her: Stop acting like you don't care if you have sex with me or not (bingo gents, this is when she really knows you have OI)

Me: (very dramatically, grabs her by the hips and falls to knees and dramatically says) Oh baby, please let me have sex, Ill do the dishes (but I do the dishes always)

Her: (start laughing and then says) Stop playing

Me: Baby, please don't pussy whip me

Her: (laughing harder and pulling away)

Me: (stands up and steps back) Ok, I guess we will be a geriatric married couple without viagra then

Her: (laughing and coming towards me)

Me: Can I at least get pity sex?

Her: (wraps arms around my neck) Stop being like that (leans in to kiss)

Me: (pulls away) Stop date raping me

We kiss passionately and I grab her by the hair and really pull her in for a deep kiss and say "Ok, let's go upstairs". She agrees and we go upstairs for sexy times. Totally into it and only go caveman style. She is super turned on, asks me to cuddle afterwards and I refuse and get up and clean. She is happy the rest of the day, we get everything done, and she thanks me for an awesome day at the end of the night.

### **Conclusion:**

All MRP concepts are internalized, but I still find myself wondering how I turned a shrill harpy into a submissive wife in about 5 minutes. On the surface I don't know how I saved the day. Why did my wife go from setting me on fire with gasoline, to wanting to have sex with me?

## From TRP A basic guide to life's sales process

3 upvotes | April 26, 2016 | /r/RedPillWorkplace | [Link](#) | [Reddit Link](#)

---

[https://www.reddit.com/r/TheRedPill/comments/4ei2xd/how\\_to\\_make\\_a\\_friend\\_sell\\_a\\_car\\_and\\_fuck\\_them\\_for/](https://www.reddit.com/r/TheRedPill/comments/4ei2xd/how_to_make_a_friend_sell_a_car_and_fuck_them_for/)

There are solid points made in this post from [/u/TheAureate](#) and there are some good concepts that carry over. Whether or not he knows this, he has basically listed how to apply PUA to a sales process for selling a car.

The one thing that I can see he missed is the simple sales process of building value in the process, not the product. The other thing I can touch on is the missing information of how he built commitment from the sales process. The customer spends so much time with you its a sunk cost to go anywhere else, or at least you demonstrated the product completely and the customer is sold on the process, not the product.

Much like a slut at the bar at the beginning of the night. You have to demonstrate that you are high value and get her to commit to you.

## TRP on Border Erosion

8 upvotes | May 4, 2016 | /r/MarriedRedPill | [Link](#) | [Reddit Link](#)

---

[https://www.reddit.com/r/TheRedPill/comments/4hv7vt/the\\_viability\\_of\\_the\\_red\\_pill\\_in\\_the\\_future/](https://www.reddit.com/r/TheRedPill/comments/4hv7vt/the_viability_of_the_red_pill_in_the_future/)

Gentlemen, /u/redpillschool has put out a nice article on how/why border subreddits are diluting the TRP message. Tone policing, apologetics, and blue pills are the root of the issue and I could not agree more.

In the last two months this MRP sub has taken a hard line when it comes to quality of posts and you can see that /u/redpillschool soon copied our stance in the main reddit. MRP has been traditionally split into two camps of pro and anti marriage since the start.

EDIT:

K gents, Time to Move ON.



# [FR] The Pseudoscience of Meteorology

11 upvotes | May 17, 2016 | /r/MarriedRedPill | [Link](#) | [Reddit Link](#)

---

Hola desde el Caribe! Que tal? The vacation has been going well and it's nice to get back to wifi and do some of my favorite reading on MRP. Wanted to share with you a field report on an interaction with my wife on the 6th night of the first resort.

This years vacation was different from all the previous vacations. They were all planned and setup exclusively by me for the vacation that I wanted. Then, thinking back to a conversation I had with WMP, it was a good idea that I asked her to plan some of the activities. That kind of went ok but ended up boiling down to her saying "Whatever you want to do". Seems like she is always stuck in a loop of whenever I ask for something she tries to figure out what I wanted to do.

## Background

We went out to the city and whenever I am in belize I always spend back the money they give me in change. Counterfeits and all that. Well we went to pay for pictures with some birds for the kids and she asks me for money. The money I had left was our american money, which was two \$100 bills, and I told her I didnt want to spend it, so could she spend one of her twenties. Weird that this caused a major falling out culminating into the night's event. Then I was accused of not allowing her to shop because of that. Life moved on, she shopped like crazy, and we went back to the room.

## Fight

She had been giving me the silent treatment the rest of the night. While the kids and I were playing ping pong she decided it was the ample time to ask me back into the room to "have a talk". My only thought I had was she surely didnt think I was going to fall for this shit. Undoing 15 years of beta takes it's time I 'spose. I do wonder why instead of having fun she went and sulked in the room for so long.

I walk into the room with her and she begins to unload her frustrations of missing the chocolate bar, taking a nap, how I managed to ruin the whole night. She was pissed and all she kept doing was throwing her emotions at me.

Her: You don't have to be aggressive when I try to talk to you.

Me: You arent talking you are screaming at me.

Her: You dont have to be so aggressive any time I want to talk to you.

Me: Well stop yelling and bitching. This is not something I am going to do with you if you cant act like an adult. (Fogging)

Her: That's fucking bullshit you asshole [sic].

Me: No, the bullshit is how you have complained every day. (Pressure flip)

Her: How have I been complaining?

Me: You plan nothing, you help with nothing, and as soon as something doesn't go the way we want you start complaining. You should be helping. (Positive Direction)

Her: How have I been complaining

Me: Concrete example, there were no showers at the beach and instead of helping clean the kids with water bottles you almost broke into tears about no showers.

Her: That's bull shit and you know it, if you had planned that better I wouldn't have to complain. Instead you just want to be a fucking jerk to me.

Me: Stop cussing at me or this conversation is over.

Her: You don't have to be so aggressive.

Me: I am not going to be here just for you to yell at me.

She should know by now I can hold frame like a Gurkha in Waziristan.

### **Conclusion**

The kids and I went ahead and headed over to the kids playground and played with balls and whatnot. Return to the room to a crying wife who gives me the silent treatment. She didn't even help put the kids to bed. I watched some boob tube and as soon as my head hit the pillow. "Are you going to sleep?". Yeah babe, long hot day and I am tired. She then tells me she was really just angry at me for not going into the shopping stores with her to negotiate the prices and instead took the kids to get slushies and souvenirs. Then you know what happened next? We went to sleep, the world kept turning, and the sun rose the next morning right on time.

The point of this FR is to show that your wife's moods can be like the weather when she is stressed. Even though everything was handled, even if not according to plan, she can be like a surprise thunderstorm. If you find yourself arguing with her, you broke frame. All you really need is your Rain Hat (NMMNG) and your Rain Slicks (WISNIFG). If the complaint is legitimate, handle it. If the complaint is all feelz, use your tools.

# Lifting Progress / Progress Report

23 upvotes | May 23, 2016 | /r/MarriedRedPill | [Link](#) | [Reddit Link](#)

---

Hey guys, I know we get into the metaphysics and the philosophy of MRP often. Bringing back to the full circle. There are many ways to attack the mrp conjoined spheres. We often start with reading, dipping our toes, and even circle jerking about coconut oil massages with anal sex tracked via spreadsheet.

Let's bring it back to something real and concrete. Bogey started his MRP journey at the gym, before I even knew what MRP was. That was MAR2015 and I have lifted religiously from day one. Why do I like lifting so much? It's really simple. There is a hardened steel bar with plates on it. It never lies to me, it doesn't cuck me, and it always keeps me honest. The weight is on the bar waiting for me. I either lift it or I don't. Plenty times I didn't. The bar didn't mock me, but it did let me know exactly where I stood. How many of you wished your wife/boss/friend would do that?

The reasons why we tell you to lift are many fold. Lifting is the mere foundation and the increase in SMV that you need. Lifting = Diet + Strength. I look at the past two weeks while I was gone and see plenty of people faltering and struggling in their journey. The self esteem, confidence, and hormones are the building block. The secondary muscle look in your tshirt is the cherry on top.

Reading is where we learn. Educating our minds is an important journey on our track to improve ourselves. We begin to understand ourselves and our partners in ways that no one ever told us. Shit tests become something we consider foreplay. Setting boundaries tends to be important in garnering respect. Getting shit done is about building a life that others want to be part of. Frame is where shift our focus point.

Many of you know that I said I could write a post on how all you need to do is lift and you can single handedly fix your marriage. What exactly do I fucking mean by that? Simple. SMV. If you are a fat fuck who prefers a sixer of mountain dew and doritos to a nice walk. You already know 90% of your problem. Satisfying Hypergamy is where the real progress begins to poke its ugly head up. She is always looking to trade up to the next level that SHE THINKS she can land. It's all about perception. She thinks you are lower than her. Then she doesn't need to impress, fuck, or even respect you. It doesn't matter if you leave, she already knows she can do better. How will withdrawl affection affect her. It won't.

When you flip that dynamic to the other direction. When you begin to outpace her SMV. When she begins to look at you, and notices her love handles in the mirror. When she decides that she needs to go the gym with you or starts a new diet, because of you. When. When. When. When.

That's the real progress gents. That's the real win. The point in time you surpass her SMV and her friends compliment you to her. The hypergamy is satisfied. Do you need to do all the shit test passing and awesome life? Yeah, probably for a long term strategy. The point is, it's easy to say I need to read these books or this and that.

You want to come here and say that you can just attack your marriage strategically. We all want that fast easy win. Shit son, if it was easy. Everyone would do it. If I can just do this one thing, or read that thing, or ask someone how to handle this. If I can just get her to stop bitching that I don't flush the toilet. I was there, and I learned you get some noob gains and it peters out.

Since I am an honorary naval admiral from /u/stonepimpletilists I will lay out some tactics. Your

marriage is your battlespace. You should prefer a barrage attack in the beginning instead of the carrier group attack. You form a line of battle and you just attack in an order of battle. Once you have entered the area you can get a better lay of the battle to form new tactics. However, the popular method seems to be going En flûte and will end in failure.

The inspiration for this post is that in 13 months time I have hit the 1000lbs club and I am super proud of myself. I am not a muscle brain, nor am I a fat and weak man. I did what I had to do to improve myself and loved it.

Starting Body Weight: ~280lbs

Today's Body Weight: 227lbs

My 5RM in APR2015: (I have no idea my 1RM, never lifted in my life)

Bench Press: Bar

Deadlift: 65lb

Squat: Bar

My 1RM in MAY2016:

Bench Press: 260lb

Deadlift: 335lb

Squat: 405lb

### **Problems I encountered**

My right knee gave me lots of troubles on squats once I got above 280lb. I was pushing from my toes instead of my heel. Plus I had my feet turned too far out. The end result is I had some trouble on my tendon on the inside of the knee. I reset several times thinking I just needed strength. No, it was an injury. I reset and worked on my technique.

On my OHP from 115lb to about 150lb I had problems with pain in my right shoulder. According to GLO you can build the front of your deltoid but not enough of the back. I reset my pendlay row by 20% and worked on technique. I was t-rexing the higher weights.

My OHP was also stalled around 115lb for a long time. I was doing SL5x5 and the failure recovery doesn't work. There are other and better methods for breaking the plateau.

My lower back has a herniated disc. Deadlifts caused me serious issues after about 150lb. My front left thigh was basically numb and I couldn't feel anything on that part of my leg. I even messaged a popular MD here on MRP for advice. I wasn't going to stop. I powered through it, and I don't recommend that. Today my leg feels just like my other leg.

### **Conclusion**

I would like to hear your progress on lifting. More importantly I would like to hear about how lifting has helped you personally improve yourself.

## From TPR: Five Books to Read

1 upvotes | June 13, 2016 | /r/RedPillWorkplace | [Link](#) | [Reddit Link](#)

---

[https://www.reddit.com/r/TheRedPill/comments/4n5bf2/5\\_books\\_to\\_read\\_and\\_why/](https://www.reddit.com/r/TheRedPill/comments/4n5bf2/5_books_to_read_and_why/)

[/u/ronsoness](#) has wrote a fairly good book list of books to read. On his way to masculinity it seems he gleaned some really good business books. You should also take a look through the comments and see this "Gorilla Mindset"

## From TRP: Forging a Useful Identity

2 upvotes | June 13, 2016 | /r/RedPillWorkplace | [Link](#) | [Reddit Link](#)

---

[https://www.reddit.com/r/TheRedPill/comments/4nw2fh/forging\\_a\\_useful\\_identity/](https://www.reddit.com/r/TheRedPill/comments/4nw2fh/forging_a_useful_identity/)

[/u/M1ster\\_MeeSeeks](#) wrote an excellent article on creating an identity for yourself. While the article itself is written for a high school to college aged student. It's really useful when he goes on about creating your social circle.

People like to feel wanted or needed, and so, even if I may have been a social liability at the time, we developed tight knit friendships. Those friendships last to this day almost 10 years later.

This goes exactly like this once you get to the workplace. LOP#10 still applies.

## From TRP: No emotion & discipline: index funds and my own experience

2 upvotes | June 13, 2016 | /r/RedPillWorkplace | [Link](#) | [Reddit Link](#)

---

[https://www.reddit.com/r/TheRedPill/comments/4nonf6/no\\_emotion\\_discipline\\_index\\_funds\\_and\\_my\\_own/](https://www.reddit.com/r/TheRedPill/comments/4nonf6/no_emotion_discipline_index_funds_and_my_own/)

[/u/limitlessp](#) wrote a really good article on self starting his financial future. Check through the comments if you feel like getting into the stock market, but want some real free advice.

## **From TRP: STATION: Status, Value, Power, Environment. Your social positioning**

2 upvotes | July 18, 2016 | /r/RedPillWorkplace | [Link](#) | [Reddit Link](#)

---

[https://www.reddit.com/r/TheRedPill/comments/4r1cou/station\\_status\\_value\\_power\\_environment\\_your/](https://www.reddit.com/r/TheRedPill/comments/4r1cou/station_status_value_power_environment_your/)

Really good article about how to improve yourself socially. This is a long read, but a very good and well thought out post.



## FROM TRP: Comment on being Direct

5 upvotes | July 18, 2016 | /r/RedPillWorkplace | [Link](#) | [Reddit Link](#)

---

[https://www.reddit.com/r/TheRedPill/comments/4t32x7/if\\_youre\\_going\\_to\\_be\\_the\\_bitch\\_be\\_the\\_whole\\_bitch/d5ee632](https://www.reddit.com/r/TheRedPill/comments/4t32x7/if_youre_going_to_be_the_bitch_be_the_whole_bitch/d5ee632)

This is a really good comment on being direct in this article. If you are having a hard time dealing with your career and have that uneasy feeling you didnt get as far as you thought. Look to the questions at the bottom of this comment.

## A post I declined to make

8 upvotes | July 20, 2016 | /r/MarriedRedPill | [Link](#) | [Reddit Link](#)

---

I told another guy on MRP I have a post that I never posted from June 25th, 2015. New into my journey and it really highlights all the weird shit I used to care about. I write my posts and for reasons they either get posted or forgot about.

There was recently a discussion on vets and the reason why they move on. There is a time where we are all noobs and we just aren't quite getting it yet. There are some things we have to go through and we just don't have the tools yet. Once we get the tools that we need in our toolbox. There comes a time when we have other things we are doing and care about. Many of the major icons are still here, some of them are gone. The pinnacle of your journey may very well be when the time to move on has come.

The reason for not posting this, I am pretty sure, is I was afraid of the roasting that I would get. I was kind of at the point that I knew it was unimportant, but I didn't know why. This was something I was living through. Attempting to process the beginning and the end.

### **The original writing in its original form:**

Recently I went to Argentina. While I was there I drove my own car and lead my team in a totally different manner than ever before. I cared about myself and only helped the others navigate their way through customs and finances. While there I practiced my spanish on the chicas and attempted to spin plates. Ok, it was shooting fish in a barrel for sure, but I practiced flirting in a simulation.

Upon my return I dreaded my comfort test with the wife. As I have found MRP, I find myself measuring my success on my wife and child. Totally blue pill, but I do have a son to think about. I posted a previous thread and according to /u/whinomoreplease it was a diary post. I could not agree more. This post is about all the things that occurred and the comfort test that came. For one single time I handled it by myself and I could not be happier with the outcome. OI and all that, I just decided it's time to captain up and handle my own business.

Upon my return, my flight landed really early. As all of my phones were stolen in the land of thieves (Argentina) and I only had text messages for two weeks through google voice. So I ignored 95% of her texts and only sent texts that I cared about. When I arrived back at the home airport I texted her and she told me she was busy running errands and would get me when she finished at the store. As some know from IRC that I make her pick me up from the airport and drop me off, especially when it conflicts with her schedule. I replied that if she did not leave right now (she knew I would arrive around this time) to pick me up I would take a taxi. Immediately (10 seconds) I get text back saying no, she would leave right then and pick me up. She goes to the school and picks my son up so he could see me from the airport. Ok, she took some control but I am ok because my son is there to greet me.

Fast forward to that Friday night. Immediately she says "Did you even miss me?". I only grab her by the hips and give her a passionate kiss while pulling her hair. After the whole kiss was over her only response was "wow, the world is spinning." I cannot downplay how passionate this was. Blue pill be damned, I wanted her in a bad way and if you could literally speak with actions it was "i will fuck you like a spanish whore". Lol. I say nothing in response but just go unpack my luggage. As I am in the bedroom she just walks in and locks the door while my son is asking for snacks. She tells him to

wait and immediately attacks me. Cool. We have a quickie that metaphorically defines quickies. You dont know what a quickie is until you spend 2 weeks apart, hot chicas everywhere all over you, and you have a chance to unload. She is blowing me and I have to stop her. "Are you sure you want two weeks down your throat or up your slutty pussy?". She goes back to sucking but I stop her as I want something else.

Comfort test passed? Yes, maybe.

We do the deed and take my son to summer camp and drop him off. Car ride home is relatively nice. She keeps asking if I am tired.

**End**

What would I do different today? I would arrive home, bang my wife like a screen door in a hurricane, and then handle business. None of this would even cross my mind.

# PSA - Thyroid Stimulating Hormone

11 upvotes | August 9, 2016 | /r/MarriedRedPill | [Link](#) | [Reddit Link](#)

---

<http://www.thyroidawareness.com/>

We all talk about testosterone. Did you know there is another T level out there that needs the same attention?

If you are lifting weights, dieting, and still have not lost as much weight as you think you should have. There could be other things at play. Many items are on the list that you will need check on for yourself such as:

- Counting Calories wrong
- Not adding some cardio on off days
- Diet cheat days
- Beer
- Junk Food
- McFaggots
- Eating out
- Generally Low Activity

You know, for most of us we work desk jobs. That's a huge problem when it comes to weight loss. 10 hours of my day is spent in conference rooms and my desk. There is no luxury for me to just take a stroll, or go chat up the new hot receptionist. Therefore, on my off lifting days I choose to do outside activities with the children like swimming, walking the dog, and etc... I haven't worked in cardio yet, but it's something to add to the list.

There are other problems with your thyroid that you might also notice. You should know that being tired all the time, having low energy, dry skin, constantly sore muscles, low weight loss. These things are not normal to everyone. Chances are, it could just be you. Sometimes it's genetics. Generally, muscles stop being sore after working out regularly within two weeks. There is a difference between sore and tired. Generally, most people don't have low energy all the time.

My neighbor is my friend, and he is a fat fuck that diet and exercise never really worked for him (so he says). He has lost 32lbs in the last three months since starting his medicine and maintaining his body. He is also the inspiration for this post. We now go to the gym together and he hits the cardio machines and then joins me for lifting weights. I asked him if the weight loss encourages him, but you know what he said? He told me that everyday he feels better and has more energy than he ever has. How about that, the man is losing a whole other person and the biggest advantage is not being tired all the time.

How to tell your thyroid is malfunctioning? Get it checked. You may have already had it tested. Each year at my office we have to get bloodwork done for a wellness check. During this wellness check they do all kinds of tests, four vials worth. I checked my last paper work and my Thyroid Stimulating Hormone (TSH) was checked. **According to WebMD, I have cancer** . Therefore, I called my doctor and asked him about it. He told me that my level at 2.2 was normal. He did also share that a level above 4 was the point at which you will want to start taking medicine. My friends level was 9.8.

The last thing I will share is, just because you had your wellness checked and the TSH was measured,

doesn't mean anyone bothered to notice the level. Check the paperwork or call the office yourself.  
The best doctor in the world is yourself.

## F.E.A.R. (False Evidence Appearing Real)

18 upvotes | August 19, 2016 | /r/MarriedRedPill | [Link](#) | [Reddit Link](#)

---

There is a story a man who wakes up in the middle of the night horrified by a discovery of a poisonous snake coiled next to his leg at the foot of his bed. He is awake all night and frozen in terror, praying that the snake won't bite him. As the sun rises and light begins to shine on his bed, he finally realizes that it's not a snake. It's a belt he forgot to put away when he went to bed. Once he knows the truth a snake disappears and a memory of the night is reframed. The fear has dissipated and he is filled with relief. The man has spent too much time with his imagination ,rabbit hole thinking, and the snake has consumed his entire night. That is F.E.A.R.

The cucks are about to get angry with this next idea. Many of you as men have never had your courage tested and you don't possess the character to give it all you got. Never learning where your true limits are and robbing yourself of the feeling of Courage. Your wife is another human, whom is probably not going to stab you in your sleep. When she gets bitchy and harpish you retreat and hope the storm will blow over as it has many times in the past. There is a quote that is a favorite of mine. "I learned that courage was not the absence of fear, but triumph over it." - Nelson Mandela.

The idea forming in your brain makes it easy to surrender to her whims and do the things necessary to earn her approval once again. I get it, it's comfortable like a broken in pair of boots. You see, eventually that process is called the Blue Pill and it only leads to a couple of things. Divorce or Sexless Marriage. You have to change first your body then your mind. The process is not easy, and going against the grain is alot rougher. Training your body is ironically the easiest.

**Repeat after me:**

**If I keep doing the same thing and expecting a different result. That makes me insane.**

The new guys and some of us who have been around for a few months still deal with this fear of the unknown. The problem "might happen" but its not happening right now. Your ego jumps in with his two cents and makes you hold right to the known and familiar. You retreat back into your mind and introvert till morning. All because your fear of what she may do, say, or react to whatever you happen to be worrying about. Then upon being afeared of something, it can manifest in all manner of limits and emotions. Other times, the evidence is Real! *GASP*

Staying up all night worrying and fixin' to think of all the ways that this bad thing might happen to you and all the consequences that come with it. This thing may or may not come to fruition. Don't let it keep you paralyzed. Most of the threats we face are just really not ideal situations. The inconvenient truth if you will. There is no positive outcome to staying paralyzed and letting fear consume you. Your plans of actions come from the sidebar and you have to train them until they become instinctive. Getting to the point where you don't give a fuck about her emotions is no easy task. Read, practice, read, take what works.

Gentlemen, take control of your lives and have some courage to foray into the unknown.

# Posting Quality Guide for /r/marriedredpill

21 upvotes | August 23, 2016 | /r/MarriedRedPill | [Link](#) | [Reddit Link](#)

---

MRP is an advanced subreddit for applying red pill sexual strategy to a marriage. We encourage high quality posts that address the different dynamics in a very specific methodology. Along the lines of attracting/keeping new members we must also remember that this is a Council of Captains who follows specific guidelines. You are also encouraged to know the Redpill Rule 0 and you should also internalize that this sub is dedicated solely to the improvement of men.

First, let's address the general rules of posting. Here is the complete list of posts and comments which are not allowed on the subreddit.

- No concern trolling
- No bitching
- No shaming
- Moralizing
- Tone policing
- Harassment
- Solicitation
- Lacking Self Control
- Doxxing

## Low Quality Posts

Every post on /r/marriedredpill is expected to have good grammar and well thought out ideas. You should pick a writing style and stick to it. There are several examples of writing styles but the main four we typically see are Expository, Narrative, Descriptive, and Persuasive. We are not a lecture class so you don't need MLA or APA citations unless you want or think they are helpful to illuminate your ideas. Be warned; many of our readers are college educated and will tear you down if you fail. This is 2016 for fuck sakes, spell check your post. We have a guide located here for what a low quality post looks like.

## Summarization of a Low Quality Post

- No value added
- Value leeching
- Poorly worded, bad grammar, multiple spelling errors
- Quick one-shot to get advice
- Posting Links to Media with no context
- No red pill concepts *expressly defined* in your post
- Validation seeking for confirmation you made the right choice
- Topics not related to Married Red Pill
- Introduction posts
- The post could have been a comment on the Own Your Shit Weekly Thread
- Rambling with no clear purpose

## High Quality Post Guidelines for Theories and Field Reports

## **Titles**

The title is the essence of your post. Choosing a good title requires you to know four things. First, the title will predict the content of your post. Second, the title will catch the interest of the reader. Third, the title reflects tone of the article. Finally, the title contains keywords that can be easily found in the search engine. When formulating your title you should approach it from these four angles. There are no worse crimes than a title that does not match the content.

## **Summaries / TL;DR**

Summaries and the infamous Too Long Didn't Read (TL;DR) are not encouraged on /r/marriedredpill. We expect you to value your own writing, and others expected to read the post and draw their own conclusions. You can see in the sub many examples of the author's summary not matching the conclusions others have drawn. Best advice is to leave it out and write the first paragraph as an introductory.

## **Required Items in the Post**

### **Part I**

As a beginner or inactive lurker to MRP there are many people who will not recognize you. There are no members or veterans on this subreddit that care about you and your particular situation until you have proven your own work. These posters are considered value leechers and banned. You should have in your post at the beginning (introductory paragraph) of what you have already accomplished. These could include the books you have read, weightlifting performed, or sidebar material digested.

### **Part II**

#### **Theory Posts**

The body of your post should be brief when possible. When writing a theory post please use brevity and keep the word count to a minimum. As /u/BluepillProfessor has reminded us many times in the past. Do not use ten words when you could have used two. Write what you wish to convey to your audience, make your point, show your work/research, and tell us the conclusion. There is no time for a 10000+ word post on whatever idea you are pedaling.

#### **Field Reports**

The single most important piece of your field report is context. The context and dialog matter. We want you to express to your readers the quotes of what conversed between you and this person. The body language aspects should be introduced at the time of the dialog. We cannot know or even begin to speculate what happened without extensive context. This is your chance to perform as a j10 with blessings from your audience. These left out details make or break the Field Report and will result in your post being removed if not sufficient.

### **Part III**

The summary is probably the most important piece of your post and requires you to fully understand what you have previously expressed. Your summary should contain your original idea and focus on the purpose of the post. Write in your own words exactly as you would write the summary for someone else's work. The last part of your post should only be about one to four sentences and state what you originally stated.

## **General Posting**

When writing a post sometimes it does not fit the following formats of Theory or Field Report. Feel



free to use your creative writing streak as long as your information is readable, easy to follow, and enticing. This kind of writing is reserved for posts where you have applied principles and seen results but not quite in the field report area. This is also the post considered for **examples and questions** that would be at a higher level than /r/askMRP.

We have decided to include an example of what might be considered good quality and I can think of no other better writing example than business memo format. The memo is a two purpose document. They bring attention to a problem or they solve a problem. The reader is then informed about something new or persuading a reader to take actions such as reading, dieting, or weight lifting. Remember when writing in memo format you are not specifically stating each segment. You are arranging information flow according to business writing guidelines.

**Opening Segment:** This is your introductory paragraph and purpose of the post. The opening segment is typically brief overview of what the post is going to be about.

**Context:** This is the events, background or circumstance of what you are writing about. Include only what the audience needs to know to completely explain the reason for the post.

**Task Segment:** This portion of your writing will be the actions you are taking to solve the problem. This may also be the physical actions you are taking.

**Discussion Segment:** This segment is the longest portion of your post. This should include all the details that support your ideas.

**Closing Segment\*\*:** This should be the part where you specifically close with actions or ideas you wish the reader to know/take.

A very good example of a general post if you need to see it in action can be found at "[The Value Proposition](#)". Another great example can be found at "[Brand and Married Men](#)".

### **Women Posting to Married Red Pill**

MRP is considered a Male Space and the writing in this subreddit can be considered very offensive to the opposite sex. The users on this subreddit are here to talk to other men and often are very angry. As a female, you are now considered warned that you are entering a male locker room and the dicks will come out. You are a guest at this subreddit, not a member. Act accordingly.

As a woman you are free to post to MRP and post comments in threads. Most if not all of your responses will be from a male perspective. **Women are forbidden to post advising men on matters of the heart or marriage.** You are welcome to be here and need to understand that you are addressing a Council of Captains. There is no time here for telling men to "man up", you are doing it wrong, or you would have divorced them.

The following guidelines above apply to your postings. There are some rules for your topics and contents of the post. Please go by the guidelines in your comment replies as well.

### **Approved Content:**

- Female perspective as it related to a situation you know
- Debate any topic except love, relationships, how to attract women
- Provide professional opinions as related to your chosen profession
- Brief points on topic
- Redpill Theories as they relate to the female view

**Disallowed Content:**

- No criticizing
- No belittling
- No trolling
- No moralizing or shaming
- No excessive drama
- No endless arguments

**Own Your Shit Rule (OYS)**

Before you press that save button on your post. Ask yourself if it can be instead submitted as comment to the Own Your Shit Weekly thread. Should the post be found OYS worthy, it will be removed and directed to post there. If in doubt, please post your ideas to /r/askmrp or the OYS weekly thread.

## Rollo is doing an AMA on MRP

2 upvotes | October 1, 2016 | /r/askMRP | [Link](#) | [Reddit Link](#)

---

## Your specific fucking circumstances

20 upvotes | October 19, 2016 | /r/MarriedRedPill | [Link](#) | [Reddit Link](#)

---

### Your Circumstances

*"Where the sun comes up about 10 in the morning and the sun goes down about 3 in the day, and you fill cup with whatever bitter brew you're drinking, and you spend you life just thinking of how to get away" - You will never leave Harlan Alive*

Every man spends his days doing what is best for him and his particular situation. We can all pretend that AWALT and MAWALT are always true. We learn over time that this not always the case. MRP provides you a whole host of reading in the sidebar, approved books, and the general conversations in the OYS thread. What to do when you run into a problem that's not covered in all this "approved reading" you may ask yourself? Well, you improvise and to me this is the core of MRP. We are all grown assed men with plays already in motion, and much like the sunday armchair quarterback, we all have different ways of seeing what should be done or some such. Fuck everyone else.

You are the troop on the front lines in the battle. No one can tell you what you should do in the heat of the moment. This is where the advice of "read the sidebar" comes into play. You must have plays in your playbook for each time something will go down in unexpected ways. The MRP is not your one all, be all solutions to all your problems. Fact is, most people's problems are not the same. No matter how many sometimes someone repeats this, it just cain't make it true. You practice, you apply, you fail and your learn. Simple as that. What I see as a constant on this here forum is the consistent "I did this and it didn't work". Well, as a great man in Argentina once taught me first hand. "Shit Happens". **MRP won't solve your marriage and if you are in it for that reason you lose from day one. MRP will absolutely fix your next relationship, I will promise you that first hand son.**

*"Don't matter who did what to who at this point. Fact is, we went to war, and now there ain't no going back. I mean, shit, it's what war is, you know? Once you in it, you in it. If it's a lie, then we fight on that lie. But we gotta fight." - Slim Charles*

This quote reminds me very specifically of the red pill and the problems that come with it. You took the pill and even if you could go back to the blue pill, would you? No. You have to keep your foot on the gas and nevermind them breaks. You took control of your life and for better or worse you keep on keeping on. Your marriage was failed, your life is failed, your social life is failed. From my point of view you can only go up from there. However, could you keep failing on the same lines? Yep, you sure can. We see it everyday in our real lives.

Think back to the young man you know just starting his life fresh out of school. Nevermind he never has done much for himself, but he latches onto that steady pussy. She fucks on demand to get that paycheck. The man thinks he is at the top of his game. She cheats, uses him, and he decides to split up. Spends some time single, but the pussy is lacking. He tries to find other girls, but it's the wrong time and he can't delay satisfaction. The branch swing doesn't quite work out and she is ready to try again. Pussy is steady again so he latches back on. Like a stray dog who gets a meal. In the most simplistic fashion this is the blue pill. As a supervisor in the oil fields, I see this story play out every single fucking week. Almost as if I have the blue pill highlight reel on constant loop. I will confess, I never helped any of them without them asking specifically. I have watched talented skilled tradesmen walk away from a good future to follow a meth addicted woman. I shed one manly tear for each and

every one of them.

You know? Time went on as time is want to do. At some point you have to shit or get off the pot. You make a stand on what you believe, and you fight to the death for that little hill. If you have to fight too hard, it's time to move on to greener pastures. Nothing is worth a last stand.

## FR - Family Vacation to Chicago

12 upvotes | October 24, 2016 | /r/MarriedRedPill | [Link](#) | [Reddit Link](#)

---

Hello,

As you noticed I have been gone for awhile. Just got off a long business trip and straight into a vacation I planned for the whole family to go to Chicago. I planned everything start to finish and the spoiler is the plan went off without a hitch, and a surprise along the way.

We drove to Chicago so we could all spend awhile talking together you know. Quality family time after the long absence. Everyone got along great and we couldn't believe the long back up on the interstate. I chose the scenic route and the wife of course complained "Why cant we just get their quickly?" but in my mind I answered "because bitch I didn't want that". We eventually caught up to the interstate and she couldn't believe how long the backup was. I am guessing at least 15 miles easily. She complimented, but it was empty to me. I didn't know there was traffic along the route. This just goes to show it's better to be lucky than good.

My goal in Chicago was to get a hotel close to a train station and we could use CTA for everywhere we went. This was great. Use google maps, train and bus everywhere. What could go wrong? Well apparently alot. First, there was a regatta in town and the trains kept closing because of bridges. Next, the big "internet hack" caused google maps to give me the wrong information so we couldnt even catch the bus or the train. No shit, directions to a closed train station and a bus route that didnt even exist. Ended up using Uber to get to the Museum of Science and Technology. Ok, so all that happened and you know I handled them as they came up, but the wife is skeptical. She complains constantly, it's her nature. We spent a long Friday with messed up plans and things not going quite right. Would you believe everyone says that the best day was this day? I can. It's not the destination, it's the journey. The worst journey makes for the best stories.

Anyways the point of the FR is curbing my wives spending. We agreed to a budget and we hit that budget. The one point that stands out in my mind if her outside of the coach store. We have had out rows on the budget and her spending in specifically. I am all for keeping up with the social circle, but at some point we have to agree that at some point its ridiculous. We kept the budget of the vacation. Then when we ran out of time in Chicago and needed to get the car, I got a lyft coupon for \$50 and made our ride to the parking lot cost \$5. If you dont know the code, its "COLDOUT". Pretty awesome.

The proof is in the pudding. Here is my wife standing outside the coach store and fighting her urges. I was super proud of her and complimented her on her restraints. You can see it might as well be Chad naked on the other side of the door. In many ways it is. This may be my "Hamburger Hill" in the war on spending. I fought the good fight and I won only to go onto the next hill. One day this might be you.

# 'Tis the Season for Covert Contracts

15 upvotes | December 5, 2016 | /r/MarriedRedPill | [Link](#) | [Reddit Link](#)

---

## What is a covert contract?

Covert contracts are exactly as they sound. You are trying to hide your own wants and hoping that someone is going to fulfill those wants. As a man who has been conditioned blue pill his entire life you are doing these things even today. You believe that bringing home that paycheck, being nice to everyone, and often denying your own needs so that others can be happy is rewarding for them. All this makes you think you are entitled to being treated the same way in return.

Straight from NMMNG: "Nice Guys utilize covert contracts. These unconscious, unspoken agreements are the primary way that Nice Guys interact with the world around them." The question that has often puzzled me is why covert contracts are implicitly wrong. Glover makes some very good cases in his Caring vs. Caretaking. The thing he alluded to, perhaps unintentionally is your frame. We as men and resource providers ought to be able to give the people we love the things we think they want. Whether it is of material or metaphysical does not matter.

The problem then derives from the internal frame in which you are creating these interactions and the balance sheet kept in the relationship. Think back to the victim triangle of Racquel. Shane would buy gifts, put her pussy on a pedestal, and in constant communication with her. Shane did all these things for her because he thought he could buy her love. The problem was inversely proportional to her expected returns. The more Shane gave, the more Racquel couldn't repay. TRP let's know the reason for this indebtedness of her beta provider. NMMNG explains that the only way for Racquel to cope was to push Shane away. NMMNG is wrong when it comes to the reasons of the victim triangle in our sexual strategy. Shane was practically Omega and it disgusted Racquel. Shane was living in Racquel's frame.

## Example covert contract

When we buy others gifts this year, arrange events, and over spend like an American. Typically, a man is thinking since I did all this for my family and friends, now they will give me the things I want. There is a story from a used to be close friend of mine. Last year he bought his wife some expensive jewelry for christmas and some new clothes. Always bad ideas for gifts to a woman. We went to probably 15 stores that day in search of the perfect items. He ended up settling on a Michele because it had diamonds. The short story of it, she hated the watch and HE wouldn't return it. This watch now sits in a drawer in jewelry cabinet, never gracing her wrist. Needless to say he missed something. He forgot to be **"Truly Selfish"** and that was his fault. The truly selfish man knows to give judiciously by giving people what they really need. The incident is not what caused us to stop spending so much time together after that. The constant bitching and complaining for the next two months just leeched my energy.

Do you know a man like this in your life? A man who way overspends and is upset when no one returned the same?

## Recognizing a Covert Contract

The example from the book is simple. "I will do this thing you so that You will do that thing for me and neither of will know about the agreement". Here are some example signs you are engaging in a covert contract.

**Are the gifts you bought something that you would have liked to receive?**

*Instead:* Ask them what they want.

**Are you buying gifts some someone that you would not buy for yourself?**

*Instead:* Buy yourself something nice.

**Do you think buying your wife that jewelry will make her want to have sex or be nice to you?**

*Instead:* Lol, are you still doing this?

**Do you buys gifts for people at work who do not give you gifts? (Bosses excluded)**

*Instead:* Stop buying gifts for value leechers.

**Is your family dinner out an excuse to try to make everyone spend time together?**

*Instead:* Plan a dinner that you want to have fun at.

**Action Plan:**

This year take a moment and give your family the best christmas they ever had. Do the Breaking Free Activity #14 this year. This year when you do it. Make sure you are doing it from an abundance with no strings attached. Buy them gifts they truly need and want. Arrange events in their entirety by yourself for your own pleasure and things you want to do with your family. When your family communicates what they want for activities, make sure you listen.



# The Fast Train

25 upvotes | December 12, 2016 | /r/TheRedPill | [Link](#) | [Reddit Link](#)

---

You found this post because you either searched for divorce, cheating wife, or dead bedroom. Things have gone awry and you, as an upright man, can't figure out where you went wrong. Your lover has gone another way and you have literally done everything you know how to make her happy and save your marriage. The marriage your grandparents had. The love each other forever, common goals, and raising a long generation of families. The one person in the entire world you were supposed to trust has failed you. This was the one person who shared your goals, vision, and bore you children. Twists and turns aside, this was all down hill now. Work hard, stay loyal to your company, never cheat on your wife, and care for your children. Keep bringing home that paycheck, treat your loved ones the way they should be treated. Loved. That's all you had to do.

You've grown up. Time with the friends were spent with friends who were married and having children. Breaching that age where it was time to just settle down with "the one". She had her baggage, but so what? You had yours too. Ex lovers, Ex friends, none of that mattered now. You exchanged vows, rings, and this was it. Make or break. You forgave her for her past and even she told you she was ready. Ready for children, ready for monogamy, ready to submit to her lover. Family or bust. That's what you told yourself.

You did everything you know you were supposed to do. You broke your back, sacrificed everything you loved before you got married and buckled down to raise a family. All the nights you spent with friends and brothers. All the free time you had to chase your own goals. You gave all that up for her. She was supposed to praise you and love you unconditionally for everything you spent to make sure she and her children were raised proper. **God damn it**, you did everything you ever knew to do.

You do what any real man would do right? You reach out to friends and family. You ask your father, maybe your preacher what to do. Invariably they all come back with the same answer. The same things you have been doing over and over. The marriage counselor? He told you to communicate your feelings more with each other. Embrace the individuality and figure out a way to compromise. The issue was, you have already been doing that. What no one ever told you until now, she was keeping score and you weren't. You didn't know the real rules and you didn't know how to make points.

Maybe she is withdrawn from you, maybe she is talking to that guy you seen friend her on facebook. The point is you have spent so much time building your legacy and it's all falling apart before your eyes. No one is helping after all you have done for everyone else. What has gone wrong in your life? No one understands what you are going through. You keep on trying though. You aren't giving up this easy. You keep on moving. After all, anything in life worth doing is worth over doing, right? You are alone, no one understands what you are going through. They don't know the history or the shared struggles.

What if you take a step off the train?

What if you let go of all that?

What if, you stopped for a moment to work on yourself and stop working on everyone else? Then, you allow wondrous things to occur. Number one you realize that your happiness is only dependent on you and absolutely no one else and not even your children can provide you with true happiness.

You hit the gym and get the body back you had before marriage, you know, let them muscles show again and get some confidence back. Get the diet under control and start losing body fat. Go back and rekindle old friendships with old friends that might be frustrating but some of them are still there with you, not for you. That's the key difference.

The wife gets put on hold while you rebuild your fatherhood with your children. You spend time with them like you always knew you should but didn't really have the time do that. Work and wife was always in the way. Take a moment and spend time with your children and learn what motivates them. As a father, you would be absolutely surprised how much you mean to your sons. After all, they learn how to be men based on your actions. Your daughter? That's the most important. She learns to love through you.

What will then happen to your life and family when you put yourself first? Everything.

**The problem? You are on a fast train and it's going on the rails.**

# The Fast Train

50 upvotes | December 12, 2016 | /r/MarriedRedPill | [Link](#) | [Reddit Link](#)

---

You found this post because you either either searched for divorce, cheating wife, or dead bedroom. Things have gone awry and you, as an upright man, can't figure out where you went wrong. Your lover has gone another way and you have literally done everything you know how to make her happy and save your marriage. The marriage your grandparents had. The love each other forever, common goals, and raising a long generation of families. The one person in the entire world you were supposed to trust has failed you. This was the one person who shared your goals, vision, and bore you children. Twists and turns aside, this was all down hill now. Work hard, stay loyal to your company, never cheat on your wife, and care for your children. Keep bringing home that paycheck, treat your loved ones the way they should be treated. Loved. That's all you had to do.

You've grown up. Time with the friends were spent with friends who were married and having children. Breaching that age where it was time to just settle down with "the one". She had her baggage, but so what? You had yours too. Ex lovers, Ex friends, none of that mattered now. You exchanged vows, rings, and this was it. Make or break. You forgave her for her past and even she told you she was ready. Ready for children, ready for monogamy, ready to submit to her lover. Family or bust. That's what you told yourself.

You did everything you know you were supposed to do. You broke your back, sacrificed everything you loved before you got married and buckled down to raise a family. All the nights you spent with friends and brothers. All the free time you had to chase your own goals. You gave all that up for her. She was supposed to praise you and love you unconditionally for everything you spent to make sure she and her children were raised proper. **God damn it**, you did everything you ever knew to do.

You do what any real man would do right? You reach out to friends and family. You ask your father, maybe your preacher what to do. Invariably they all come back with the same answer. The same things you have been doing over and over. The marriage counselor? He told you to communicate your feelings more with each other. Embrace the individuality and figure out a way to compromise. The issue was, you have already been doing that. What no one ever told you until now, she was keeping score and you weren't. You didn't know the real rules and you didn't know how to make points.

Maybe she is withdrawn from you, maybe she is talking to that guy you seen friend her on facebook. The point is you have spent so much time building your legacy and it's all falling apart before your eyes. No one is helping after all you have done for everyone else. What has gone wrong in your life? No one understands what you are going through. You keep on trying though. You aren't giving up this easy. You keep on moving. After all, anything in life worth doing is worth over doing, right? You are alone, no one understands what you are going through. They don't know the history or the shared struggles.

What if you take a step off the train?

What if you let go of all that?

What if, you stopped for a moment to work on yourself and stop working on everyone else? Then, you allow wondrous things to occur. Number one you realize that your happiness is only dependent on you and absolutely no one else and not even your children can provide you with true happiness.

You hit the gym and get the body back you had before marriage, you know, let them muscles show again and get some confidence back. Get the diet under control and start losing body fat. Go back and rekindle old friendships with old friends that might be frustrating but some of them are still there with you, not for you. That's the key difference.

The wife gets put on hold while you rebuild your fatherhood with your children. You spend time with them like you always knew you should but didn't really have the time do that. Work and wife was always in the way. Take a moment and spend time with your children and learn what motivates them. As a father, you would be absolutely surprised how much you mean to your sons. After all, they learn how to be men based on your actions. Your daughter? That's the most important. She learns to love through you.

What will then happen to your life and family when you put yourself first? Everything.

**The problem? You are on a fast train and it's going on the rails.**

## Update from RPWP!

4 upvotes | December 14, 2016 | /r/RedPillWorkplace | [Link](#) | [Reddit Link](#)

---

Hello Everyone. I am glad you are liking the repository. In the coming weeks I have compiled some more links to add to the library we keep here. As always business related with red pill concepts. They are a little bit harder to find and some of them have been getting removed, deleted, and etc. As we progress our link collection here, if you decide to post a link it might be a good idea to either write something about what the link contained. The other idea might be to copy the source code into your post.

As usual. Thanks for stopping by and we will keep posting as we have the time.

Edit: Please use <https://archive.is/>

## Monk Mode is Bullshit

3 upvotes | December 29, 2016 | /r/RedPillWorkplace | [Link](#) | [Reddit Link](#)

---

[/u/captaincringeworthy](#) has posted a nice article on why law 18 directly conflicts with monk mode. I agree with him on this one. Monk Mode is bull shit especially in the business world. He kind of missed the point of what is really happening. Being loose and going with the flow is the work of followers. He was on point that you need to be out there networking with your colleagues. Ask yourself. Are you the guy who always says no to happy hour on thursdays? If you are, its probably time to think about how those people see you.

Which brings me to the next point. When people ask you out somewhere and you say no multiple times, did you notice they quit asking you? Did you also notice they stop including you in general? Yep, that's life.

Link to article: <http://archive.is/vrk4X>

## Don't Let Others Slow you Down

1 upvotes | December 29, 2016 | /r/RedPillWorkplace | [Link](#) | [Reddit Link](#)

---

[/u/petrichordog](#) has posted an article on why it's your responsibility to be responsible to yourself. Overall a great read on why you don't need to compare to others.

<http://archive.is/CzIS5>

# Creating A Meaningful Morning Routine Will Make You More Successful

3 upvotes | December 29, 2016 | /r/RedPillWorkplace | [Link](#) | [Reddit Link](#)

---

[/u/petrichordog](#) really seems to be on point with yet another article on morning routines. The summary of the article is that if you are a routine kind of person, there are some real protips on adjusting to a better routine.

<http://archive.is/YFWFv>



## First 2 Months Into Reshaping My Mentality and Life; Handful of Lessons I've Learned and a Handful of Observations

3 upvotes | December 29, 2016 | /r/RedPillWorkplace | [Link](#) | [Reddit Link](#)

---

[/u/wolffy93](#) has written an article related to job searches and career orientations. The writing is all over the place, but if you want to go read about why being average is harmful to your success then head on over.

<http://archive.is/CptCm>

## The Secret To Rapid Learning

2 upvotes | December 29, 2016 | /r/RedPillWorkplace | [Link](#) | [Reddit Link](#)

---

[/u/mynameisnotbook](#) wrote a pretty interesting piece on having a purpose and working towards that end. The author believes that people with purpose and urgency have happier lives. Not necessarily true as we all know. There are some good parts to the article if you are looking to find a way move forward from negativity to positivity.

<http://archive.is/BN1tE>

# How to get a billionaire mentor? - GUIDE

2 upvotes | December 29, 2016 | /r/RedPillWorkplace | [Link](#) | [Reddit Link](#)

---

[/u/chumjetze](#) wrote an article on how to get rich and successful people to mentor you. The guide is pretty straight forward but the relevancy is in question. Does talking to a successful logistics CEO really help in your business? I don't know and there is only one way to find out. I would like to tack on that networking events in your local area are quite good in helping you with your business. Sometimes it's just sales people looking to sell things, but good groups that you find through private clubs are a rich source of information and business deals.

<http://archive.is/9j8We>

# The Useful Parts of a ButtHurt Episode

46 upvotes | January 9, 2017 | /r/MarriedRedPill | [Link](#) | [Reddit Link](#)

---

This is an article written on the emotion of butthurt, what it is, why you have it, and more importantly how to make it work for you. The practical base emotion is weak, but the larger construct is quite complex. The distillation of the topic requires insight into your own life and how these emotions have manifested into your personality. We will use examples and attempt to build up how butthurtness became an outcome possibility, even if undesired.

## ButtHurt, The Weakest Emotion

Emotions are what make people the person they are. We all have them and sometimes they do rule our lives even for brief moments of time. We have emotions such as anger and genuine fear. Those are what I consider strong emotions. These strong emotions are actually powerful motivators and will typically force you to act. Women see these strong emotions and are thus moved by them as well in powerful ways. When she sees her man is righteously angry and she is hoping it's not directed at her. She will often act in congress with your actions to attempt to solve the problem. These emotions generally come from a strong frame and a base of right and wrong. Generally they also come from external places, sometimes internal, and in whole are generally good and if not well received then at least well regarded.

The example emotions we consider weak for a man is pointless crying and the act of being butthurt. For instance, there was a post that was deleted in /r/askmrp where the guy gets mad at his wife's suggestion and spends twenty minutes crying actual tears in a locked bathroom alone. This is what I consider a feminine action and when viewed with a masculine lens shows weakness. Women do not like weakness. They abhor it. Crying and bitching to your wife is only going to be met with absolute disregard to your "feelz" and another notch taken down in the ol' SMV scale. That is a double standard, no doubt, and it plays out everyday.

Butthurt to me is simply described as an irrational angry response to a perceived insult or not getting your way. Then you compound the issue by acting out passively aggressively, aggressively, or a withdrawal from communication with your wife. These actions are done from a weak frame. Typical reactions we see are the wife offers a hard no and then men come onto the forum and cry/whine about getting the no.

## Why Are You Having a Tushy Tantrum?

There are several major talking points here.

- Outcome Independence (OI)
- Abundance Mentality
- Game
- Covert Contracts

**Outcome Independence**, as related to sex, is your number one problem of being butthurt. When the yes/no doesn't really matter to you on a personal level anymore. That is when you now have the power. Think about it, the one who needs it the least has the most. You are supposed to have other things to do and sex is just one stop on the way to where you are going. This could be any number of things, but the fact that you only want one thing is compounding your issues and leads us into....

**Abundance Mentality**, as related to sex, is the cause of the lack of Outcome Independence. You don't know that there is other pussy out in the world that would be more than happy to drain your balls at a chance to suck your resources dry. Maybe you don't want to fuck other girls? Then don't. You at least need to know its out there. You get more confidence from lifting weights and after all the years being married to the shrew. The feeling you get from another woman being interested in you is just the next level in the game. Unfortunately, many men don't bother to go out and talk to other women for what ever kind of closing they are looking for. Which now leads us into....

**Game**, you don't have it. You also lack the body of Dwayne Johnson. That's two direct hits on your sexuality. My guess is you are probably screwing up your home life as well so now you have the trifecta of why your wife delivers hard no's. You can't attract other women and you don't have the practice to get any better at gaming your wife. You don't practice game on your wife. You practice your game on the women outside of your social circles. When you find things that work, you bring that home to use your now honed skills on your wife. You think by default your wife should fuck you because you are married. Now we are getting into....

**Covert Contracts**, yes indeed. We are at the bottom of the distillation process. The root cause. You are butthurt over the hard no because you have a covert contract that says my wife should fuck me because of the marriage vows. The secondary clause is you decided that since you are now half assedly trying to improve yourself. She will magically want to suck your cock.

### **How to Make Booty Bothered Work for You**

Remember when you were a kid and you lost your first game? The other team cheered, got taken to pizza and ice cream! You however got to go back to the locker rooms and listen to all of your mistakes. Sitting there and thinking this coach is full of shit. Well, as a coach I can tell you I have seen two types of kids. The one's who get discouraged and quit. The other kids who listen to their coach and go train harder. They train harder because they want to feel like the winning team did. They took the loss and turned it into motivation.

You have this choice as well. You can focus your energy on getting the hard no's. Wallow in self pity. Come on to reddit and post about how much your life/wife sucks and how none of this is working for you. Probably not talk to your wife for a few days and withdraw your attention because that's going to show her. The weird thing is people really believe that works. You cannot withdraw your attention from someone who doesn't want it anyways.

You can also focus that energy on going back and fixing the basics. Figure out where along the line you decided to be mad because one out of 3.5 billion women wouldnt let you put your cock inside them. You can probably find the areas. My guess is anything you put a moral/physical limit on would be the first place to look.

Examples:

- I don't flirt with other women because I am married.
- I don't go to the gym because I don't have time.
- I don't keep my house running smoothly because it's her job.
- I don't think there is that much to improve around my home.
- And the big one, my life is good enough for me now.

Take your energy you get from being butthurt and put it into something you need to fix. If you read this entire article and thought it did not apply to you? I will tell you I have yet to meet the man who

lifted to much, fucked too much, and had nothing else to do.

Final and closing note. Butthurt bosses always get their way, aint that so /u/FireTempered ?

# What Do I Know About Lifting?

32 upvotes | January 19, 2017 | /r/MarriedRedPill | [Link](#) | [Reddit Link](#)

---

Not much.

## The First Week

The fat fuck has decided to do something about himself because being single got real very quickly. The gym has pretty much become a second home to me over the last 21 months. Day number 1 (a sunday) was at a public gym and I felt so weak and stupid that I was doing my SL5x5 with only the bar (45lbs), and struggling at that. My first squat was on a smith machine, because the squat racks were full. The bench press was just as unimpressive but easy. The row actually had an employee come and ask me if I needed help because they never seen that lift before and thought maybe I didn't know how. The truth is, I didn't. The next day was incredible. I was telling my legs to walk but they wouldn't move. I could not believe how sore I was. Monday was a day of reckoning for me and I wanted to quit. The chickens had finally come home to roost.

Tuesday I was back at the gym with my legs barely moving and was completely sore. Barely made the trip up the stairs and cursing myself for not using the elevator. Popped two aleve as aging men are known to do and hit the bar. This time I was squatting 50lbs and the soreness had actually started to lessen as I completed the sets. My legs were fine again and I did not fear walking down the stairs. Completed my first deadlift without hurting my back. Overhead press was actually easy for me. My upper body never really gets that sore because all the years I spent in the field. Left the gym feeling great and thinking the worst was behind me. **I could not have been more wrong.** The next day I basically considered going to the hospital because I broke my entire lower body.

Thursday went back to the same gym but by now the feeling dead sore was mostly past and I was feeling up to the 55lb squat. Excercise went as normal and I cannot express in written words how happy I was to have the next two days off from the gym. Met two guys at the gym that day. We still meet up for beers and wings monthly. Played on a poker tour with them and they have pretty much replaced the people who were using me in my life. I called in that Friday for work and spent the whole day in bed sleeping / emails. The next month pretty much was ok, I was still sore every single day and figured I just needed to keep moving. You could ask anyone who knows me. *I don't quit.*

## My Breakthrough

The 85lb squat for me was a turning point. This was the first time I felt like I couldn't complete five reps. Those last five reps got everything I had and even almost threw the bar down on the safety catches. The point is, that even when you think you are at the bottom there is always something more you give. That day proved to me that I could do this and I am going to keep doing this. Maybe the next gym day I fail and that would have been a blow I couldn't recover from.

## Problems

Personally I do not consider myself an expert on weight lifting. What I do consider myself an expert on is all the problems and mistakes the new lifter is going to make. Pretty much have made every mistake there is, took the injury in turn. Figured out why and knocked that shit off.

- Neck Injury? Check. Looking up when squatting.
- Shoulder Injury? Check. Grip too narrow on bench press.

- Elbow Injury? Check. T-rexing the bent row.
- Knee Injury? Check. Wrong foot placement in the squat.
- Lower back is sore? Check. Bad deadlift technique.

### **You Don't Know What You Don't Know**

Over time I was starting develop a problem/injury in my upper middle back. I suspected something was wrong in my OHP because it hurt when I would straighten up from a slouch. I setup this video to record my squat at 300lb's back in Jan of 2016. One full year ago. The video is heavily redacted but I kept in the part that is relevant.

The first issue is the bar is not going straight up and down. There is a curve from front to back right near the top. So basically I am squatting and then using my posture muscles to inch it the rest of the way up. I knew right away when I seen the video the cause of the problem. The second issue was my choice of footwear causing a slight balance issue. New balance is not proper lifting shoes. The crossfit shoes are excellent.

This lead me into another direction as well. If my squat was bad, what else was bad? Alot. In all those gains I was pretty much doing a small part of the form wrong in one way or the other. This was leading me up to bigger and bigger issues and also meant I was training the wrong muscles.

### **If you have a question, you better ask somebody**

Don't even think about the trainers in your local box gyms. Don't bother researching all over the internet. The trainers are not trained in lifting very heavy and doing it safely. You could probably squat 65lbs completely with bad form, deadlift it with worse form and be ok. You don't want to carry the bad habits further.

You can easily find a local powerlifting coach. You can go to <http://www.powerliftingwatch.com/node/4421> and search for gyms somewhere near you. Give them a call and ask about a few sessions or just to come and hang out during a practice. Typically they will either do it for free or you can pay to go once or twice for form checks. Most of them are quite reasonable and the two I went to were super friendly. These guys are professionals and have been training new people for years. If you decide to make it your gym, then that is even better.

### **My First Competition**

Fast Forward to Dec 2016. I decide to lift in two powerlifting meets in the NGPF and USPA. Leading up to the second competition my tested numbers were:

Bench Press: 355lb Deadlift: 385lb Squat: 455lb

With my weight and age I was in the submaster 242lbs weight class at 269lbs. I hit 355, then 365, and missed the third at 370 for my bench presses at both competitions. They were pretty close together. It was during these two competitions I learned that my squat and bench press are not up to competition forms. Most of these guys are benching 400+ and squatting 500+. Fuck it, I wanted to make my numbers official.

### **Crossfit/Cardio**

The last thing I have to say about MRP and Lifting. Crossfit is not going to help you much. You are going to miss all the things you get from lifting heavy that you will not get in crossfit. Being tired at the end of a workout doesn't mean it helped you. Typically after I complete my routine I am tired for about 15 minutes and then I have endless energy the rest of the night. Nine months of crossfit



wouldn't have gotten my squat to 300lbs.

### **Closing**

- Go lift heavy.
- Ask for help.
- Don't give up.
- Get your diet in check.
- Pick a routine and stick with it.

## [FR] Shrimp, Nature's Most Powerful Aphrodisiac

25 upvotes | January 23, 2017 | /r/MarriedRedPill | [Link](#) | [Reddit Link](#)

---

[FR] Shrimp, Nature's Most Powerful Aphrodisiac

A rather short FR on how shrimp turned my wife into a sex crazed maniac yesterday. The morning was spent planning to go to a wedding. She is a bride's maid so doing everything catty and bitchy, as women are known to do. She asked for my help on picking a hotel for everyone in her family that is going plus our immediate. We go to kayak and priceline to start researching rooms. Several of the rooms are going to sleep up to 8 people in each of them. There are basically no hotels in that destination that can sleep that many people. I inform her that they are going to have to make some sacrifices or split up into two rooms. She get's all pissy with me saying there has to bigger rooms than what is showing on the websites. She gets very upset and stressed when she has to make choices it seems. The conversation leading up to the storming off:

Me: We can split up rooms for people it's not a big deal.

Her: There has to be bigger hotel rooms.

Me: Not in a hotel, we could check into housing.

Her: Are you fucking kidding, the children need a pool and breakfast.

Me: Fine babe, just go look for something, find it and book it. As long as its <\$200 a night it's not a problem.

Her: I can't believe you can't even find one fucking hotel. You travel all the time, I thought you would know.

Cue me walking out and leaving for the gym.

Two hours later:

I get home and she has found a website with every thing as perfect as she wanted. It's a freaking condo site, the exact thing I suggested, but she found it. Spends the next hour trying to belittle me and doing my favorite thing in the world. Asking me the same freaking question over and over and over until she gets the answer she wants.

Her(repeatedly): How was I able to find it on my phone and you couldn't find it all morning on your computer.

(she asked me that at least five times before I decided to A&A)

Me: I know how you found it, Witchcraft! You are a witch!

Her: How was I able to find it on my phone and you couldn't find it all morning on your computer.

Me: We already figured out you were a witch, now you are trying to be a bitch?

Her: How dare you talk to me like that. You don't get to call me names.

Me: I just did sweetie khums.

Her: That's bull shit. (and storms off)

No shit, not less than 15 minutes she comes back down and talks to me like a perfectly normal adult and we sit down and make reservations. Get it all squared away. Make travel plans, look into renting a u-haul trailer for the luggage. She is pleasantly surprised everything is so cheap. Makes nice.

Spend the rest of my afternoon prepping dinner while she finds ways to help. Even though I am very clear there is nothing for her to do. Talks to me the entire 4 hours of time I am cooking. *For the foodies out there: Dutch Oven Breakfast Casserole, Dutch Oven Chili, Home Made Pizzas, and Beef Stew.*

Later in the evening I am preparing the actual dinner we will eat. Again, Shrimp with Stuffed Clams, but she is all over me. Basically sexually assaulting me. I take the bait and we head up for the sexy times. Only tonight is different and she much more aggressive in what she wants. Start out with the usual routine then I tell her to go get the pocket rocket. Start dirty talking her while her clit is buzzing. She starts talking to me about how good it is and what we should do tonight. That's a first because normally she just screams and moans, no actual words. Then starts begging to be fucked really hard and actually putting the energy into it that I like. So I obliged, as a good husband should.

The rest of the night is peaceful, she is humming around, thanks me several times. We have some good cuddling and head off to sleep.

Almost forgot, the proof is always in the pudding.

**There you go gents. Apparently shrimp and clams are the real key to mind blowing sex.**

## [FR] A Surprising Turn of Events

6 upvotes | February 7, 2017 | /r/MarriedRedPill | [Link](#) | [Reddit Link](#)

---

Last night was an interesting conversation. I have been plenty sick these last couple of days and basically just managing moment to moment. I was getting up off the couch and had the following conversation while she was preparing dishes. Listening to her complain that the kids never pick up after themselves.

**Me:** Babe, doesnt my raspy voice sound like Barry White?

**Her:** Not even close.

**Me:** (In my best sick lost voice Barry White Impression) ~I've heard people say that too much of anything is not good for you, baby~

**Her:** Haha, just go lay back down.

**Me:** There's many times that we've washed dishes, We've shared dishes and made dishes....

Pulled her in for a quick slow dance that she doesn't even pretend to fight. Kissed her on the neck. Then.....

**Her:** You need to get better.

**Me:** Why, then you will stop being nice to me. Here let me help with the dishes.

**Her:** Sit your ass down.

**Me:** That's not very lady like.

**Her:** Get better so you can help around here again before you leave. You have no idea how hard it is to keep this house running without you here.

**Me:** That's surprising. A few years ago this would have been an entirely different conversation.

**Her:** What is that supposed to mean?

**Me:** Used to recall the hundreds of millions of conversations of I never do anything around here. Thinking I might go back to that!! That was a much easier time when you used to just do everything!

**Her:** So now you are sick and a jerk?

**Me:** Don't be like that baby, come here and watch me veg out on the computer for awhile. It will be worth your time, I promise.

Took her in my arms and gave her that hungry look in her eyes. She told me to never mind. I needed to get better so she could attack me. We laughed and I helped finish the dishes. Rest of the night went as you would expect. Sat my ass on the couch miserable and was teasing her until we went to bed.

The point I am trying to make here is that women are always the same when it comes down to what she does (way too much) and what you do (way too little). Listening to her tell it, even today she has to do way too much around the home. While that may be true for when I am on the road, this is definitely not true when I am home. The fact that she even let a little of that thankfulness slip was extremely surprising to me. This has taken almost two years now to get to this point.

Edit: I really need to think about recording audio of this shit.

# Power and Control

36 upvotes | February 9, 2017 | /r/MarriedRedPill | [Link](#) | [Reddit Link](#)

---

Quantum-Power and Quasi-Control

**I think its best to let you know right out, this is going to get weird.**

Today, even if this is the first time visiting MRP, you have power. As a man you have almost unlimited power. You have the ability to change your life and requirements without the approval of anyone but yourself. You were born with this power and no one can take it away. Power is innate in your gender. You must harness this power to control the direction of your life. Believe it or not, you don't have to take the backseat or sit bitch in the car ride of life.

## What is Power?

Power is the ability to act or produce an effect. Acting on your own self best interest regardless of others sounds a bit selfish. We see each day that as a center of power in your family the wellness of it's leader is directly affecting the family. What I mean to say is that as you improve, others around you will feed off this and improve as well. You can test this today by looking at the behavior of your children. If you arrive home in a bad mood, your kids with either mimic or attempt to help you feel better. Consequently if you come home in a great mood and engage your children then they will react positively assuming they are not teenagers. The same applies to your wife. When she is not too far out the door your mood will directly affect her mood. All the little silent body language statements you make are the equivalent of a Led Zeppelin concert in your home.

Leading back into what this means for you. Exercise your power on yourself. Stop making the excuses of things that are not being done. Start being the person you want to be, but for all the other reasons you have been led to the lifestyle you have now. Stephen Hawking wrote a book called "The Grand Design" that is actually quite a good read. In the book he postulates that everything is the way it is now because of the powers in the universe, it is the only way it can be. Those of you looking for an excuse, you now have one from the smartest man in the world.

The great thing about string theory and masculinity being combined means we now know there are actually an almost unlimited versions of ourselves. We exist as we are today due to all the outside influences exercising their power and that has lead to the men we are today. We are this man because it's the only man we could be in those circumstances. Everyone knows circumstances change often and we can change our own circumstances. This is a more difficult thing to do because we are on a very fast train and its difficult to notice all the blades of grass.

We can't defend our current positions because everything leading up to it was our own faults. We do have the power to change the things we find lacking in our lives. We can use our power to effect a new possibility.

This means we have the power to control these things in our lives.

- Lifting
- Diet
- Hygiene
- Hair
- Style

- Game
- Finances
- Career
- Social Life

## **What is Control?**

Control is to exercise restraining or directing influence over. If we have power, then we can have control. Control to force ourselves to make the necessary adjustments of circumstances to control our possibility in this life. What do we need to control is each individual's own choice.

Look around you at the things you control today. If you are new here, I doubt you even control the TV remote. One of the first things I took control of was my health and my attitude. Took each of the things in my life that I control serially and got them one at a time. You might be surprised of the things you do have control of that is not related to you.

The bigger issue with control as I see it, boils down to the fact there are outside influences exerting their control as well. You can't drink a beer naked on your apartment's balcony for instance. Then we have to recognize what are the outside controls affecting our power. Those controls either need to be eliminated or neutralized.

Learn to control yourself so that you can exercise the power to effect lasting change in your life. Stop looking at all the little things and mechanics that make up one particular area. Pick one goal and build up a list of the controls that exert their influence over that goal. Work each control one at a time until you have mastered the goal.

***Power without Control is wasted. Control without power is worthless.***

# Working Out on the Road - Gyms

39 upvotes | February 20, 2017 | /r/MarriedRedPill | [Link](#) | [Reddit Link](#)

---

Looks like we have some traveling business men and people who are taking vacations. The weather is warming up and people are starting to move around alot. I spend some time hanging out in the BIFL threads contributing ideas and good choices when making purchases. Recently I posted this and it gave me pause that people in MRP would benefit from knowing how to work out when they spend time away from home.

Usually when I travel for business there are gyms in the facilities where I am. For instance the Jack St. Malo offshore platform had one of the best gyms I have ever seen. Other places are just smith machines, low weight dumbbells, machines, etc... Take note that I will use machines when there is nothing else. The problem with the machine is when you set it on max weight (usually 200) and proceed to do a 20RM on it. You aren't really getting anything out of that kind of workout. When the weight is allowed, I bring a 10lb dumbbell barbell with me in case there are free weights for the Kroc Row.

I don't recommend planning your trips around using "machines just because" there is nothing else around. Quite a few trips I have made some gym plans and thought I could save some of you the headaches of doing the research yourself. Below are a listing of gyms I have personally used over the last two years, with some examples of equipment and costs.

## **Hotel Gym:**

In all my years I have yet to see a hotel gym offer anything other than dumbbells (50lb max) or regular two stack machines. One time in Houston, TX at a Hampton Inn they had a Cable Motion machine that I couldn't quite figure it out. They do have cardio, and if there is nothing else you can do, at least hit the cardio machine. There was also a Hotel in Edmonton, AB that had a legit smith machine and it was kind of nice to see that sort of change in equipment.

## **Work Gym:**

Usually your company will have some sort wellness plan, gym benefit, or actual onsite gyms. Bonus if the onsite gym is 24 hour access and has free weights. Triple extra bonus if the gym is discounted for LA Fitness or Lifetime Fitness. Those places are usually everywhere. In case of the onsite gym, plan your workout at the end of the day or beginning of the day if they also have showers.

## **Planet Fitness:**

These box gyms are everywhere and best avoided when at all possible. Usually they don't allow you to drop the weights and most of them have removed their free weights. I heard it's because of insurance, but really I don't know the answer behind it. Expect to find dumbbells, smith machines, and thousands upon thousands of cardio machines.

## **LA Fitness:**

This is usually my preferred gym when I am out of town and staying in Hotels. Typically they are pretty close to wherever you are. You don't need to be a member of one of the gyms, unless you want to be, you can also get a daily or weekly rate. Often times once you show your out of state drivers license they will let you use the gym a day or two for free. The gyms usually have the full range of all the equipment, including a hot tub, pool, and often times a steam room. When you are by yourself you can pretty much make a night out of it. Also, if you get in touch with the people roaming the

floors you can get the spot for you or allow you to drop the weights when you are power cleaning. Pricing can vary depending on where you go. If you go to the website you can get a free five day pass. Once, I had to pay \$19.99 to get a week pass. Sweet talking the front desk staff and the actual sales person can go a long way towards free or heavily discounted.

### **Lifetime Fitness:**

Same as LA Fitness but the quality and pricing varies to the extremes. Sometimes free, usually \$19.99 if you have no member you can tag along with. You can sign up online to get a free pass, but when I tried at a different club the second time, I was unable to score the pass. Instead I was hit with a fee. If you only plan on one day of working out you might consider just using the hotel gym.

### **24 Hour Fitness:**

Bonus is it's open for 24 hours. Downside is they have limited locations in some places and free weights could be a lot better. You can get yourself a free pass online too, but I don't have but one experience at this gym. Most have a steam room and a sauna.

### **Power Lifting Gyms:**

My personal favorite when they are available. You can visit Powerlifting Watch and check into the powerlifting gyms. Many of them will let you have a few workouts for free, or as long as you are willing to help/showcase with their gym you can often score free training as well. Most of the ones that I have gone to are literally just free weights and strong man equipment. No frills, No thrills. Many of them don't provide help to people and some of them have actual training you pay for. Some of them have more amenities but they in the end are there only for heavy lifting.

### **Final Pro-Tips for all Gyms:**

- Always, always, always, bring a water bottle. 99% of these charge for everything.
- Always bring your own sweat towel and shower towel.
- If you shower, bring flip flops.
- Got kids? Ask about the kids area.
- If you are tired of the lines, ask to work in with someone doing similar weight.
- Don't stare at women using the thigh adductor machine.
- Observe Gym Etiquette at all times. You aren't special.
- Be friendly.



# How many Blow Jobs is too many?

4 upvotes | March 7, 2017 | /r/askMRP | [Link](#) | [Reddit Link](#)

---

Gonna lay this bare for you guys because its something I have personally struggled with for about six months. Shared with BPP over privmsg on whats going. Can't put my finger on it.

## Blow Jobs

I enjoy them, she enjoys them. She takes pride and it's her thing to do them to completion. Even at times openly complaining when I stop her because I want to fuck. Part of the problem is I have fed into them. Dirty talk, rough, throating, praising her highly. One time I literally grabbed her by the hair and made her choke. All she did was work extra hard to please. She wears them like a badge of honor. We do other things too and overall the sex life is very satisfying, so I am in what we call a Seinfeld Dilemma. She likes them, I like them, and it's always that one more thing that's lacking or whatever.

I came home for two days after being gone for awhile and as soon I was in the door she immediately swallows and doesn't let me stop her. Sits back on her heels and says that's almost too much but I didn't miss a drop. You taste really good when you've been gone. All that jazz and prancing through the house the rest of the night.

The second night, we don't hit the sheets until much later in the night. We get to doing our thing and we are going at it and out of the blue she says let me taste you fresh. So she does it and that's cool.. Really it was very good and she does these things to me that make the sheets crawl up my ass.

## The conundrum

Realistically, my ratio is probably One vaginal to Three mouths. I prefer vaginal and we adjust to her moods. The days of only cave man are long over. DEVI is in full effect and I have pretty much hit my stride. She openly tells me I can have them anytime I want.

## Why?

My first impression is I have highly praised something she really enjoys. Found her niche and encouraged it. Everything I want to do is no questions asked and completely enthusiastic. She even remarks that I like it when she doesn't and that makes her cum harder. No different than anything else in life. Reward good, Discourage bad.

My second guessing is something is wrong in my fucking game. Too hard? Too soft? Didn't find the right things? She knows I like pussy and she does that. Probably something to do with her wanting to please and yet control it at the same time.

Probably, in my airport late night flight I just want someone to tell shut the fuck up and quit bitching.

# Working Out on the Road - Diet

12 upvotes | March 7, 2017 | /r/MarriedRedPill | [Link](#) | [Reddit Link](#)

---

## Second Installment of Working Out on the Road

Diet is something that really takes a huge hit when you are a road warrior, or even just traveling for longer than a few days. The healthy affordable food is basically nowhere to be found and you start settling for less than optimal food. You don't have to settle, and if you are on vacation give yourself some diet cheating. Your body will make you pay for eating that MSG, much like self-caused negative feedback.

### Airports

*\*Disclaimer, I recommend skipping all food in an airport/airplane and instead bring your own protein bars and healthy snacks that will go through TSA.*

#### Lounges

I spend alot of time in airports. Even while typing this post I am sitting in the Mitad del Mundo Lounge in UIO waiting on others to arrive. I look around and can immediately see alcohol, pastries, sandwiches, soups, and fresh fruit. Upon first glance it doesn't appear to be anything remotely healthy for me. There isn't. I could risk eating a salad but this would not be a wise choice. I decided on getting the soup and the lunch meat sans the bread. In the States most United and AA lounges have soups, cheeses, desserts, cookies, and a mixed bag of everything else. The food is free so you rely on yourself to make something healthy for your eating style. Alcohol is also free so use your discretion.

#### Restaurants

Oh boy where to begin here. First things, airport food is EXPENSIVE and I am not talking about just a few bucks more. I am talking supper for two at Pappadeaux's in IAH runs north of \$70. The healthiest choice which is some baked fish with a side salad is looking at \$24.99 for the planked salmon. The little sandwich stalls you find on the sides of the terminals will be at least \$10 for a carb heavy sammich. Your best bet is to find a salad bowl and find the Lite Italian dressing.

#### Plane

Typically this is where you are going to find your healthiest and lower priced food (heh). The stewardesses usually bring snack boxes through the plane. United has a Tapas box for 8.99\$ and AA has a Wild Garden snack pack. The water and coffee are free on flights longer than 250 miles. I've found that almost all flights do the drink service and its free, but the ones too short offer nothing at all.

### Hotels

#### Grocery

I typically recommend only booking rooms that have an in room refrigerator. Some of the better priced hotels that are still nice include Homewood Suites and Candlewood suites are great choices for your family. Embassy has the free drinks but at the pricing point you can buy your own drinks. On your first chance go to the grocery store and buy the items that you would buy as if you are at home. If you are in a foreign country, read the nutrition label. For instance, yogurt in Brasil is different than yogurt in Chile. Meats have different names. If you buy fresh fruits and vegetables south of the border then look for Microdyn or Bacdyn. These washes don't need to be rinsed, and if you decide to

rinse, use bottled water with some holes poked in the cap.

### *Hotel Restaurant*

Skip Room Service, go to the restaurant. Typically pricey and offering local fares for wherever your are. Many of the waiters will take special requests for your diet and make suggestions on what to order. If you are on keto get a steak with a double helping of salad. If you are calorie counting, ask for the low calorie suggestions. These restaurants are typically better at helping your diet than say the local O'Charleys.

### *Local Restaurants*

If you are lucky you are staying in a hipster/faggot area of a city you will have a plethora of healthy eating options to choose from. For a time, and dont laugh too hard, but I was addicted to Curry in a Hurry in Salt Lake City. If you are near the ocean you pretty much have endless low cost seafood to choose from. If you are in a large city, privately owned coffee bars have great healthy eating choices. Driving or taking the train one more stop might land you in a gold mine of healthy choices.

Last note on this, it's better to skip a meal than it is to get McDonalds or Taco Bell.

### **Resorts/Cruises**

Hopefully you made the wise decision to put the diet on hold because there isn't going to be much to choose from here. Everything is typically high sodium, high fat, high sugar. Go for the fresh fruits and vegetables from the local kitchen ONLY because they will be safe for you to eat. Often times they hold bbq's at night where you can get a protein packed meal. Take advantage of the seafood and plan your day for meal times being close to places you and your family can eat from.

The downside to an all inclusive resort is all the free alcohol. Pretty much they will let you drink yourself to death. It's vacation, dont be too hard on yourself but schedule instead for some nights to drink and other nights to enjoy nature. Take the family to the beach at sunset and enjoy your time together. Then when the kids are settled in/at kiddy kamp, take the wife dancing and cut loose a little bit. On the drink free nights spend time doing fun things with the family. There will be plenty of activities and make sure you eat before you go. As typically they will just have light sugary snacks and desserts available.

## Structured Rules for Mobile Users

20 upvotes | March 29, 2017 | /r/MarriedRedPill | [Link](#) | [Reddit Link](#)

---

Hello, at MRP the moderators have updated the structured rules in order for mobile users to have a slightly better experience than they already enjoy. The admins of reddit are updating the mobile to show the subreddit rules in context when they make a post before pressing submit. These rules should be added to the report button in time.

Any other problems mobile users experience can be posted to this thread and if we are able we will adjust accordingly.

## [FR] Unintentional Dread

56 upvotes | April 17, 2017 | /r/MarriedRedPill | [Link](#) | [Reddit Link](#)

---

What a weekend to be back home! Finally got my new thermostat and went to install it. She kept asking me to not mess with it because we had a busy day but I was excited to finally complete the smart home. Went to install the thermostat and was following the directions. Problem was, something happened and it blew the fuse on the control board to the furnace. Got on the phone with a friend who does commercial HVAC and he guided me to the issue. Oven was running and now we had no AC! Talk about a wife being pissed it was so bad you could feel the vibes in the air.

As I went upstairs to grab my wallet I heard her very softly say "I can't fucking believe this" but I didn't bother with it. She was not saying to me and I just walked out the door to go buy the new part after I opened the windows to at least cross breeze the oven heat out. As I was driving I started calling the home stores to find out who has a three amp fuse. She kept calling, but I was trying to find the part. Eventually she stopped and started sending texts to my phone. Notice the last part, she really thinks I didn't hear what she said.

All of them went ignored because I was legit busy. Had to save Easter from my own fuck up. When I pulled into the gate I answered her phone call. She was crying because she thought I walked out. I told her it was easter and I am not mad, just don't want to be sweaty unless we could be sweaty together. She laughed, and we exchanged I love you's. She was still upset when I got home and we hugged for a bit.

What got me the most is she was filled with dread over something so dumb. In which case she also tipped her hand. Took a few years to get to this point, but it's nice to know that you do reach the light at the end of the tunnel.

Keep at 'em boys, don't let feelz slow you down.

P.S.

Autozone carries three amp fuses.

## 60 DOD - Week 6 - Finances

12 upvotes | May 9, 2017 | /r/MarriedRedPill | [Link](#) | [Reddit Link](#)

---

Hello again, men. This week we work on Finances. The previous post written a year ago was done by /u/Countpudyoola. We have all spent the last year shoring up our finances, making the smart moves for a change. Are you ready to stop making the choices that only get you to tomorrow, and start making the choices for a lifetime? It's not recommended to control your finances early in your self-improvement but definitely something you will have to tackle.

So what will you do differently starting now and forever after? [To help you get rolling, here's last year's post.](#)

## [FR] Got weeds?

15 upvotes | May 11, 2017 | /r/MarriedRedPill | [Link](#) | [Reddit Link](#)

---

Last week the number of shit tests had increased in both severity and intensity. There was a specific issue with how I was handling the Honey Do list. As some of you might remember it was a compromise I made for her to channel chore play at me. The list quite frankly had gotten very long while I was traveling on business. My guess is I was failing, from her point of view, in doing what I was told to do. The real problem was getting them done because they were so complicated.

She was waiting for me to get home and we had this conversation.

**Her:** When are you going to weed eat the new flower beds.

**Me:** They are not flower beds. They are mulch beds.

**Her:** I put it on the list so that you would do something about it.

**Me:** That list is pretty long, maybe you should prioritize it for me.

**Her:** I'm your wife not your assistant.

**Me:** Want a job?

**Her:** See, you always act like this. When I am trying to be serious you don't take me seriously. I am tired of this bull shit.

**Me:** I don't smell anything.

**Her:** Right there, you know what you are doing. Stop it. Stop it right now or you are gonna regret it.

**Me:** Oh yeah?

At this point she storms out of the room. I head over to my office. To give you an idea my home is pretty large and you don't just happen over to my office by accident. Maybe 20 minutes later she decides to start cleaning that area of the house. Running the vacuum and what sounded like banging pots and pans. Really regretting I didn't sound proof my room.

I walk out of my door and casually lean against the door frame until she notices that I am looking at her. I am laughing inside but I manage to hold it together. With the sternest look on my face I manage to squeak out:

**Me:** You want my attention, you got my attention.

**Her:** Oh? I am just doing my every day chores because I don't get to sit on my ass when I get home.

**Me:** Step into my office right now.

*At this point she actually walks in and has that I am glad I got under his skin smirk on her face.*

**Me:** Put your hands on the desk.

**Her:** I know what you are doing (as she puts her hands on the desk)

You can guess what happened after this. She got spanked for being a bad girl with references to being my worst assistant, and life went on as usual. What the real problem is I can't weed eat the mulch beds because the weed eater is still broken. She might be onto something about me not doing things she asked me to do.

## [FR] Complaining and Gym

17 upvotes | May 11, 2017 | /r/MarriedRedPill | [Link](#) | [Reddit Link](#)

---

This happened just this week.

My older son just loves to put empty containers back in the fridge. He also has been eating more because he is growing. He had been eating her frozen breakfast foods as well. Understandably it drives her crazy because she only buys a week of her processed shit at a time. Really I should be mad she let our kids eat that crap. Well anyways, here is how the conversation went.

**Her:** You need to tell your son again to stop putting the containers back in the fridge.

**Me:** Why can't you tell him yourself?

**Her:** He is also eating my breakfast burritos.

**Her:** Then he ate my bagels and I hid them in the pantry. He found them anyways.

**Me:** Did you tell him not to eat them?

**Her:** No, that's why I hid them.

**Me:** You can't be mad at him for doing something he didn't know not to do.

*Then it's basically her repeating all of the above for the next ten minutes adding in more colorful language as time goes on.*

**Me:** I am fixin' to go to the gym, are you going to complain all night or come with me?

**Her:** Not until you tell him to stop with the containers and eating my food.

At this point I am done listening to her bitch and complain. I walk down the hall to the garage and head out to my truck. I put my bag in the back seat. She has that super worried look on her face like I was going to leave her behind. I was but that's not the lesson here.

**Her:** I am allowed to complain and ask you to parent your children.

**Me:** I will handle him and see if we can correct his behavior. He is a growing boy and he is going to be eating ALOT of food.

**Her:** Why did you leave and not listen to me?

**Me:** I heard you the first fifteen times, the message was pretty clear. Get in the truck if you are going.

This was part of the OYS reply I had made where I was kind of pissed at her and the gym helped me get over myself. My left deltoid was burning so bad on that 5x10 stretch I had neglected to even be angry anymore. When I got home I had a nice talk with my son about his behavior and eating habits. Basically broke it down for him why we don't eat those kind of foods and putting that trash in our bodies. Then about the containers and additionally I noticed he had thrown silverware away in the trash can for his bedroom. He went to apologize to his mother and helped her take the trash to the curb.

Later that night she came to apologize to me for acting like a bitch earlier. We had a nice discussion about the kids and how much they are changing. She even thanked me for talking to the oldest. I informed her that it probably won't change anytime soon.



# Dark Triad: Machiavellian

49 upvotes | June 16, 2017 | /r/MarriedRedPill | [Link](#) | [Reddit Link](#)

---

**Warning: This series is going to trigger bleeps and reds alike. I figure it's best you know that right out before you read it.**

I am going to start my series of the Dark Triad personality types. Machiavellian personality types get a bad rep for a couple of different reasons. The biggest issue is the morality of decisions or actions used to achieve your goals. The second problem is people get boiled down to what they have to offer, not who they are. The other part that people generally dislike is the lack of empathy. Many others have covered this in-depth so I am going to write it as examples vs theory.

## Deceit in Relationships

When you think about it, why do you ever need to tell the truth outside of the legal system? TRP members use this every single day and is almost institutionalized manipulation. We make our judgement that it is not harmful to either person because both persons agree with the end result. There is nothing wrong with this and as we shall soon read, bleepers also engage in the behavior but to an end that is not agreeable. You can lie to another person or mislead information to gain a result.

### *Examples*

#### *Girl is Obese.*

You could be honest and upfront with your girl and tell her that she is fat and unattractive. She deserves to be told by the person she loves most in the world that her health is at risk. She also should be told that you only find rolls desirable when they are on the dinner table. Fact is, only a few subsets of men find a busted can of biscuits attractive and you can find them at your local fair grounds. You already know how that conversation and possibly relationship is going to end. It should be noted that some men do get results with this tactic, so your mileage may vary.

The other way to actually get a result is never telling her she is obese. When she asks (oh, she will) when she looks fat in those pants you probably shouldn't answer back "it's not the pants". You could instead over time start going to the gym, changing your diet at home, and achieving results with your own body. You rub her hips, ass, and she will start notice all on her own that she is on the losing end of the attraction game. Casually mention events at the gym and new classes and see if there is any interest in going. Never pushing the issue. When and if she starts mirroring your diet and gym habits and becoming more attractive. You wouldn't have said you manipulated her would you? You did, and you hamstered that you are not a manipulator.

*Why is it then that one way worked and was considered immoral, when the other way destroyed the relationship?*

#### *Sexy Times*

You approach a woman in the bar who you find attractive. You project confidence, attractiveness, and begin a conversation with her. Imagine telling her all the good AND the bad things about you. You probably should mention up front that you have a three inch micropenis, one testicle, poor credit, and a debilitating health issue. Her panties are going to moisten right up and she will decide that your personality is so much more important than your health status.

Doubtful, you are probably not going to mention any of those things to her. In fact, you would

probably lie about them if she asks directly. Instead you run your PUA game and manipulate her into getting sex. Women in fact use sex as a manipulative tool as well and more often than men. The post-wall woman is ready to settle down and provides sex to keep the BB around. The blowjob to convince you to buy that new washing machine with the steam option was not manipulation.

### *Getting a career*

Most people in the work force have a pretty decent and truthful resume. They write down their qualities, job skills, past employment history. Then embellish a little bit, not outright lying, just gussying it up. They get the interview and answer the questions truthfully but don't offer up their bad qualities. Maybe or maybe not get the job. There are plenty more jobs out there.

Why not lie about your resume completely? Put down jobs you never worked at with skills you know how to do but no one would hire you for lack of experience. For each job have a friend pretend to be the HR person and provide the employer that phone number to check. Many people work for small companies who may not be in business anymore! You can't check a job that is closed down but you can still provide your old supervisor's phone number. Show up the interview prepared for the job duty questions and just tell them what they want to hear. As long as you show up to work and actually know how to do what the job requires. There will never be an issue if you are just a little out of practice or green as long as you can complete the work. You won't be able to do that with a college degree, people can check for free. You can fudge your GPA, as that is not provided through a FERPA request.

### **Cynicism**

Cynicism simply put is they believe that people are motivated purely by self-interest. In other words, they look out for themselves. You can trust me when I say that people are inherently evil and by extension selfish. Therefore, you could be as well and use people's own selfishness to get what you want in life. People with a healthy dose of cynicism already look at social interactions and life events for what they are. Not as they want them to be. Did you really think marriage was a good thing to benefit you personally? Is that job actually hiring you because you fit the role? Does the 32 year old single mom sleep with your fat ass because you are great in bed? Nope. Marriage is to benefit the woman. Your job needs you only to make money. That woman needs a provider. However, to the non-cynic. Marriage makes strong families. Your job likes your work and personality. The single mom likes your sense of humor and Kleenex box color choices.

### **Morality**

Morals are standards of behavior and belief by society. Who really gets to decide what is moral? You do. You get to decide if your actions are moral or not. The morals of your actions should be dictated by your results. As long as there is not a law against it, it's moral. There it is in black and white.

- Telling the truth, *only when it benefits you.*
- Don't Gossip, *just use it to spread discontent against an enemy.*
- Respect others, *who have something to offer you.*
- Integrity, *you will be the only person with integrity in the room.*
- Seek justice, *especially when it will get you that promotion over the guy who was caught breaking the rules.*
- Serve others, *but only when they are giving something back.*
- Be charitable, *because people need to see your "good side".*

## **Conclusion**

Life can be what you make of it as long as you are willing to selfishly pursue your goals. Look out only for you and yours. Willing to do what is necessary to win.

# Dark Triad: Machiavellian

103 upvotes | June 16, 2017 | /r/TheRedPill | [Link](#) | [Reddit Link](#)

---

**Warning: This series is going to trigger bleeps and reds alike. I figure it's best you know that right out before you read it.**

I am going to start my series of the Dark Triad personality types. Machiavellian personality types get a bad rep for a couple of different reasons. The biggest issue is the morality of decisions or actions used to achieve your goals. The second problem is people get boiled down to what they have to offer, not who they are. The other part that people generally dislike is the lack of empathy. Many others have covered this in-depth so I am going to write it as examples vs theory.

## Deceit in Relationships

When you think about it, why do you ever need to tell the truth outside of the legal system? TRP members use this every single day and is almost institutionalized manipulation. We make our judgement that it is not harmful to either person because both persons agree with the end result. There is nothing wrong with this and as we shall soon read, bleepers also engage in the behavior but to an end that is not agreeable. You can lie to another person or mislead information to gain a result.

### *Examples*

#### *Girl is Obese.*

You could be honest and upfront with your girl and tell her that she is fat and unattractive. She deserves to be told by the person she loves most in the world that her health is at risk. She also should be told that you only find rolls desirable when they are on the dinner table. Fact is, only a few subsets of men find a busted can of biscuits attractive and you can find them at your local fair grounds. You already know how that conversation and possibly relationship is going to end. It should be noted that some men do get results with this tactic, so your mileage may vary.

The other way to actually get a result is never telling her she is obese. When she asks (oh, she will) when she looks fat in those pants you probably shouldn't answer back "it's not the pants". You could instead over time start going to the gym, changing your diet at home, and achieving results with your own body. You rub her hips, ass, and she will start notice all on her own that she is on the losing end of the attraction game. Casually mention events at the gym and new classes and see if there is any interest in going. Never pushing the issue. When and if she starts mirroring your diet and gym habits and becoming more attractive. You wouldn't have said you manipulated her would you? You did, and you hamstered that you are not a manipulator.

*Why is it then that one way worked and was considered immoral, when the other way destroyed the relationship?*

#### *Sexy Times*

You approach a woman in the bar who you find attractive. You project confidence, attractiveness, and begin a conversation with her. Imagine telling her all the good AND the bad things about you. You probably should mention up front that you have a three inch micropenis, one testicle, poor credit, and a debilitating health issue. Her panties are going to moisten right up and she will decide that your personality is so much more important than your health status.

Doubtful, you are probably not going to mention any of those things to her. In fact, you would

probably lie about them if she asks directly. Instead you run your PUA game and manipulate her into getting sex. Women in fact use sex as a manipulative tool as well and more often than men. The post-wall woman is ready to settle down and provides sex to keep the BB around. The blowjob to convince you to buy that new washing machine with the steam option was not manipulation.

### *Getting a career*

Most people in the work force have a pretty decent and truthful resume. They write down their qualities, job skills, past employment history. Then embellish a little bit, not outright lying, just gussying it up. They get the interview and answer the questions truthfully but don't offer up their bad qualities. Maybe or maybe not get the job. There are plenty more jobs out there.

Why not lie about your resume completely? Put down jobs you never worked at with skills you know how to do but no one would hire you for lack of experience. For each job have a friend pretend to be the HR person and provide the employer that phone number to check. Many people work for small companies who may not be in business anymore! You can't check a job that is closed down but you can still provide your old supervisor's phone number. Show up the interview prepared for the job duty questions and just tell them what they want to hear. As long as you show up to work and actually know how to do what the job requires. There will never be an issue if you are just a little out of practice or green as long as you can complete the work. You won't be able to do that with a college degree, people can check for free. You can fudge your GPA, as that is not provided through a FERPA request.

### **Cynicism**

Cynicism simply put is they believe that people are motivated purely by self-interest. In other words, they look out for themselves. You can trust me when I say that people are inherently evil and by extension selfish. Therefore, you could be as well and use people's own selfishness to get what you want in life. People with a healthy dose of cynicism already look at social interactions and life events for what they are. Not as they want them to be. Did you really think marriage was a good thing to benefit you personally? Is that job actually hiring you because you fit the role? Does the 32 year old single mom sleep with your fat ass because you are great in bed? Nope. Marriage is to benefit the woman. Your job needs you only to make money. That woman needs a provider. However, to the non-cynic. Marriage makes strong families. Your job likes your work and personality. The single mom likes your sense of humor and Kleenex box color choices.

### **Morality**

Morals are standards of behavior and belief by society. Who really gets to decide what is moral? You do. You get to decide if your actions are moral or not. The morals of your actions should be dictated by your results. As long as there is not a law against it, it's moral. There it is in black and white.

- Telling the truth, *only when it benefits you.*
- Don't Gossip, *just use it to spread discontent against an enemy.*
- Respect others, *who have something to offer you.*
- Integrity, *you will be the only person with integrity in the room.*
- Seek justice, *especially when it will get you that promotion over the guy who was caught breaking the rules.*
- Serve others, *but only when they are giving something back.*
- Be charitable, *because people need to see your "good side".*

## **Conclusion**

Life can be what you make of it as long as you are willing to selfishly pursue your goals. Look out only for you and yours. Willing to do what is necessary to win.

# Dark Triad - Psychopathy

25 upvotes | June 21, 2017 | /r/MarriedRedPill | [Link](#) | [Reddit Link](#)

---

Dark Triad - Psychopathy

**Warning: This series is going to trigger bleeps and reds alike.**

- First Installment - Machiavellian
- Second Installment - Psychopathy

Continuing to the second installment of the Dark Triad personality type we will discuss Psychopathy and examples as to what it might mean. Psychopathy is first and foremost a mental disorder that manifests as a very manipulative and charismatic person usually. There are of course hardened convicts with multiple murders under their belt that fit the same description. The traditional psychopath has zero empathy and no shame/guilt. The time you pushed your sister down and she started to cry and you felt bad that you hurt her? The psychopath is completely unable to feel guilt for their actions or those of others.

## Charisma/Charm

Charisma is a great tool for generating sexual connections with women. Even a fat but funny and interesting man has a shot at scoring a ten. This is where the psychopath really excels in relationships. Psychopaths are extremely charismatic and charming. Women will eat from the palms of their hands. Then, what, are some examples that we can show with this. Actually, it's incredible difficult to explain "it" but I believe I have found a few things which will give us a small glimpse.

Responding to emotions are power to women and men alike. When on a date have you ever sat across from a woman and she would drone on and on about themselves and the problems they are facing. It's easy to be off-put and not really pay attention. The harder part is to feed those emotions and let her talk about her. Reading her body language and feeding into the ques. Confident enough to help her deal with them and pretend to be a good listener.

## Drama Roller Coaster

I cannot remember or find where I heard the quote "A woman has a hole in their heart connected straight to the hole between their legs and all you have to do is fill that hole with as much as you can, until she can't take anymore, and take it all away". Bringing the highs and the lows to a woman is like feeding her chocolate. Finding what her buttons are is key. The willingness or the ability to push them is where the psychopath part of the triad comes in handy. Keep her addicted to the emotions that you provide her.

Women need approval of others, especially from men. You need to be able to provide your approval and willing to provide your disapproval. This is why negging works so well amongst other reasons. True it gets a bad rap, but it usually is done by socially inept people negging a girl on the first date. She needs your approval and when you take it away it generates feelz. Don't be afraid to tell her no or to stop doing something. Recently I planned a date night with the wife. She came downstairs wearing jeans and a blouse. She got very angry and pissed when I told her she wasn't wearing that. She was even more infuriated when I informed her to wear one of her black skirts with heels. When she came back down she was stunning and giggly as I carried her to the truck.

Women love drama. External, internal, it doesn't matter as long as it is happening. Starting a fight

with your woman over a perceived slight and carrying out a fight with her. Break up with her and ignore her. Then coming back and talking her back into your bed. Each time you do this its a little less effective that why it's not recommend. She will look for the anxiety in a relationship as a cue for the relationship dynamics. One of the most effective ways to create drama in the relationship is through the proper use of dread. Give her reasons to feel anxiety or be upset because you are an asshole. If you are creating drama, then make sure the drama is centered on yourself and not external sources. You can start an argument with her by accusing her of something ridiculous. There is also positive drama such as doing fun activities together so she can take this story back to her friends.

Side note: Men love drama too.

## **Empathy**

The lack of empathy is perfect for not giving a fuck. We have all learned through TRP that women are completely turned off by beta and omega men. Any woman is disgusted with a man who is too invested in her approval. That makes sense since we just read she needs approval from her man. How can she get approval from someone who is seeking her approval. The ability to switch off your emotions for her also creates anxiety in her.

Most of us are not psychopaths. We do generally feel emotions and have a conscious. This is why its important to learn how to compartmentalize these emotions. We want to be seen as strong men who can be the oaks in the relationship. As she has her ups and downs she wants to crash against you as an anchor for her inner self. Whiny little bitch men are not attractive to women. She doesn't want you to complain about her complaining. She definitely will not enjoy seeing you cry because something bad happened.

## **Sexuality**

Who here has heard that most women love cavemen sex? They like to be treated rough and feel like their bodies have been thoroughly owned after sex. When you don't care about the other's satisfaction in bed you free yourself up to be as aggressive or selfish as you want to be. Many women draw pleasure from the man having pleasure. Of course, as a psychopath, you need to realize that to keep the power in play. They must also make sure that their partners are being satisfied as well. Sexual relationships are a means to end for both people. Ensuring that your end is the outcome is important to you as a person.

The other part to this sexuality in the psychopath is the impulsiveness. Most women absolutely buy into impulsiveness and spontaneity. The psychopath is willing to sexualize at all opportunities and places. Spontaneously changing things up in the bedroom is the bedrock of The Sex God Method. Sneaking off to have sex in the weirdest and wildest places can be a great turn on for men and women alike. Introducing variety can bring about a more healthier sex life with your partner.

## **Illusion of Free Will**

The psychopath is extremely good at controlling people. Free will is not as free as you think, nor as honorable as you hope. The psychopath can exploit your free will by being the only person who offers you choices. We used to call this "a control freak" and there is a reason why it works so well. We choose from our presented choices and we are incapable of making a non-choice. Thus, he will use this against his partner. She could easily find another man. Now due to fallacies such as sunk cost and others, she is not willing to walk away. Illimitable men alludes to chemicals in the brain and being addicted. There are not just chemicals but also emotions that do not allow her to just leave and



find a guy who doesn't do that to her. As we know, emotions exist to override logic. For instance.

- Lie to you as often as possible and sometimes just for fun to draw her into his bubble.
- Constantly contacting her and taking up all of her time.
- Gas lighting is the order of the day, especially when you want to create drama.
- Making promises that are empty but get buy in.

## **Conclusion**

This article was much more difficult to write than I thought it would be. Learning how a psychopath can use his own lack of conscience as an extreme source of power to control others and achieve his goals was quite eye opening. The problem with a real psychopath is that every relationship is doomed. Which, if you just want to fuck your way through the seven continents its not a bad thing. If you are promoting a plate to LTR then you are going to have to tone some of it down and keep a proper balance. Women love drama, impulsivity, spontaneity, empathy, and commitment. If you can figure out the right balances, then she will be strongly bonded to you.

Edit: Added a missing sentence.

# Dark Triad - Psychopathy

91 upvotes | June 21, 2017 | /r/TheRedPill | [Link](#) | [Reddit Link](#)

---

Dark Triad - Psychopathy

**Warning: This series is going to trigger bleeps and reds alike.**

- First Installment - Machiavellian
- Second Installment - Psychopathy

Continuing to the second installment of the Dark Triad personality type we will discuss Psychopathy and examples as to what it might mean. Psychopathy is first and foremost a mental disorder that manifests as a very manipulative and charismatic person usually. There are of course hardened convicts with multiple murders under their belt that fit the same description. The traditional psychopath has zero empathy and no shame/guilt. The time you pushed your sister down and she started to cry and you felt bad that you hurt her? The psychopath is completely unable to feel guilt for their actions or those of others.

## Charisma/Charm

Charisma is a great tool for generating sexual connections with women. Even a fat but funny and interesting man has a shot at scoring a ten. This is where the psychopath really excels in relationships. Psychopaths are extremely charismatic and charming. Women will eat from the palms of their hands. Then, what, are some examples that we can show with this. Actually, it's incredible difficult to explain "it" but I believe I have found a few things which will give us a small glimpse.

Responding to emotions are power to women and men alike. When on a date have you ever sat across from a woman and she would drone on and on about themselves and the problems they are facing. It's easy to be off-put and not really pay attention. The harder part is to feed those emotions and let her talk about her. Reading her body language and feeding into the ques. Confident enough to help her deal with them and pretend to be a good listener.

## Drama Roller Coaster

I cannot remember or find where I heard the quote "A woman has a hole in their heart connected straight to the hole between their legs and all you have to do is fill that hole with as much as you can, until she can't take anymore, and take it all away". Bringing the highs and the lows to a woman is like feeding her chocolate. Finding what her buttons are is key. The willingness or the ability to push them is where the psychopath part of the triad comes in handy. Keep her addicted to the emotions that you provide her.

Women need approval of others, especially from men. You need to be able to provide your approval and willing to provide your disapproval. This is why negging works so well amongst other reasons. True it gets a bad rap, but it usually is done by socially inept people negging a girl on the first date. She needs your approval and when you take it away it generates feelz. Don't be afraid to tell her no or to stop doing something. Recently I planned a date night with the wife. She came downstairs wearing jeans and a blouse. She got very angry and pissed when I told her she wasn't wearing that. She was even more infuriated when I informed her to wear one of her black skirts with heels. When she came back down she was stunning and giggly as I carried her to the truck.

Women love drama. External, internal, it doesn't matter as long as it is happening. Starting a fight

with your woman over a perceived slight and carrying out a fight with her. Break up with her and ignore her. Then coming back and talking her back into your bed. Each time you do this its a little less effective that why it's not recommend. She will look for the anxiety in a relationship as a que for the relationship dynamics. One of the most effective ways to create drama in the relationship is through the proper use of dread. Give her reasons to feel anxiety or be upset because you are an asshole. If you are creating drama, then make sure the drama is centered on yourself and not external sources. You can start an argument with her by accusing her of something ridiculous. There is also positive drama such as doing fun activities together so she can take this story back to her friends.

Side note: Men love drama too.

## **Empathy**

The lack of empathy is perfect for not giving a fuck. We have all learned through TRP that women are completely turned off by beta and omega men. Any woman is disgusted with a man who is too invested in her approval. That makes sense since we just read she needs approval from her man. How can she get approval from someone who is seeking her approval. The ability to switch off your emotions for her also creates anxiety in her.

Most of us are not psychopaths. We do generally feel emotions and have a conscious. This is why its important to learn how to compartmentalize these emotions. We want to be seen as strong men who can be the oaks in the relationship. As she has her ups and downs she wants to crash against you as an anchor for her inner self. Whiny little bitch men are not attractive to women. She doesn't want you to complain about her complaining. She definitely will not enjoy seeing you cry because something bad happened.

## **Sexuality**

Who here has heard that most women love cavemen sex? They like to be treated rough and feel like their bodies have been thoroughly owned after sex. When you don't care about the other's satisfaction in bed you free yourself up to be as aggressive or selfish as you want to be. Many women draw pleasure from the man having pleasure. Of course, as a psychopath, you need to realize that to keep the power in play. They must also make sure that their partners are being satisfied as well. Sexual relationships are a means to end for both people. Ensuring that your end is the outcome is important to you as a person.

The other part to this sexuality in the psychopath is the impulsiveness. Most women absolutely buy into impulsiveness and spontaneity. The psychopath is willing to sexualize at all opportunities and places. Spontaneously changing things up in the bedroom is the bedrock of The Sex God Method. Sneaking off to have sex in the weirdest and wildest places can be a great turn on for men and women alike. Introducing variety can bring about a more healthier sex life with your partner.

## **Illusion of Free Will**

The psychopath is extremely good at controlling people. Free will is not as free as you think, nor as honorable as you hope. The psychopath can exploit your free will by being the only person who offers you choices. We used to call this "a control freak" and there is a reason why it works so well. We choose from our presented choices and we are incapable of making a non-choice. Thus, he will use this against his partner. She could easily find another man. Now due to fallacies such as sunk cost and others, she is not willing to walk away. Illimitable men alludes to chemicals in the brain and being addicted. There are not just chemicals but also emotions that do not allow her to just leave and

find a guy who doesn't do that to her. As we know, emotions exist to override logic. For instance.

- Lie to you as often as possible and sometimes just for fun to draw her into his bubble.
- Constantly contacting her and taking up all of her time.
- Gas lighting is the order of the day, especially when you want to create drama.
- Making promises that are empty but get buy in.

## **Conclusion**

This article was much more difficult to write than I thought it would be. Learning how a psychopath can use his own lack of conscience as an extreme source of power to control others and achieve his goals was quite eye opening. The problem with a real psychopath is that every relationship is doomed. Which, if you just want to fuck your way through the seven continents its not a bad thing. If you are promoting a plate to LTR then you are going to have to tone some of it down and keep a proper balance. Women love drama, impulsivity, spontaneity, empathy, and commitment. If you can figure out the right balances, then she will be strongly bonded to you.

Edit: A missing sentence.

## Houston

23 upvotes | August 29, 2017 | /r/MarriedRedPill | [Link](#) | [Reddit Link](#)

---

[removed]

# Hurricane Harvey

86 upvotes | August 31, 2017 | /r/MarriedRedPill | [Link](#) | [Reddit Link](#)

---

Uhm, I don't know how to put into words the last 96 hours. My house was flooded and ruined. My family? I got safely to her parents in Austin. The last days were spent using heavy equipment to rescue folks. Thank god for the Cajun Navy, the real heroes. My heart goes out to all Texans who came together and made the worst natural disaster ever a success. The loss of life, the rescues, everything. You can't Imagine. You can't believe. I was there, with my crew, rescuing folks, and cannot believe. The break in the rain is not the end. Don't get complacent. We saved lives, yes, and we are forever linked by this struggle. The real problems just begin....

My family is safe with her parents. I myself, am safe sleeping with a colleagues family. My volunteers from work are back with their families. most of us are now safe, but we cannot find food and supplies. Everyone knows somebody, yada yada yada. The most important thing you can take away from this. You can only rely on yourself and your neighbors. No longer is that just a feeling, its a reality. If you want to see the real news watch abc13, fox26, or khou. The local news are showing whats going on.

It's early in the disaster. Most of you are asking what can you do? Not much unfortunately. Check this [link](#) and donate cash to local shelters. Check into the [real heroes](#) and donate to them. Many of these men I worked with in the dark of night to pull people from the water. Unless you have a helicopter and can airlift in supplies, donate cash to these local people.

As for me, I am headed off to sleep the sleep of a thousand sleeps. My family is safe. I am staying with colleagues, my crews went home to their families.

Texans helping Texans. That's where the real work is done.

# Dark Triad - Narcissism

7 upvotes | November 17, 2017 | /r/MarriedRedPill | [Link](#) | [Reddit Link](#)

---

Dark Triad - Narcissism

**Warning: This series is going to trigger bleeps and reds alike.**

- First Installment - Machiavellian
- Second Installment - Psychopathy
- Final Installment - Narcissism

The last installment of the Dark Triad personality type we will investigate is the Narcissist. Narcissism is a mental disorder that is exceedingly rare in the population (<1%) and is a trait that exists in every person. Classically it would be a person who has a lack of empathy and a need to be in the spotlight. This is what you would call the arrogant person who has a constant need for admiration. This disorder comes with some very desirable traits that we can use for our own purposes. The larger question is, can we imitate some of these behaviors for our own gain in love/life?

- Superiority Complex
- Associate with other gifted/unique people
- Obsessed with success/beauty/power
- Use others to fill own goals
- Arrogant attitude
- High self esteem/confidence
- Demands special treatment

## Superiority Complex

The superiority complex is a very useful tool for the red pill man. There should be a need or desire inside of you to be better than the next person. Usually someone would describe a complex as a defense mechanism, but it can be more than that. The attractive part of the trait is that you become the best in a specific area that you have been working. This ties into your frame. Let's take lifting for example and the natural superiority complex that comes with it. When we start at the gym, especially as me, and have never lifted weights before. There exists an inferiority as you compare yourself to others in the gym. The guy in the mirror getting the pump from the 25lb barbell around his 125th rep knows what narcissism is. Yet, as we lift regularly, and our squat moves from 45lbs to 300lbs, there is a natural tendency to feel better and stronger than others. As you walk around at work you notice that other men are weaker than you. This feeds into the next thing.

Be obsessed with your appearance. You need to go see a professional to get your hair styled. Buy some new clothes that fit really well. Start eating better. Once you look good, you are going to start feeling good. When you start feeling good and being attractive, the next thing comes with it.

## High Confidence

Confidence is the knowing that you will succeed (self-assurance) and display this behavior outwardly. This is a very attractive trait for a male to possess. Many people believe that you either have it or you don't. This is simply not true. Confidence is a learned trait, and the earlier you learn the train the stronger your confidence naturally is. This is something that you need to fake until you make

it. If you are spinning plates you can understand how confidence is important in drawing people to you. There is a book "When I say no I feel guilty" and it has a nice quote that says "People only have so many no's" and that is true. One step to building your confidence is to start training on how to overcome rejection. Then we can you can realize that someone will say no only so many times you can begin to use your confidence to manipulate others into accomplishing things you want to be done. There was also a semi-well known user /u/[deleted] that wrote a really interesting post called Irrational Confidence.

### **Law of Power #6 & #7**

"Everything is judged by its appearance; what is unseen counts for nothing." -6

"Use the wisdom, knowledge, and legwork of other people to further your own cause" -7

Many people on here have asked me about career guidance and help in promotions or pay raises. My answer is always the same. You have to be seen working on the big important projects and manage your perceptions. Many managers wrongly do not care about their work horses. The person who does the **eight and skate** but completes all of the boring work everyday is the most secure person in that office for their job. They will routinely be overlooked for everything of importance to their career. Only when they turn in their notice will they ever be offered something out of the ordinary. The great employees are rewarded more often because they will leave if you do not. The work horse is tied to his plow.

Enter the obsession with power. The narcissist wants people to see him, and wants people give him special treatment. You need to possess the desire and the will to go out into the world and take what you want. Be willing to earn it, and earn it smartly.

- Ask people for favors with no intention of returning the favor.
- Return the favor if it is advantageous to you.
- Share credit when you can. If it goes sideways others can take the hit for you.
- Play people against one another to suit your interests.
- Look out only for yourself, and your direct superior.
- Some colleagues are disposable, they are your base of power.
- Use others as scapegoats to keep your hands clean.
- When you do something important, make sure it is seen by your superiors.
- When you fuck up, make sure your superiors don't know it.
- Only closely associate with other high powered colleagues.

### **Your relationships**

When it comes to women, some things hold true more than others. AWALT is not always AWALT, unless it's AWALT. This should remind of you the adage "Be mean, Keeps her keen". A narcissist in a relationship is going to do the following things:

- Constantly degrade her
- Constantly test her
- Reward when passed
- Guilt her

The narcissist is doing all that and the woman would never even think about leaving him. The men in



those relationships, albeit, are taking this way too far even to the damage of her psychologically. When used by the red pill man he can dial these behaviors down, and tweak them to his individual woman.

Example time. When is the last time your wife/plate came out of the dressing room and you simply asked "Is that what you are wearing tonight?". Probably never, right? Are you afraid she will get mad at you and hurt your feelings? When she asks what's wrong with the outfit simply tell her it looks plain. No one wants to be a basic bitch. When she goes back and comes out stunning. Time to reward her in your own way. Notice how her face lights up and she becomes happy. You just manipulated her and she is happy for it. Funny how it works like that.

## **Conclusion**

There is nothing new to learn in this post. You need to have high confidence, look attractive as you can, treat people in a way that gets results, and try to succeed at work. Narcissistic tendencies are centered around yourself and no one else matters. This means to put yourself first in your life, even to the detriment of others. There is no such thing as brotherhood in this life. There is no honor in going down with the ship.

# Dark Triad - Narcissism

86 upvotes | November 17, 2017 | /r/TheRedPill | [Link](#) | [Reddit Link](#)

---

Dark Triad - Narcissism

**Warning: This series is going to trigger bleeps and reds alike.**

- First Installment - Machiavellian
- Second Installment - Psychopathy
- Final Installment - Narcissism

The last installment of the Dark Triad personality type we will investigate is the Narcissist. Narcissism is a mental disorder that is exceedingly rare in the population (<1%) and is a trait that exists in every person. Classically it would be a person who has a lack of empathy and a need to be in the spotlight. This is what you would call the arrogant person who has a constant need for admiration. This disorder comes with some very desirable traits that we can use for our own purposes. The larger question is, can we imitate some of these behaviors for our own gain in love/life?

- Superiority Complex
- Associate with other gifted/unique people
- Obsessed with success/beauty/power
- Use others to fill own goals
- Arrogant attitude
- High self esteem/confidence
- Demands special treatment

## Superiority Complex

The superiority complex is a very useful tool for the red pill man. There should be a need or desire inside of you to be better than the next person. Usually someone would describe a complex as a defense mechanism, but it can be more than that. The attractive part of the trait is that you become the best in a specific area that you have been working. This ties into your frame. Let's take lifting for example and the natural superiority complex that comes with it. When we start at the gym, especially as men, and have never lifted weights before. There exists an inferiority as you compare yourself to others in the gym. The guy in the mirror getting the pump from the 25lb barbell around his 125th rep knows what narcissism is. Yet, as we lift regularly, and our squat moves from 45lbs to 300lbs, there is a natural tendency to feel better and stronger than others. As you walk around at work you notice that other men are weaker than you. This feeds into the next thing.

Be obsessed with your appearance. You need to go see a professional to get your hair styled. Buy some new clothes that fit really well. Start eating better. Once you look good, you are going to start feeling good. When you start feeling good and being attractive, the next thing comes with it.

## High Confidence

Confidence is the knowing that you will succeed (self-assurance) and display this behavior outwardly. This is a very attractive trait for a male to possess. Many people believe that you either have it or you don't. This is simply not true. Confidence is a learned trait, and the earlier you learn the train the stronger your confidence naturally is. This is something that you need to fake until you make

it. If you are spinning plates you can understand how confidence is important in drawing people to you. There is a book "When I say no I feel guilty" and it has a nice quote that says "People only have so many no's" and that is true. One step to building your confidence is to start training on how to overcome rejection. Then we can you can realize that someone will say no only so many times you can begin to use your confidence to manipulate others into accomplishing things you want to be done. There was also a semi-well known user /u/[deleted] that wrote a really interesting post called Irrational Confidence.

### **Law of Power #6 & #7**

"Everything is judged by its appearance; what is unseen counts for nothing." -6

"Use the wisdom, knowledge, and legwork of other people to further your own cause" -7

Many people on here have asked me about career guidance and help in promotions or pay raises. My answer is always the same. You have to be seen working on the big important projects and manage your perceptions. Many managers wrongly do not care about their work horses. The person who does the **eight and skate** but completes all of the boring work everyday is the most secure person in that office for their job. They will routinely be overlooked for everything of importance to their career. Only when they turn in their notice will they ever be offered something out of the ordinary. The great employees are rewarded more often because they will leave if you do not. The work horse is tied to his plow.

Enter the obsession with power. The narcissist wants people to see him, and wants people give him special treatment. You need to possess the desire and the will to go out into the world and take what you want. Be willing to earn it, and earn it smartly.

- Ask people for favors with no intention of returning the favor.
- Return the favor if it is advantageous to you.
- Share credit when you can. If it goes sideways others can take the hit for you.
- Play people against one another to suit your interests.
- Look out only for yourself, and your direct superior.
- Some colleagues are disposable, they are your base of power.
- Use others as scapegoats to keep your hands clean.
- When you do something important, make sure it is seen by your superiors.
- When you fuck up, make sure your superiors don't know it.
- Only closely associate with other high powered colleagues.

### **Your relationships**

When it comes to women, some things hold true more than others. AWALT is not always AWALT, unless it's AWALT. This should remind of you the adage "Be mean, Keeps her keen". A narcissist in a relationship is going to do the following things:

- Constantly degrade her
- Constantly test her
- Reward when passed
- Guilt her

The narcissist is doing all that and the woman would never even think about leaving him. The men in

those relationships, albeit, are taking this way too far even to the damage of her psychologically. When used by the red pill man he can dial these behaviors down, and tweak them to his individual woman.

Example time. When is the last time your wife/plate came out of the dressing room and you simply asked "Is that what you are wearing tonight?". Probably never, right? Are you afraid she will get mad at you and hurt your feelings? When she asks what's wrong with the outfit simply tell her it looks plain. No one wants to be a basic bitch. When she goes back and comes out stunning. Time to reward her in your own way. Notice how her face lights up and she becomes happy. You just manipulated her and she is happy for it. Funny how it works like that.

## **Conclusion**

There is nothing new to learn in this post. You need to have high confidence, look attractive as you can, treat people in a way that gets results, and try to succeed at work. Narcissistic tendencies are centered around yourself and no one else matters. This means to put yourself first in your life, even to the detriment of others. There is no such thing as brotherhood in this life. There is no honor in going down with the ship.

## She Doesn't Deserve the New Me

41 upvotes | November 17, 2017 | /r/MarriedRedPill | [Link](#) | [Reddit Link](#)

---

She didn't deserve the old you either but you served it up on a silver platter everyday. Many people think that this feeling is part of the anger phase and I postulate that it is a different thing altogether.

/u/SorcererKing wrote this fascinating post

[https://www.reddit.com/r/marriedredpill/comments/2xi8sc/moving\\_past\\_the\\_mrp\\_anger\\_phase/](https://www.reddit.com/r/marriedredpill/comments/2xi8sc/moving_past_the_mrp_anger_phase/)

damned near three years ago. The idea that you can move past the anger phase is a very important cornerstone of the MRP program. The anger phase works like this:

- Get pissed.
- Do something smart about it.
- Realize she was being a woman.

Did your wife deserve some of the blame of how your marriage ended up? To hear some around MRP tell it, it was all your fault. She was blameless in the marriage. The answer is a blend of yes and no. She acted like TRP thought she would, but she also had a conscious choice in how things ended up. When you look at it from this direction you can see why you would hold a grudge for shouldering all that responsibility. When others tell you to shut up about it and work on you, that's because in reality it's the only thing you control most of the time. You can't set about fixing her, but by changing your ways into an attractive man. You are subtly manipulating her.

### **She got worse as you did, she improves when you do.**

Usually around this time in the relationship you have probably gotten through the anger phase. Or, at least, we hope you have gotten there. Then when you have kind of hit your stride and things are going good in your life. Why are you looking at her with disdain? My story is a bit like that. I spent the past three years figuring out how to be more MRP and less beta. When I hit my stride, I was looking back at her and wondering why she didn't improve with me. She didn't ever take up any of the cooking, she only went to the gym because I did. Hell, it seemed like she was doing the bare minimum to keep my paycheck in the bank. Flash forward to today, and she is everything I need at the moment and I look elsewhere/inwhere to get the rest.

My first thought that really this was a double secret probation covert contract. That would make some sense because it explains that you start MRP to improve your marriage. What it does not explain is why you suddenly think you are better than her. So the covert contract wraps up the problem, but it fails to make a solution. Even upon realizing the contract you still feel that way. Should this have been anger, it would fleet as anger tends to do. Your wife/ltr/plate is doing everything you want but you just aren't satisfied with it. Trying to find a solution just shows you cannot be pleased.

I am going to call this The Warrant Phase or some other equally stupid name if I can figure out just exactly what it is.

# The Financial Hustle

6 upvotes | December 7, 2017 | /r/RedPillWorkplace | [Link](#) | [Reddit Link](#)

---

The Financial Hustle

87 points•93 comments•submitted 2 years ago \* by [red-sfpplustells](#) 1000 lb club pussies to fuck off to [r/marriedredpill](#)

---

Learning how to "financial hustle" has been one of the most important developments of my 30's.

I believe the financial hustle is analogous to plate theory, and that is:

**Do not invest 100% of your time in any job, and expect great success doing so.**

Time is the one resource, that no one can create more of. Therefore, to maximize your hustle you need to devote a certain amount of time to it.

Up until the age of 30 I was a 100% dedicated company man. I did my job, punched in, served my clients and assumed that salary raises, bonuses, etc. would come my way. I was a corporate nice guy.

When I was downsized around the age of 30, I realized that I need to diversify my income stream. This job loss exposed a major single point of failure in my life. I was 30, wife and two kids with less than \$5000 in the bank. This was my first taste of real fear. Me going hungry is one thing, my 6mo and 2-year olds? No fucking way. I wanted to get paid multiple different ways. After six months or so I got that new 100% job, and everything was OK again - but something was different this time.

During the six months I was without a job - I had been doing work for my old clients directly. I fired up an LLC and I was a 1099 contractor for them. I invoiced them, and they paid. But it wasn't always on time, 30 days to pay invoices, etc. I couldn't rely on it for a steady stream of income, but at the same time I had bills to pay and kids to feed, so I did what I had to.

Once I got my new 100% job, I debated for a week or so about telling my clients I would no longer have the time to service them. Then I thought - that is silly...why give that income up? Why can't I do both? So that is what I did. Some may say that this is where my "**moral compass**" broke, or was readjusted. I have certainly heard that argument from many people.

But red-sfpplus - how can you do that? How can you work a main job, then do a side hustle like that - it is unethical. Whatever bro, you do you. I decided to work my 8-5 job and still take care of my clients on the side.

As time passed, my clients who I did work for just went away by attrition. Nothing anyone did, they either went out of business, sold or whatever. But during this time, I was still working my 100% job, but I was taking that "side money" and spending it on things. I still was not making my money work for me. We were taking vacations, buying stuff, etc. The one thing I did not do was ever get "used" to the money. I never took on any additional debt during this process. It was play money.

After the attrition happened, I was down to my one job. And I was bored and underutilized. I had choice - I can surf reddit all day, or you know what? I am in IT - I can do a 40 hour per week job in 20 hours or less. I have excellent time and expectation management skills. I am very good at making myself appear busy. I always deliver on time, and rarely procrastinate on things.

I decided that I would see if I could get a second full time job doing something similar to what I was doing now. However, I did not want the exact same job - I wanted an easier one. If I made 100K at

my main job - I wanted my second job to only pay in the 60K range. This was a strategic move to manage expectations. If I got two high demand, high performing jobs - it would likely be too much. I needed one high, and one low expectation job. So that is what I did.

I was an Architect at Company 1, and an Engineer at Company 2. People at job 2 thought I was greatly overqualified for the job, but they didn't care. I blasted out the work. They probably thought - What is this guy working this job for?

So here I was - I had two jobs. I worked them both remote, neither knew about the other and life was OK. But it still wasn't enough. There was something burning in the back of my mind...

I eventually came to realize, that I was not diversified. All my eggs were still in the IT basket. I still had to GET UP and do work, use my own cycles to generate that income. I wanted income coming from another source completely and I wanted it to come in passively. What happened next, was nothing more than an error turned into luck. I got into real estate by accident. I was getting close to 35 right now and we moved from our hometown to Dallas to start a new life. We could not sell our house back home to save our lives, so I said fuck it - and I rented it out.

I had no idea what I was doing, all I know is that I had to figure it out. I had the house rented out in less than 2 weeks and we moved to Dallas. A year later I read the book "The Millionaire Real Estate Investor" and learned about leverage of assets. This book, changed my life as much as The Rational Male provided clarity.

Real Estate has always fascinated me. People are programmed from the time they are kids to "buy a house, get married and have kids" - why should I not exploit that line of thinking? I do not need to sell them on the idea of home ownership, that has already happened. So that is what I did.

So now, a year later at 36 or so we have moved - I have my two IT jobs, and now I have a revenue stream coming from our home we own back home. What is next? LEVERAGE. Leverage the equity you have.

And this is when it has gone from 20mph to 100mph. In the last few years I have dedicated my time to learning about financial investment, and leverage of assets. It takes less capital than you think - you just have to be willing to lose it all. But that is OK because I have my pyramid and multiple points of fall back. No one will go hungry.

How many of you are sitting on 50K in equity in your home? What if you took that 50K and purchased another home to rent out? Now you have two assets generating income, someone else is paying your mortgage, you buy a homeowner's warranty policy to cover shit that breaks, and you just chill? What if I said that is exactly what my next move was?

I continue to grow my financial hustle. I continue to learn and grow my skill set. I have learned that the only person that gets 100% of me - is me. How many people go all out at that job they have - they put 100% of themselves into it. The only one benefiting from that relationship is your employer.

Now I take the opposite approach. I purposefully do not try to "max" myself out at any single employer. I specifically look for the job that does not max out my capabilities and skill set, I look at each one with a different lens and see what value I can extract from them to fuel my mission. All I want from these people is "X" amount of money or benefits. Nothing else. I do not expect them to ever be an LTE (Long Term Employer). Would you rather have one main job that pays you \$150K a year, or two? One that pays \$110K and another at \$60K? Which combination is easier to get? Which one maximizes your time and abilities? Which scenario gives you a fall back in case of unexpected

unemployment?

So, as I come full circle - what I learned at the age of 30, is that there is ZERO, and I mean ZERO corporate loyalty anymore. If you think that showing up 40 hours a week, punching a clock and putting 6% into your 401K is a good plan, well friend you have some things to think about.

I structure my hustle like a pyramid. My main "job" is my base. It covers all my expenses, provides benefits, etc. It is a job that is pretty close to what I would want, if I only had one job. My secondary job, I really do not care about. It gets little time and attention, other than what is necessary to "do the job." It is probably 50% or less of my actual abilities. If it last 12-24 months, then great. There are more out there.

Real Estate is my first passive income stream. I have two families that go to work, and pay my mortgage payment, plus a little more AND I own the assets. I can use THEIR equity they pay me, to leverage into other things that make me money. This is the power of leverage as you begin to understand it. It is a very powerful concept, and one that is hard to appreciate until you experience it for yourself.

Financial investing is my "passive aggressive" income stream. It takes as much time as my main job as I am still learning, but also carries the most risk/reward. I am new to this. It started about a year ago and it is so far doing OK. But we will see.

When you add up all these things, you get to the 100% of my financial hustle capacity. Even if I lose my base job - Job #1 - it is OK because I have a lifestyle that can easily be retracted if needed.

We talk about books a lot here, so I will add some of my favorites:

Total Money Makeover

The Millionaire Next Door

The Millionaire Real Estate Investor

The Power of Habit

All of these books, have been instrumental in me learning how to leverage the money I make with my TIME into more money, thus freeing up more time to do other interesting things.

When I explain this to people, people kind of look at me sideways. There was no grand plan on any of this, in fact quite the opposite. You could say it has almost been one fuck up after another. Most people shit their pants when they have a house they can't sell. Meh, turn that shit into a positive. Move on with life and grow.

I have made a personal goal, that my "retirement career" will be different than my "youth career" I do not want to be in IT when I am 50. I do not want to have 2 IT jobs at 50. Ideally 0 IT jobs at 50 would be great.

But, only time will tell...



# The power of holding frame (Business Example)

1 upvotes | March 5, 2018 | /r/RedPillWorkplace | [Link](#) | [Reddit Link](#)

---

The power of holding frame (Business Example)

172 points•[38 comments](#)•submitted 2 years ago \* by [Lendoran](#) to [r/TheRedPill](#)

---

This is by far one of the funniest situations that I have come across in a while.

If you've seen my previous posts you'll know that I started and run multiple online businesses since the age of 17. I've learned a stupid amount of things from my experiences working with people.

Now I have a story about one of my workers. When my first business was at it's peak, I had a period of status. Websites, magazines and small groups were interviewing me for my projects. It got to the point that I had to make multiple accounts for every sort of platform I had to prevent people watching my lifestyle.

That was probably when I had the most power and could change the careers of certain individuals, and this was exactly what I did. I found an artist one day who looked so down on her luck. This girl had a very unique style of drawing that I felt could generate a good amount of interest if done right. I emailed her and introduced myself. We talked about the whole process for a while as she allowed me to walk her through my plan.

Cut a few months later and I've made her big. Before me, she had zero freelance work and was considering going into obscure styles in order to gain views, let alone payment. After working with me for about a year she began to receive commissions, freelance work and many followers.

That is where things started to go downhill. Instead of continuing to work harder for me the woman decides that she's quite content with the amount of money she's making on the side and starts sending me sloppy work. Occasionally she'd tell me that she was going on holiday for a few weeks only for me to see that she was updating her page in the off time.

At one point she seemed to be incredibly angry with me because of the extra work I'd make her do and this led to her deciding to leave the team.

I agreed and didn't chase her on it. Keep in mind, I really needed her work. She is one of the most recognisable people on my team and losing her would greatly affect my earnings but I didn't bother to chase her at all.

I take her name off my pages. That was in December. Today she emails me THREE times asking to see if I have any work. In the email she is offering to work for me for free until I feel comfortable enough to pay her. Those were her exact words.

Take from this what you will but it can be applied to the real world too. Never compromise yourself for anyone else. If you lose a girl, you can gain another. Sure I could have persuaded this girl to stay at the cost of higher pay/less work, but in doing so I would be handing her my power. By letting her go, I made her realise that she isn't as important to me as she thinks. I did not contact her at all. No contact is the best tool.

On a general note, I simply love hiring women. This isn't because men are difficult, all the men I hired are brilliant workers who stick to schedules. The women are just very interesting to observe, last year I bought tickets for everyone to fly over and spend a weekend together. None of the girls

brought their boyfriends nor did they tell them about me. My head girl earns quite a high amount from me yet never tells her boyfriend where the money comes from.

The truth is that this whole gender battle situation does not exist in the online world. You can't be sexually harassed through a skype group chat. You can pay women whatever you want and there is quite literally nothing they can do about it. This is why I make it a point to pay my girls a decent amount of money.

One girl I previously worked with (A youtuber with 60k subs) told me that she had worked with big youtube channels like Screw Attack. I was shocked and asked her how much they paid her considering that these guys are millionaires.

She told me that the pay was less than \$100.

To put that into perspective, a respectable voice actor will demand a minimum of \$200 for something serious.

Instead of backing out, she took the payment because of the exposure it would get her.

It's all an interesting perspective.

Cheers.

EDIT-----

Due to the messages and questions I have been receiving I decided to write a short book on the concepts I have learned if anyone is interested. It details everything from status to body language to confidence and business. You can check it out here: <https://www.amazon.com/dp/B07V9KH48S>

# TRP lessons from business: from ramen noodles to Forbes 30 under 30

1 upvotes | March 5, 2018 | /r/RedPillWorkplace | [Link](#) | [Reddit Link](#)

---

TRP lessons from business: from ramen noodles to Forbes 30 under 30

874 points • [135 comments](#) • submitted 2 years ago \* by [CasaDeFranco2](#) to [r/TheRedPill](#)

---

- My startup journey coincided with my application of TRP principles.

Dostoevsky once wrote, "To live without hope is to cease to live."

It is only through a life struggle that you will achieve greatness. The good life will kill you long before you are dead.

I went from an overweight supply chain exec in my mid 20's, living with an older woman, no real friends (post military social life died) or understanding of my life goal; to making \$7.6MM last calendar year, being listed on Forbes 30 under 30, fittest I've been since I left the military, a good close circle of friends who inspire me and finally a passion for my vocation. (Proof at bottom).

I won't expound on dating, relationships or lifting, these I'm trying to constantly improve but I will illustrate the principles that helped me find my direction, my raison d'etre and accordingly increase my SMV.

## What's the most important skill for an entrepreneur?

A mentor dropped this question in my lap, he paused patiently waiting as I considered my response.

### People.

Understanding people.

The biggest asset you have before you in your ability to understand people; including yourself.

### 1. Understand your customer

Understand a pain point you have or customers have. Would people pay for a solution?

Be it cloud data solutions, instantaneous translation; or quick internet data search.

Find a solution, build it and engage with customers who will pay for it.

### 2. How to recruit talent and manage people

People execute on your vision. Your ability to recognize talent, to convince them to take substantial salary cuts, to train young professionals, and most importantly to challenge, reward and retain them is critical.

Recruit students or recent graduates looking for a new challenge, or experience in a new vertical in your industry, the best candidates demonstrate they have worked in side projects or leadership in social activities. Demonstrate that your product or technology is potentially 10x better than any other product on the market. Sales is like dating, if you can convince a woman to get fucked you can most likely sell an opportunity to someone who's hungry.

Once you have these engineers on board, give them a probationary period, let them demonstrate you made the right choice. If you don't, terminate their employment. If they prove you're right; issue

them equity (make this equity with a 12 month cliff and 3 year vesting - make them earn that equity and build it's value), pay them your wage, and build a company culture of working hard and encouraging competition.

Create objectives with quantifiable milestones.

If he is a mechanical engineer, design this component by the project plan timeline, if he is a sales executive, close this contract or execute the MSA by date x, etc. Hire two of a role if budget permits, appeal to their competitive drive and transparently illustrate which of the two is performing better. Men want a challenge, they want to grow, they want someone who recognizes their hard work and rewards it.

If you close x or perform beyond my slightly high expectation, we'll have a glass of whiskey to celebrate, I'll note your high performance at that weekly meeting and I'll give him a bonus in equity from the company ESSOP at their annual review.

Give credit where credit is due.

But conversely, critique bad performance, state I know you're working hard but I'd suggest you do this, prove you can live up to my expectation. Be short, concise in your admonishments.

Execution is everything.

If they continue to perform poorly, assess expectations, if they are reasonable then I'll line up a brief discussion, if there is no improvement you must terminate their employment. Hire fast, fire fast; dead weight will kill your company.

As a leader you will also have to continually improve and work on your leadership qualities which moves into the second point.

### **3. Learn from other people's mistakes**

The greatest tool TRP ever taught me was that knowledge is best attained from wise counsel not by making mistakes. Either from reading the words of men long gone like Aurelius or by surrounding yourself with men who have more experience than you, this is the quicker and less painful method of learning.

If you read a book from an author who has been instrumental in your thinking, or who inspires you. Contact them; you will be surprised at how many will respond.

I identified 5 executives who were either still in industry or had recently retired, and invited them for a coffee to discuss their experiences and insights they could share. Rinse and repeat until you have a network of 10 executives. This will only cost you time and often instead of costing you money, this network will be critical for the most important element in your business, money.

### **4. Network with people**

People don't invest in ideas or products, they invest in people. When they observe you, a young leader taking a limited wage, and a team of good engineers working under salary, that's the team many will choose to invest in.

If you're not rich, surround yourself with rich people - this sounds easier said than done. Dress nicely, get some nice quality cards printed and network at events like conferences, use LinkedIn to network, don't be afraid to leverage your personal network. Use monthly meetings to illustrate that you are hard working, always ask for assistance where possible and demonstrate that you are coachable, and finally have your actions illustrate that your team can execute.

Ask advisors for introductions to investors and network with investors.

## **5. Manipulate people - utilise propaganda**

The key to understanding people is recognising people seldom think independently.

FOMO or fear of missing out is a big driver in investment and typically if your advisory board members invest their friends shall also.

This also applies to customers. An easy way to also get increased exposure if leveraging the media, we planted several stories in the media regarding our company which helped drive B2B customers to engage with us. I can expound on this further as this is an art form itself and also a reflection that journalism standards have decreased considerably.

This helped us achieve our first 7 figure contracts.

Close your Pre A round, like managing your team set dates and keep people on point. Likewise drive customers through a CRM and keep them pushing through the cycle. Always be closing.

Also as with women, always have a plan B and plan C as investors can be fickle.

## **6. Understand yourself**

Finally the most important person is you, as a senior executive in your company you're instrumental in determining the vector of your business and secondly in executing the boards directions.

Always get enough sleep

Eat well

Work out

Hold yourself to a high standard. Qualis rex, talis grex. Work hard with your team.

Use your team and delegate where possible. You want to make yourself obsolete and hire those who can do time consuming tasks better than you so you can concentrate on the broader vision.

Get a recommended financial planner, don't spend your money beyond when you were poor - particularly with women. Establish a trust in BVI and use it to hold your equity and purchase large assets like houses etc. Do not get married without a solid agreement executed before and mitigate the damage of a defacto breakup or divorce by shifting your assets to external vehicles - speak to a professional for localised advice.

Approach women with the exact same approach one takes to business, transactional. Business will teach you skill sets useful for women, act with indifference, use long silences used in negotiations, have a limited time schedule, listen more and talk less, dress for success and know your value.

## **7. Endgame**

When you are at your top, be careful of the fall.

Have fun but not too much fun - keep on working and don't touch cocaine or other hard drugs. Say good bye to free time until you cash out.

Do not rest on your laurels, take a short break and repeat the above and leverage your experience and network to accelerate time between startup and IPO / Cashout.

Surround yourself with good people and focus on the next challenge. God speed

*Casa De Franco*

If anyone is starting a business feel free to post a comment with questions here and pm me.



# Conquering the voices in your brain and achieving whatever you want in your life.

2 upvotes | March 5, 2018 | /r/RedPillWorkplace | [Link](#) | [Reddit Link](#)

---

Conquering the voices in your brain and achieving whatever you want in your life.

599 points • [47 comments](#) • submitted 2 years ago by [princeahole1](#) to [r/TheRedPill](#)

---

First post here, hope it provides some value to you.

I've always been fascinated with mindset. I believe that mindset is about 80% of your results.

I've read a couple books on mindset as of late and these concepts can not only apply to your dating life, but to your fitness, business, work, family life, and more.

We have 2 types of voices in our head: One side of your head we call our rational head, and our emotional head.

## Rational Head

This is the side of our head with the best intentions in mind. The one that takes into account your long term goals, and has the processes in place to achieve such goals. If utilized and optimized correctly this can account for nothing short of incredible results. This side of the brain wants you to start that next business. This side of the brain wants you to approach that hot girl on the street. This side of the brain wants you to eat keto and count your macros so you can get shredded for summer or the show. This side wants you to get up at 5AM and go for a run. This side of the brain wants you to go up to your boss and ask for a promotion that you thoroughly deserve. The only thing stopping it? The emotional head.

## Emotional Head

This is the side of our head that has the now in mind, and completely disregards the future in any way, shape, or form. This head has formed an identity of who you are and won't budge to change such identity. This is the side of you which wants you to abandon that business idea, you aren't an entrepreneur. What are you thinking? This side of the brain wants you to stare at the hot girl walking by you and take no action. You don't approach girls on the street, that's not you, that's intrusive, you're an introvert, etc. That side of the brain wants you to eat pizza and ice cream and watch netflix instead of going to the gym and sticking to your diet. You'll never get a six pack anyway so why bother trying? This side wants you to snooze away and sleep in till 1PM and get nothing done.

## Conquering the emotional head

So you may be asking yourself; how do I conquer this emotional head? Quite a variety of ways:

1. *The 5 second rule*, the Just Do It principle. Debating on snoozing? ***\*\*Get the fk up.\*\****
2. *Shaping your new identity*. In a nutshell, this basically means to craft the person you want to be, convince yourself that you already are that person, and act that way, until one day it becomes natural.
3. *Ignore it*. This is probably the hardest to do, and will result in most cases in relapse but I have seen some people who it works well for.

4. *Dive headfirst into it and give yourself no safety blanket.* Reluctant to go to the gym? Instead of doing a 1 hour workout, do a 3 or 4 hour workout, and a intense one. Make sure you are gasping for air afterwards. Quit your job and go after that business idea all-in.

### Thought Processes You Need to Go Through

Another aspect to conquering this emotional brain, is to take it with consideration and find a balance.

1. Say you want to start that business. Your emotional brain says statistically, 80% of businesses fail. That's factual, but have you ever **TRIED** such business? Do you see a trend why these 80% failed? What did the other 20% do differently to succeed? Are there any *ACTUAL* Barriers preventing you from starting such business? Maybe capital is one of them. Valid excuse, given you've talked to actual investors to see if they are sold on your idea.
2. Your emotional brain says you don't have time to go to the gym or prep food. Have you ever broken down every single hour in your day? Do you honestly not have a measly 2 hours to get a quick workout in and throw some meat in the oven? Don't have time? Are your really prioritizing your life right?
3. Something that resonates with some of you, approach anxiety. You want to approach that girl at the bar, she's sitting with a guy. Your emotional brain says "That's probably her boyfriend, there's no point" *Probably*. You have no idea until you actually approach her.
4. You want to wake up early and be productive. You're emotional brain wants to snooze and get a couple more hours of sleep. Nothing is pinning you down, forcing you to sleep, and if you can extend your arm to click the snooze button you can use your arm to prop you up.

### How this applied in my life

I used to be a straight up loser. I convinced myself I was one. I was short, fat, Asian, forever alone, introverted, can't talk to girls, etc. I was a disaster. I was this way for a damn long time. Inside I knew, somehow, I was a winner. I ignored this voice (the Rational head).

One day, I needed money and I got hired as a telemarketer. But I convinced myself I was a terrible salesman and unconfident (as much as there was some truth to it, it was simply because I was a beginner and had a lot to learn), and I dealt with call reluctance and eventually got a verdict that I had to hit my numbers next month or out the door I went. I knew inside I could at least hit my sales numbers, and theoretical factors were just stopping. I had the training, the offer perfected, but I wasn't taking any action. My "emotional brain" was firing on full cylinders.

So I started to change my mindset.

I convinced myself I was a great salesman, and that I was an absolute natural. I doubled the sales numbers that month. I imagined the salesman I wanted to be, and moulded my way into it. I imagined in my mind I was confident, charismatic, took rejection as a rejection of the service and not me and enthusiastic. And guess what? I became that person. Inside, I knew, I was a good salesman. I just couldn't convince myself to.

So after doubling my sales numbers and making my boss happy, I thought how could I apply this to other parts of my life? Using this method, I got better at game. I got better with family life. I started working out at 7AM. I started eating clean 24/7. I got ripped.

Am I still introverted? Asian? short? Yeah, there's some things you can't change. If you met me for



the first time you'd be convinced I was extroverted.

**TL;DR You can become the person you want to be by imagining yourself as such person. You can conquer the voices inside your head that say "You Can't Do It" and actually do it."**

# Get Your Fucking City On Lock, The Benefits Are Endless.

2 upvotes | March 5, 2018 | /r/RedPillWorkplace | [Link](#) | [Reddit Link](#)

---

Get Your Fucking City On Lock, The Benefits Are Endless.

219 points • [140 comments](#) • submitted 2 years ago by [MrDiece](#) to [r/TheRedPill](#)

---

I've been going out for the past two weeks now, almost every single day. Some nights have been better than others but the interesting thing I've been noticing since I've started going out more is that people start to recognize you. You begin getting noticed on the street and you will make connections with bartenders, bouncers, servers and owners.

I didn't realize this but making these connections is absolutely a game multiplier, I brought a girl on a date the other night and every place I went to the bartender greeted me, the bouncers said hi and I was stopped once in the street by another connection I made with a bartender who finished his shift.

The girl looked at me and asked,

| Who are you?

I looked at her and smiled.

This, of course, put her imagination to work and she started to build up an image of me, which if you didn't know a girls imagination is one of the most powerful things you can use to your advantage.

Letting her use her imagination is always going to put you in a positive light.

If you can use her imagination to your advantage, it's fucking key.

Don't answer her questions.

| Who are you?

"smile"

"You seem to know a lot of people."

Yes. I do.

"How do you know everyone?"

"Networking."

It's a power move.

Now, onto how to actually lock a city or a place down. (I'm still learning)

## 1) Be social.

This doesn't mean you have to walk around with a dopey grin on your face and approach everyone, that's not my vibe but if I see someone I'm interested in (man or girl) I'll talk to them, ask them how the night is and other basic questions. You're not trying to get into a super-deep conversation here, just small talk. If a deep conversation develops, let it but don't force it.

That's the key, flow with the vibe of the night. Be social, make small talk.

The more you go out, the better you will get at picking up "vibes" of the night. You'll know the group of girls that's open to approaching and the ones that aren't, you'll also learn which girls to approach and will respond well to your game. This comes with going out a lot.

## **2) Don't go out just on weekends.**

Nobody is going to remember you at the club or bar on a day where there are 150 or 100 other people. That just won't happen, go on the "slow nights", weekdays are terrific, make conversation with the bartenders, flirt with the girls but **DONT PICK THEM UP** and talk shit with the guys bartending, the bouncers and if possible the owner.

People will actually remember you when they see you on non-weekend/busy nights. They will remember your name and you will stick out in their mind.

THEN when the weekend comes, you already know these people (somewhat). You won't get ID'd in the line, the bartender will make you a priority when there are 20 other people waiting for drinks and you won't get hosed on the mixed drinks. I can go to one of the busiest spots around and when I order a vodka soda, it's 90% vodka. That's because I know the bartender.

## **3) Tip Well**

This is self-explanatory. I tip a dollar a drink, sometimes more and if I really like the spot I'll put a 5 or 10 in my hand and shake hands with the bouncer, thanking him for the night. This is a money move, especially in college bars and clubs. NO college kid is slipping the bouncers cash and this means even five fucking dollars is going to go a long way. When you get more upscale, you're going to want to increase the cash you slip.

It's important to do this stealthy. Don't make a scene, put the cash in your palm and shake hands. They'll get the message.

As for bartenders, tip a dollar a drink minimum. Again, this is depending on the venue but college spots, a dollar is perfect. It's respectful without being too obvious. You want to make it look like you're not tipping for special treatment.

## **4) Remember the names of the people you meet.**

Again, a money move. Remember the bouncer's name, bartenders name, the ugly girl who barbacks name, the owner's name and so on.

When you see these cats outside of work, greet them.

"Hey John, how's it going man. Nice to fucking see you."

You don't have to have a long conversation, just catch up and ask how they've been doing, tell them what you're up to and that's it.

Remembering names is vital though, now you stand out from all the other idiots they've talked to. If possible, bring up something they told you last time you talked. If they said they're going on a trip, ask them how it was or ask them if they are excited. Get the message across that you listen to what they are saying.

Also, when you see these people and you're with a girl make sure you say "hi" (unless they're

occupied). Think of the mafia movies where a cat goes into the bar and knows everyone.

"Hey John"

"Hey Tony"

"Hey Chris"

"Hey Sara"

This is money. The girl you're with is again going to wonder who the fuck you are AND it shows you're a sociable guy who other people like. You're not some loser that nobody likes. Pre-selection.

Also, on the slow nights some bars may have a DJ or a Band, talk to these guys if its dead. In between sets, shoot the shit or when they are finished walk up and talk. Now you know the band members or the DJ and when they play that venue again and its BUMPING you'll be recognized. Game is a hell of a lot easier when the DJ lets you chill in the booth with him.

Also with owners, a great question is to ask them what got them into the business. How did they start and if they want to expand (business minded cats, love talking about business)

## **5) Following the above steps OPENS nightlife for you.**

What I mean by this is eventually, you're going to skip the line, get drinks on the house and bartenders (if they are cool) might set you up with girls they know or talk good things about you to lone girls at the bar. This is endgame, I'm not there yet.

One other major advantage is you will actually be considered for jobs, if you drop a resume off the owner may know you or the bartender you know might talk good things. This is GREAT for college cats, because bartending is decent cash and you will meet a ton of girls but you have to have "connections" to get in to this circle you can't just walk into the joint and expect to be hired.

Once you're apart of the "scene" it's much easier to move from different bars and clubs. People in the nightlife scene generally work at different places, so if you know these people from one bar the benefits will carry over to another. This also works as an employee, if you bartend at one popular spot, grabbing a job at another is no big deal (the owners probably know each other)

## **6) Don't be an idiot.**

This goes without saying, the bouncers and security are your friends. Be nice to them, respect them and don't get wasted to the point of getting kicked out.

Don't fight.

Another benefit of having the security on your side is this. Let's say a girl decides to try to get you kicked out or someone is starting shit and there's no other way out but to fight.

Guess what?

They will be on your side.

Is the bouncer going to believe the guy who he's never seen? Or the guy who they've seen often and is friends with the staff and has been friendly to them aswell.

This is going to save your fucking ass.

It may not today or tomorrow or in three weeks but sooner or later, shit WILL go down and your hide will be saved. Pay it forward, and show your appreciation.

When you go out 4 nights a week, you will get in a fight eventually.

## **7) Bring the girls.**

Again, a MONEY move. Let's say you have three fly chicks, one you're banging and the other two are single. Introduce them to the staff. Tell the bouncer you got a super fly girl for him.

He's going to appreciate that you tried to give him a piece of your pie. This is similar to slipping cash, but is much more effective because sex with a fly girl is worth way more than 20 dollar bill.

When you get more advanced, you can introduce girls to business partners or others guys who have power and things that you want to be apart of.

Let's say a cat at the bar owns a yacht or has access to super fly girls, introducing him to other girls is going to get him on your side and he will want to bring you into his circle or, if you're a baller his yacht. This grows your social circle and therefore your status.

Anyways, that's all I got tonight.

Go out, apply these tips and take over your city. The pussy river will start flooding.

# Every Interaction is a Business deal

3 upvotes | March 5, 2018 | /r/RedPillWorkplace | [Link](#) | [Reddit Link](#)

---

Every Interaction is a Business deal

94 points • 7 comments • submitted 2 years ago \* by [Heinzdoofens](#) to [r/TheRedPill](#)

---

## Summary: Behavior Psychology

Humans have evolved over the years to adopt and thrive in their environment. Nature has evolved us such that we are sufficiently equipped to get the best deal of any situation and of life. It has also evolved us to take care and defend ourselves from others who may be a threat to our survival.

Subconsciously, we are trained to con other people for our own gains. All of us are actually really really selfish deep inside. The personality we build is just an act and a mask to fool other people. We may fool ourself in believing a particular approach/personality will attract the maximum advantage, and we will change our whole identity and personality to follow that goal.

Each and every one of us are equipped to overthrow others, the one who are on the top are identified as alpha, while the bottom are called beta. In reality, everyone is a set of masks.

You may have heard of narcissists and their fake masks and acts. The truth is, everyone has a face which only they know, and a face they show to the whole world. As much as people have you believe humans work on emotions, no we do not, we make a well planned decision based on the present opportunities presented to us. It has long been a theory that we all are praxeologists.

Each and every one of us sit alone and plan to scheme and win over the world. This is the face we do not show.

Having these assumptions, it becomes very easy to understand everything that happens around us.

If this is the rule, we are only attracted to things which are beneficial to us.

- Lifting gives you an advantage as you will actually be more healthy than the normal population. You will be a genetically superior deal for anyone who has lesser looks or is less healthier than you. Visceral Attraction is just our body identifying a genetically superior and beneficial option. This is exactly why a fat guy is attracted to a hot girl, at his present health and genetic state of all the years of unhealthy food, she is the best genetic deal for him. For her, if the guy has enormous enormous money, which she could never dream of making in her life, he is her ticket to a meal. She will actively cuckholding him using him for his money and cheating on him with the hot guy, because the hot guy is healthy/genetically good deal. She cannot control her attraction to him, while she has a disgust towards the husband.
- Her decision to marry the fat shlob, the fat shlob's decision to seduce that girl with free gifts and money and compliments, the hot guy's decision to start lifting after an epiphany are all survival mechanisms to get the best deal out of the situation they are presently in. A decision to con the other while making sure they have the best deal.
- We are creatures of lust, greed, power, money etc.
- We are all con-men trying to con the other while making sure we get the best deal.

Because of its actual truth, confronting other people of their motivations, discussing this actual working of everything, revealing your cards, or revealing their cards, or overtly begging them to show their cards, or to demand a better deal overtly earns you disdain. **Never reveal the magic trick.** Because of its covert nature, we feel secure only if we think we have successfully conned the other successfully.

- A stable relationship only exists if each party believes they have the better deal while conning the other.

Be it friendship, relationship, fuck buddy or an actual business deal, we only seek that which is better. The bluepill beta is satisfied he has a better deal as he has fooled his wife, he will get her looks and her pussy in return for his useless money. The wife is satisfied she has a better deal as she just has to just exchange her body, to huge amounts of money.

Two good looking fuck buddies are satisfied as they both are just sharing their bodies and passing time.

The problem occurs when one confronts the other for a bad deal. The beta may demand for sex, as she realizes she has no longer fooled him, she realizes the guy has found the only weapon she has used to fool him. This will lead to all sorts of unstable behaviors from her as being found out is a threat to her survival. Therefore she makes arrangements to cheat on him.

Overt declarations of love, demands for love do not work because of this sole reason. You do not directly make a deal like that. Our cognitive dissonance cannot handle that. You cannot demand for sex in exchange for gifts.

She has to think she is fooling you by submitting to you. She has to think that she has won so successfully that you cannot control yourself and you uncontrollably kissed her and surrendered to the desire to fuck her. This is exactly why asking for sex does not work even in families. While losing control in the moment and letting things happen do.

- Men feel control when they have dominated someone. Women feel control when they have successfully submitted to someone to make sure the dominator takes care of them.

All these are subconscious, you do not have control over this. We are wired to feel happy/sad/depressed/..... in order to ensure we make such best decisions for ourselves when presented with the opportunity.

As women have much to lose because of 9 months of pregnancy, they are wired to detect incongruencies in behavior. They are wired to see motives behind actions. This is exactly why they are disgusted by the nice guy. They can see through him.

- This is why the requirement of frame is essential for any success in life. A Strong frame signifies you will not change yourself to fool others. A Strong frame signifies you have fooled yourself so much so that you are unable to break some rules and principles you have set yourself. This is why a Strong Frame attracts people. Everyone feels secure under your frame as they feel your frame is genuine. They know they have changed themselves to please people, be it friends or superiors. They are testing if you are a snake or are you strong.
- A Shit test is a test to test your mask. Women know they are wearing a fake mask. They are

testing if you are wearing a mask.

- Following a mission is strongly advised as being focused on your mission makes you lose yourself and your mask. You appear the most genuine. You do not care about peoples opinion about you. You do not care about luring people towards you. This is exactly why people are attracted to you. You may not exchange small talk with them, but they feel secure just by your demeanor. Their subconscious detects you are not a threat.

Some people may have misunderstood Game for acting charming/acting funny/acting amusing/acting non judgmental to lure people towards you. But remember this, when you act that way, everyone will know you are acting fake/incongruent. You may make thousands of friends, but in reality no one will respect you. They will see you for what you are, a chameleon, twisting his frame as needed. It may appear you are the center of the party. It may appear that you may get all the girls, in reality you are not. No one respects you. They are just using you for validation. Game is not that. This is Girl Game. This is the game girls play as they do not know any better. This is the one they can easily detect as they too are playing it.

Game is allowing people to submit under your frame all the while having a smirk and amused mastery on your face. Even if you lack game, people will submit under you if you have a strong frame.

Marriages do not work not because of familiarity, but because of lack of respect. The wife loses respect as she finds out the real face behind the mask of her husband. Of the lazy good for nothing guy, who fooled her with his money and fake hobbies. She loses respect that he does not have anything genuine about him. She loses respect as she finds out he does not have genuine passion for anything. She finds out he is just a face swapping snake just like she is. She finds out everything about him is just about winning over the opposite sex, nothing more, nothing less. He finds out she is not all sunshine. She is nothing as adventurous or exciting as he once found her. He realizes she is just a good looking cunt. He too finds out everything about her was just to lure the opposite sex.

This is exactly why frame and respect are the most important things in a relationship. You must be genuine. Your frame must be genuine.

### **Lessons:**

- Follow your mission
- Try to earn more respect instead of more fake friends. This is Frame.
- Improve in all areas of life. Every interaction is just an exchange of value, be it money/status/looks/validations....
- Improve your value as you cannot fake value. If you improve, you will be in a position to exchange it for whatever you want.
- Lift as you will be the best genetic deal possible for women. Nothing can beat a biologically motivated visceral attraction.



## Money

3 upvotes | March 5, 2018 | /r/RedPillWorkplace | [Link](#) | [Reddit Link](#)

---

# Lessons from an Entrepreneur

3 upvotes | March 5, 2018 | /r/RedPillWorkplace | [Link](#) | [Reddit Link](#)

---

Lessons from an Entrepreneur

138 points•[55 comments](#)•submitted 2 years ago \* by [Lendoran](#) to [r/TheRedPill](#)

---

I've been meaning to make a thread like this for some time now due to the messages I've been getting regarding my business posts.

I'm 19 and from a relatively poor family that has eventually become somewhat rich due to my father's role.

At the age of 17 I started my own business from absolute scratch and still maintain it till this day. After starting my first business, other options began to open up and I opened up multiple streams of income. In my absolute prime, I was making stupid amounts of money for my age and it was all passive. I had people working for me, I paid their rents, fees, trips. I bought my first car and paid for a year's insurance. That alone should tell you how I was doing.

I take the term "entrepreneur" seriously. I didn't just open an online store then call myself an entrepreneur the next day. It's my mindset that makes me who I am.

I'm going to share a few things I've learned in this lifestyle that might be helpful to some people here. Trust me, when you've dealt with the business world a couple of drunk girls in a nightclub don't mean shit.

One of the biggest lessons I've learned from this is that people WILL betray you for money. Money changes people. When I was earning quite a big amount of money and gained something of a reputation in the community, I became friends with a guy who was in a similar situation but was barely making any money.

I gave him tips, offered to help him and promote his work all because I genuinely saw him as a friend. One day he asks me to send him money for a certain thing. I delayed the process but did it with a joke. The moment I dropped the joke, I logged out only to come back and see a flurry of insults and accusations thrown my way. The guy I saw as a friend was calling me evil, using every word in the book, hell he even compared me to Hitler and said that I wasn't treating my workers right. I still have the messages and here is a quote:

"I don't even make one third of how much you make and you can't even give a few dollars for a friend."

It proceeds with dozens of insults and how I am a bad person etc. We cut our friendship there but he also revealed that he hated me from the start but only stayed because he wanted to see me destroyed. The second lesson is that people only care about themselves. People will trample over you if give them the slightest opportunity and don't try to teach a pig to fly.

Last year I got a group of male and female developers together to come together to create something massive that would bring in a ton of money. One of the developers made slightly more money than me and would often challenge me in every situation because everybody saw me as the leader. I once had a conversation with him telling him exactly how he could make more money in a month. He shot back with:

"If it's so easy, why haven't you done it?"

I literally gave this guy a straight forward method to making 2k more than he already earns and instead of going ahead and doing it, he challenged me and refused.

People don't really care much about your style unless/if they can see that you have social proof and even then, it needs to be higher than theirs to be successful. This can be applied to dating situations too. When I was starting out at the age of 17, I had zero money and no way to hire a single worker. I remember messaging people promising them money if they would work with me. Obviously all refused, some didn't even answer. Skip a year later and I had people emailing me for work. One guy who worked in the computing industry took time out of his work (with his boss's permission) to make and create a demo that he could send to me so that I could approve it and maybe display it in one of my projects. I've also had articles and interviews done on me and my projects. All of this happened because of the social proof. Very few people have actually spoken to me directly but they know of my brand and will cave in. However if at all the person has a higher gathering than me, they wouldn't even pay a second notice.

This lesson is by far the most important one I've learned in all my time of doing this. The art of learning to deal with criticisms. This was genuinely the hardest thing for me to learn and I'm still learning it. To further explain, some of my businesses sell products and some make programs and video games. In the video game section and product section, you'll get people who openly insult and criticise you in every way. Now this isn't a case of ignoring them. They can easily corrupt those who do like your work which eventually causes you to lose funds. It's a whole different ball game when you're reading things over a screen, people calling you all sorts of shit and insulting something you spent hours on. I remember in my early days not being able to look at articles and reviews written on my products because you'd see the occasionally unjustified hate.

You can have 500 people in a room listening to you and all it takes is one loud voice to separate the crowd. I remember one point it got to a terrible level when people were openly insulting the work of one of my workers. She had spent weeks finishing it then read some comments in her free time only to see hate. She messaged me distraught and asked me if she could change it.

All I'll say about this is that if people hate what you are doing, you're very often doing something right.

Lessons:

- People WILL betray you for money. No questions asked.
- People only care about themselves.
- People will trample over you if give them the slightest opportunity.
- Don't try to teach a pig to fly. You can't do it and it annoys the pig.
- People don't care much about your style unless/if they can see that you have social proof that is higher than theirs to be successful.
- If people hate what you are doing, you're very often doing something right.
- This is more a tip than a lesson and I learned this straight from the "How to win friends and influence people" book. If you want someone to do something, appeal to their needs and praise them. I had a guy once delay work for 3 weeks which exceeded my deadline. Instead of being angry, I thanked him and told him that his work had improved and he was doing much better. The dude was over the moon.

Also as a quick side note, the majority of my workers are all females. Probably only two males out of 30ish people. This is because women are easier to work with than males. As strange as it sounds, the women aren't ambitious at all. One of the guys is currently trying to start his own thing on the side so that he can eventually be his own boss. The women on the other hand are very happy to keep getting paid a certain amount from me every month. Hell, in the early days some would even try to flirt to get more. I won't comment much on this but I did find it interesting.

Cheers

EDIT-----

Due to the messages and questions I have been receiving I decided to write a short book on the concepts I have learned if anyone is interested. It details everything from status to body language to confidence and business. You can check it out here: <https://www.amazon.com/dp/B07V9KH48S>

# Pulling the plug: Going tech free for a month (week 1)

4 upvotes | March 5, 2018 | /r/RedPillWorkplace | [Link](#) | [Reddit Link](#)

---

Pulling the plug: Going tech free for a month (week 1)

77 points•[15 comments](#)•submitted 2 years ago \* by [the\\_one\\_tony\\_stark](#) to [r/TheRedPill](#)

---

## Addicted to social media, games and youtube

I'm pulling the plug on both laptop and smartphone. I have certainly become an addict. For original post see at the bottom of this post. This is a first week report.

### The agreement

After a little more thinking I understood I had to use internet for some reasons: Business e-mail, administration (I still have my accounting on the cloud), contact with people that would forget I don't read whatsapp, etc.

To accommodate this, I decided the following:

- Bring away all games and don't touch them for a month
- Leave my laptop and smartphone at brother's place
- Use the last two for 3 max hours each week (no more than 1 hour recreational)

Only one hour recreational. I better type this fast.

### Day one

Simon Sinek says in a video that every message was a dopamine release in the brain. It's what made me finally decide to do this experiment. He wasn't kidding, the first day I was completely at a loss to fulfill a nagging inner desire. It was really hard. I picked up my phone again and again... to realize that it only had a couple of important contacts, no games, no internet. Picked it up again and again to look at that stupid Alcatel phone. The question of whether I was an addict or not had been answered pretty quickly. What do I do with these seas of time? Let's read a book. Let's organize some stuff in my house. Let's see what they're saying in the whatsapp gro... oh shit I can't.

### Day two

Okay I finished reading the book that I started the day before. That's more than I've read in two weeks. I've got a lot of time left. Let's read some more. Let's go to that new year's party anyways, I'm bored. On new year's eve a friend has to work at 10:00 and tries to convince me to workout out and keep him company in case no people show up. That means only a couple of hours sleep. On the other hand, my equilibrium has changes. Where normally I am really frugal with my time and particularly

with setting up get togethers under less than ideal circumstances, now I'm hungry to meet up rather than do a solo workout later during the day. I show up. We train, we talk. Good times.

## day three-seven

I've started reading a fourth book this morning. At this rate I'll finally be through my booklist that I was hardly making a dent in in a month's time. I feel a lot calmer. I am less forgetful. When I'm stressed, I feel more... confident in going towards what is stressing me.

I did have some sort of panic moment once this week, where I was under a lot of pressure to fulfill competing obligations. Normally, I would have played a game for 20 minutes and it would calm my nerves. Now instead I had to wallow in and feel the panic. Instead I coped with it by thinking it through and realizing I had to prioritize one over the other.

I know it might sound really simple and straightforward as I write this down, to the point of being juvenile. To that I can only say in this respect, I am/was juvenile. As such I recognise that this is not applicable to all readers. Though certainly there must be more than a couple of people who are addicted to getting social media messages/validation.

Positive effects:

- Reading a LOT (previously I couldn't read for more than 10 minutes before checking my phone messages)
- More social (allowing myself to be bored makes me desire social interaction more)
- Less anxious (the time in between things allows me to reflect, accept and move on from things that trouble me)
- Do a lot more work and feel less tired
- I don't seem to be as forgetful
- Paper diary gives better privacy
- Lack of GPS gives better privacy
- I reflect on things more
- I am more creative
- Cleaner more ordered home

Negative effects:

- Finding some things without GPS is hard
- I can't look up product information/advice on the spot
- I am not staying in touch with current events/developments as much
- It is a **hard** period of withdrawal
- A paper diary is a bigger liability, since I might lose it

## criticism

I think one of the best critiques I've gotten was:

/u/JcHgvr :

Next thing you'll see is people posting some bullshit about superpowers they got from not using their phone for a month.

Everything in moderation, especially moderation. If you lack self control it doesn't matter if it's masturbation, social media or even drugs or gambling. None of those are the problem. You are.

And just like the zealots from no fap you'll start advocating that all tech is bad. It's not. It's your lack of will power.

And he's absolutely right. But I've been trying to build self-control for 8 months and I had far too little progress. In fact, I missed more than half of goals I made. I agree that the problem was me, but I was not able to figure out how to *change* me. How to do it different. I tried so many things and they almost all failed immediately. Those ways that didn't, failed after a week. I think for most people, they don't need to do this, but I **certainly** had to.

## Conclusions so far

Best decision I've made since 8-year old me decided to always do at least 1 sport.

All of the productivity ideas and tips I've gotten the last year, this is the one I needed. I've reached each of my productivity goals. Maybe it's just because I'm shaking things up. Maybe it's the old thing that if you sacrifice things big enough, then you really appreciate and work hard with what's left. But I don't think so. I think it was the technology-employed habits that got me to not do what I set out to do far more often than I wanted. Like the casino lights, always distracting. I can see the book "Hooked - How to create habit-forming products" taunting me from where I'm sitting.

## Lessons learned:

Somehow, of all the ideas I've tried, this one I've tried far later than I should have. I had a serious blindspot. I didn't realize how addicted I was until I took it away. Every time I entered the house; my brain signalled: Let's game! Every time I took out my phone. Every time I lay on bed. Every time I woke up. Every time I went into the kitchen (I normally played youtube vids to listen to if I was alone). I resisted the idea at first, but then I thought; resistance always means something (thank you "the war of art" by Steven Pressfield). It's why helping people by giving advice is rarely enough; if they didn't immunize themselves to that advice specificaly, they would have learned the lesson long ago. I try to apply this knowledge to my own life, but it's hard to find your own blindspots.

It was important that I set clear boundaries to keep myself honest. I'm doing this for 1 month. 3 hours is absolute max per month.

I'll keep a bigger log on lessons, but my hour is up. In Mark Twain's words: I'm sorry for writing a long post, I didn't have time to write a short one.

Original post: <http://archive.is/RsgTM>

## Navigating sex at work

2 upvotes | March 5, 2018 | /r/RedPillWorkplace | [Link](#) | [Reddit Link](#)

---

Navigating sex at work

10 points•[24 comments](#)•submitted 2 years ago by [CalculatingWolf](#) to [r/TheRedPill](#)

---

Most of us are tempted by chicks at work, especially if they are throwing strong IOIs in your direction. Now I know what they say, don't shit where you eat. And if you want to be purely safe do take that approach. It'll make your life much easier, especially if you work an office job you are keen on keeping. But some of us are risk takers and love a nice office affair. If you are thinking of going down that route please bear some important guidelines in mind:

1) Keep textual evidence to the minimum - Obviously if you are reading this you know better than to have long convos with a girl on the phone. This is very beta behaviour to start with. But the real problem is any flirting or indications of interest on the phone could be used against you in the future. If she gets jilted or feels like you didn't give her what she wants she'll snap and report you. The least she could do is try to shame you in front of your colleagues. Bad business. Keep texting succinct and to the point. No indication of you going on a date, sleeping together or flirting. Just text and say that "I will call you". Call and set up logistics. Most women (sane ones) won't record the call and even if they do she would have overtly accepted to sleep with you or go on a date.

2) Never flirt in public view - You don't want your colleague seeing you two sitting together in the cantine or flirting in from of them in the office. If there is a lot of women in the office chances for insane rumours, drama and gossip is very high. You want to seem like a professional and collected kinda guy not some child in a candy store. If you want to make your moves on her take her outside or to a secluded room and seduce away. Once I made the mistake of openly flirting with a girl during lunch. She was impressed and started bending her ass in front of me saying she needs someone to push her. Thing is women are not as reasonable as us men. They might forget and do stupid stuff in front of the colleagues completely forgetting about image.

3) Beware of single older women - Now in most cases cougars are a good lay OUTSIDE of work. Most cougars even if they are single won't try to trap you if you are a younger guy (societal shame and usually they are divorced and have money). If an older single woman starts showing you attention, chances are she is very desperate to get someone to commit and you are the prey. She might act extra nice and horny but her plan is to get pregnant by you. Then childsupport follows and if the guy is very beta/BP potentially marriage. Either way, problems you want to avoid so tread carefully and watch where you cum! Another thing to bear in mind is that a lot of women are lousy at their jobs. They have next to no testosterone so their drive and motivation to achieve promotions and rank up are pretty low. A lot of these women just do the bare minimum knowing that at some point they can get a good catch either in the office or some client they meet at a seminar.

4) LTR is out of the question - I've heard of people who dated at work and eventually got married. Don't be that guy! Corporates love that shit, especially female managers because they got gossip and leverage on you. Now you are working for the company and there is a spy living with you. You think your LTR won't gossip about your personal life or that the office girls won't use her to plot against you. Corporate environment is very cut-throat and anything that can be used to control you or bring



you down will be used against you. So this option is only for people with no aspirations or a very beta/BP mindset.

4) Married woman are safer - Married women are very easy to lay, very eager for attention from a younger guy and almost guaranteed not to cause a scandal. She's married so the last thing she wants people to know is that she slept with you. No risk of getting caught or tricked into having children. This is pretty safe territory.

5) Thou shalt not bang the manager - You want to get fired? Sleeping with the manager is a sure-fire way of doing that. She has power over you and if she feels jilted for whatever reason you are gonna be at the receiving end of proper harassment or lose your job. Thing is even in the best case scenario you are sort of her bitch. She has leverage over you and can squash you at any moment if you refuse to do what she wants.

## 60 DoD - Career - Choosing your path

1 upvotes | May 15, 2018 | /r/MarriedRedPill | [Link](#) | [Reddit Link](#)

---

Many of us work jobs and we find this little corner of the internet and learn the world is our oyster, not something to beg for. Naturally your new found leadership at home will bleed into other areas of your life, and with this comes turbidity. You quickly start seeing things for what they are, not as they are. You quickly learn that most of the middle management in your company are true blue pills. As you strike out and up, you learn things are not always as they seem but this post will help you put some tools in your toolbox. Today, as someone in executive leadership, I will share with you some of the harsh realities of private sector business.

### **Fuck Loyalty - Law 39**

Many of you think that if you are loyal to your company and do your job better than anyone else. The company will recognize and magically owe you something. The company actually owes you nothing. You are a spoke on the wheel. You have your job through the law of laziness. It's simply easier to keep you on than it is to replace you. Replacing an employee is more costly and expensive than moderately satisfying the existing employee. The upside of this is that the wheel is always turning. If people around you are not telling you that you should be a manager, it's time to rethink your choices.

The company will fire you tomorrow, lay you off next week by conference call, and will not give you the courtesy of letting you know before hand. Why then are we stuck in this role?

For most of you, stuck in your dead in non-leadership job, the only way out of this position is to change companies. Many people I have spoke to simply do not want to change jobs because of the sunken cost fallacy. The others just want the security (false assumption) that they currently enjoy. You cannot be either one of these employees if you want to succeed in the game called life. The option simply isn't there. For those of you who kept reading you now have the shortcut to success. The shortcut is not easy, because if it was, it would be called the way. Polish up your resume, embellish it a bit, and come up with a plan to sell it. You need to make sure you have references, fake or not, to back up what you are saying. In most US states, by law the HR department can only reveal your last title, salary, and employment dates. If you can sell your title of "Permit Issuance" to a management position where you lead a team of inspectors to check on permitting status. The other company has no way to know. Your irrational confidence will sell it.

Lastly, always be loyal to your direct report and their direct report.

### **Reputation - Law 5**

Reputation is the only important thing in your career. Nothing else matters and no one looks at HOW you did it, they only look at the RESULT. With my direct reports I have never dug into the details. You are assigned a project, and it gets completed with great results or it fails. You absolutely must cultivate respect and grow it like a rare flower.

I have found in life that most people don't know how to grow a reputation. They have no clue how to do this. There are easy ways to start your reputation and there are even easier ways to grow it. When you realize that absolutely everything you do will affect in negative and positive ways, the idea is to start achieving a net gain. Let's start a small bullet point list of things you can start doing today. You absolutely must achieve a me first attitude and drop the nice guy attitude.

- Failure is never an option, everything succeeds at high quality. Period. If you can't do that, don't bother.
- People need to know about your accomplishments. Market them.
- Ask the stakeholders to email your superiors and let them know whether they liked or hated your work. Make sure you don't get a negative comment.
- Cultivate accomplishments. People think in snapshots, let them all be wins.
- When your rivals are failing, let them fail, and if you can do it clandestinely, help it fail.
- If your rival asks for help, deliver it in the most smallest accountable way you can do it in the manner that you help.

### **Control the Options - Law 31**

Continuing the saga of promoting at your current company there are some things you can control. You need to control them but not be seen to be in control. This is typically where you have already made your bed as a worker and you are trying to turn it into a management position. This could even be a promotion but you should be warned that some jobs people just do not promote from.

When dealing directly with other colleagues in your company it is very difficult. **How do you motivate a colleague who does not want to be motivated?** By finding what they like and play your choices you give them to their preferences. Many people just simply do not have the time to stop and think about the choices and wish to quickly give you an option. Beware the person who stops to think, they are the real threat.

### **Five Year Plan - Laws 28 and 29 - Goals without dates are called dreams**

Story time. One year ago I made a five year plan for me. No other options existed and I only concentrated on my needs purely. Yes, as you know, I have a wife and children. I chose to make my MAP without their needs considered at all. Here are my five things I wanted to happen for myself.

1. Rebuild my current home, or find a new one in the Galleria.
2. Find a C-Level job.
3. Set up private schools for my children.
4. Make my own retirement.
5. Buy a new truck, the current one has seen better days.

As everyone knows, my house was destroyed by Harvey. I spent my hurricane days rescuing stranded people with volunteers from work. My family went back to Austin with her parents and I stayed behind to help. Upon returning home there was nothing left. We went to stay at my late grandfathers ranch (was in the process of selling) and we spent some of the best months of our lives. I realized that where we lived and how we lived was detrimental to our growth as a family unit. The house is rebuilt and we are still looking for a new house in the Galleria. Needless to say, the ranch will stay in our family and will turn into our winter home. We spent time finding schools and transportation for our children, that is handled.

Next up, and yeah I know its only year one but once I get started on something I am like a dog with a bone. My wish was to get a C-Level job and move up from division president. The problem is at my company there is no room for me to move up and the current leadership has no issue with things as they currently are. There was no weakness to attack. I was not vested in the company and was not in the league to get voting stock. The options were sealed. My job was simply to do the same job for the

next 30 years or hope someone died early.

How do you get interviews? Use the words in your resume to match the job requirements or find out and befriend those who can pass along your resume.

This led me to seek employment outside of what I am currently doing. My prime management skills are in construction or environmental management. Therefore I needed to seek options outside of the current corporate environment. I applied selectively to some open positions and interviewed at all three companies for upper level management. One of the options was a non-starter, it was working with the royal family so that's a dead end. The other two were right up my alley and had much older folks in the C-level jobs. Now how to exploit my current company with the other two companies?

Reputation. I am known throughout my business area as a hard charger and especially known for my quality of work. In the old days as a Department Manager, when you saw my name on the work scope, that pretty much sold the job. Pulling off the impossible was my specialty, and that had 100% to do with my core group of employees. We were known. Those days are over, and only the ancient remember this.

One of the companies dismissed me on the interview process, and I thought the job was lost. Simply a manager of the company, but the options were there because of the C-level age. In the next decade at least two of them were going to be dead or retired. That's more time than I need to handle my business. I went to the interview and I sold myself for exactly who I was thinking that the position wasn't going to happen. Just a dream. Then I got a notice that I was not being considered for the position.

Several weeks later I got a phone call from the CEO asking me to meet him. Our schedules happened to intersect at the DIA airport and we had a chance for an interview for COO. He knew who I was from the past and exactly what I had to offer. We planned a vacation in Cabo with our families that I just returned from.

My current CEO was informed and he was completely floored. Then as we got to talking he knew he just couldn't offer what I could find somewhere else. The path to the C-Level there didn't exist for me and to be fair I was more than fairly compensated and I had points on the gross profit. My salary was directly in my control. They offered more money but he knows I am not working for money, just ambition.

In the end, the boldness my action with a solid plan has paid off in two fold. Either way I decide, I am doing it from a position of power with new understandings on both sides. My choice is not made yet and I hope to take the COO job as I shore up living arrangements and travel assignments. The new office may not be in this country.

The only reason I had the cake and got to eat it? **Fuck loyalty.** Go out there and get what you want, Amazon Now won't deliver it to your door.

## 60 DoD - Week 7 - Career - Choosing your path

31 upvotes | May 15, 2018 | /r/MarriedRedPill | [Link](#) | [Reddit Link](#)

---

Many of us work jobs and we find this little corner of the internet and learn the world is our oyster, not something to beg for. Naturally your new found leadership at home will bleed into other areas of your life, and with this comes turbidity. You quickly start seeing things for what they are, not as they are. You quickly learn that most of the middle management in your company are true blue pills. As you strike out and up, you learn things are not always as they seem but this post will help you put some tools in your toolbox. Today, as someone in executive leadership, I will share with you some of the harsh realities of private sector business.

### **Fuck Loyalty - Law 39**

Many of you think that if you are loyal to your company and do your job better than anyone else. The company will recognize and magically owe you something. The company actually owes you nothing. You are a spoke on the wheel. You have your job through the law of laziness. It's simply easier to keep you on than it is to replace you. Replacing an employee is more costly and expensive than moderately satisfying the existing employee. The upside of this is that the wheel is always turning. If people around you are not telling you that you should be a manager, it's time to rethink your choices.

The company will fire you tomorrow, lay you off next week by conference call, and will not give you the courtesy of letting you know before hand. Why then are we stuck in this role?

For most of you, stuck in your dead in non-leadership job, the only way out of this position is to change companies. Many people I have spoke to simply do not want to change jobs because of the sunken cost fallacy. The others just want the security (false assumption) that they currently enjoy. You cannot be either one of these employees if you want to succeed in the game called life. The option simply isn't there. For those of you who kept reading you now have the shortcut to success. The shortcut is not easy, because if it was, it would be called the way. Polish up your resume, embellish it a bit, and come up with a plan to sell it. You need to make sure you have references, fake or not, to back up what you are saying. In most US states, by law the HR department can only reveal your last title, salary, and employment dates. If you can sell your title of "Permit Issuance" to a management position where you lead a team of inspectors to check on permitting status. The other company has no way to know. Your irrational confidence will sell it.

Lastly, always be loyal to your direct report and their direct report.

### **Reputation - Law 5**

Reputation is the only important thing in your career. Nothing else matters and no one looks at HOW you did it, they only look at the RESULT. With my direct reports I have never dug into the details. You are assigned a project, and it gets completed with great results or it fails. You absolutely must cultivate respect and grow it like a rare flower.

I have found in life that most people don't know how to grow a reputation. They have no clue how to do this. There are easy ways to start your reputation and there are even easier ways to grow it. When you realize that absolutely everything you do will affect in negative and positive ways, the idea is to start achieving a net gain. Let's start a small bullet point list of things you can start doing today. You absolutely must achieve a me first attitude and drop the nice guy attitude.

- Failure is never an option, everything succeeds at high quality. Period. If you can't do that, don't bother.
- People need to know about your accomplishments. Market them.
- Ask the stakeholders to email your superiors and let them know whether they liked or hated your work. Make sure you don't get a negative comment.
- Cultivate accomplishments. People think in snapshots, let them all be wins.
- When your rivals are failing, let them fail, and if you can do it clandestinely, help it fail.
- If your rival asks for help, deliver it in the most smallest accountable way you can do it in the manner that you help.

### **Control the Options - Law 31**

Continuing the saga of promoting at your current company there are some things you can control. You need to control them but not be seen to be in control. This is typically where you have already made your bed as a worker and you are trying to turn it into a management position. This could even be a promotion but you should be warned that some jobs people just do not promote from.

When dealing directly with other colleagues in your company it is very difficult. **How do you motivate a colleague who does not want to be motivated?** By finding what they like and play your choices you give them to their preferences. Many people just simply do not have the time to stop and think about the choices and wish to quickly give you an option. Beware the person who stops to think, they are the real threat.

### **Five Year Plan - Laws 28 and 29 - Goals without dates are called dreams**

Story time. One year ago I made a five year plan for me. No other options existed and I only concentrated on my needs purely. Yes, as you know, I have a wife and children. I chose to make my MAP without their needs considered at all. Here are my five things I wanted to happen for myself.

1. Rebuild my current home, or find a new one in the Galleria.
2. Find a C-Level job.
3. Set up private schools for my children.
4. Make my own retirement.
5. Buy a new truck, the current one has seen better days.

As everyone knows, my house was destroyed by Harvey. I spent my hurricane days rescuing stranded people with volunteers from work. My family went back to Austin with her parents and I stayed behind to help. Upon returning home there was nothing left. We went to stay at my late grandfathers ranch (was in the process of selling) and we spent some of the best months of our lives. I realized that where we lived and how we lived was detrimental to our growth as a family unit. The house is rebuilt and we are still looking for a new house in the Galleria. Needless to say, the ranch will stay in our family and will turn into our winter home. We spent time finding schools and transportation for our children, that is handled.

Next up, and yeah I know its only year one but once I get started on something I am like a dog with a bone. My wish was to get a C-Level job and move up from division president. The problem is at my company there is no room for me to move up and the current leadership has no issue with things as they currently are. There was no weakness to attack. I was not vested in the company and was not in the league to get voting stock. The options were sealed. My job was simply to do the same job for the

next 30 years or hope someone died early.

How do you get interviews? Use the words in your resume to match the job requirements or find out and befriend those who can pass along your resume.

This led me to seek employment outside of what I am currently doing. My prime management skills are in construction or environmental management. Therefore I needed to seek options outside of the current corporate environment. I applied selectively to some open positions and interviewed at all three companies for upper level management. One of the options was a non-starter, it was working with the royal family so that's a dead end. The other two were right up my alley and had much older folks in the C-level jobs. Now how to exploit my current company with the other two companies?

Reputation. I am known throughout my business area as a hard charger and especially known for my quality of work. In the old days as a Department Manager, when you saw my name on the work scope, that pretty much sold the job. Pulling off the impossible was my specialty, and that had 100% to do with my core group of employees. We were known. Those days are over, and only the ancient remember this.

One of the companies dismissed me on the interview process, and I thought the job was lost. Simply a manager of the company, but the options were there because of the C-level age. In the next decade at least two of them were going to be dead or retired. That's more time than I need to handle my business. I went to the interview and I sold myself for exactly who I was thinking that the position wasn't going to happen. Just a dream. Then I got a notice that I was not being considered for the position.

Several weeks later I got a phone call from the CEO asking me to meet him. Our schedules happened to intersect at the DIA airport and we had a chance for an interview for COO. He knew who I was from the past and exactly what I had to offer. We planned a vacation in Cabo with our families that I just returned from.

My current CEO was informed and he was completely floored. Then as we got to talking he knew he just couldn't offer what I could find somewhere else. The path to the C-Level there didn't exist for me and to be fair I was more than fairly compensated and I had points on the gross profit. My salary was directly in my control. They offered more money but he knows I am not working for money, just ambition.

In the end, the boldness my action with a solid plan has paid off in two fold. Either way I decide, I am doing it from a position of power with new understandings on both sides. My choice is not made yet and I hope to take the COO job as I shore up living arrangements and travel assignments. The new office may not be in this country.

The only reason I had the cake and got to eat it? **Fuck loyalty.** Go out there and get what you want, Amazon Now won't deliver it to your door.

# Turning the corner

37 upvotes | June 11, 2018 | /r/MarriedRedPill | [Link](#) | [Reddit Link](#)

---

Lot's of things to learn around this place. Most of it posted around 2015 and the rest is just reiterations of the same advice. There were men who built this bridge for the rest of us. There was a particular individual who coined a phrase for every x years married you require y months of recovery.

## Where am I?

Last month it has been three years since I unplugged. That's roughly 36 months and I was married for 15 years when I started. By anyone's calculation it should have taken me what, 45 months? Three months for every year of marriage.

You got guys like /u/[deleted], /u/sorcererking, /u/bluepillprofessor, /u/over60\_stupid\_loner, /u/strategos\_autokrator, /u/sexyshoulderdevil, /u/spexer, and many others like /u/spexer. There are so many people like /u/firetempered, /u/steeltoeshitkicker, and /u/stonepimpletilists that were instrumental to me in my path that I can't even remember all of them. Too many beers and too many slept since then's.

## Where did I begin?

Pretty much served divorce papers with no excuse when I returned home from a business trip. Let it roll, signed them, and went to move on with my life. Hit MRP pretty hard to save the marriage and never looked back. She lived in the same house and we were making plans with our lawyers to split up the estate. Pretty simple stuff.

Moving on to her needing a drink to have sex to pretending to have a drink to have sex. Again, this might be murky, its just been so long. I absolutely refused to deal with her unless sex was on the table. All while we were on our break and sorting things outs. A couple of months later she serves me papers cancelling the divorce. She wasn't asked, and to this day she has never been asked why. I know why.

My gym routine isn't near what it used to be. Take notes gentlemen. Don't slack off, the gym for life is the key. Not the gym till you become alpha.

## How did I start?

First, I read the side bar unlike many retards who think they can google search their life problems. Then I started SL5x5 for a solid two years. I still to this day don't know which helped more. I lean to the lifting, but the reading was a nice supplement. Came here practically every day to read and post, just trying to pass on the knowledge and gain some edges I didnt knew exist. Spent the money on the SGM and put it to great effect.

## Fast Forward, Where I am.

Today was maybe the first day I had the realization of turning the corner. Things had been adding up, the whirlwind, the rp concepts, and just putting myself first in everything. Realizing that if I was doing ok, that was the most important for those around me. Especially the Outcome Independence that I truly achieved. Learning from other women that I was the prize, something to be valued. Chasing women and buses only makes you tired and you will always be left behind. No longer did worry about what the wife thought, the girlfriend thought, the chick at the bar last weekend thought. It simply didn't matter, there would be plenty of others.



Yesterday I had an epiphany when the wife told me she likes when I ask to her help me. For years I looked at disdain on her not willing to just pitch in like I did. The sex has been amazing for a solid year now, on demand, whatever I want no questions asked. Shit tests, hell even comfort tests are practically non-existent. Don't get me wrong, they come and go without more than a passing thought. The fight over me controlling all of the finances is now just routine for me to handle all of the expenditures. She wanted sex this morning, she initiated, and she swallowed like she has done for over a year now. Can't tell you the last time I was inside her.

She actively comes to me for advice, leadership, and just expects that I am making all the decisions and choices. Even for dinner she just asks me where we are going. It's no longer the rigmarole of where we are going. It just doesn't happen. The huge knock down blow out fight over buying 2% instead of 1% milk isn't even on the table. Accidentally bought the 85% instead of the 90% hamburger is now just a we make do type of thing. Yeah, I literally even grocery shop and cook when I am home.

### **Turning the Corner**

After years of controlling everything and even counseling my VP's against the very same concept. I have realized I can trust her now to delegate work to her. She wants to step up, she has earned her right to step, and through all of the denials and dismissals she is still stepping up. Quite a different woman than I married. The very one who gladly openly rebelled against me. Spoiled brat to devoted wife and family matriarch. Maybe the three months for every year is just a rule of thumb.

Much like my MRP journey, my journey of turning her into my first officer will be the same pace as before. Perhaps with a little more carrot than stick this time.

**Hang in there, the light at the end of the tunnel isn't the train so just keep your foot on the gas and nevermind them brakes.**

# 60 DOD Week 1 Part 1 - Lifting

58 upvotes | March 24, 2019 | /r/MarriedRedPill | [Link](#) | [Reddit Link](#)

---

"Lifting, it's easier posted on reddit than actually done." -bogeyd6

## Picking a Gym

When everyone first starts to think about MRP and what they need to do. The first thought should always be which gym will you join. More importantly you will think about how much of a fat slob you are and the judgement that comes with going to said gym. Going to a gym and in front of at least 100 people will make you feel stupid starting with an empty bar on SL5x5. I was there, can still remember how dumb it looked and how I couldn't walk straight for a week. The reality of the matter is, and prepare yourself, no one cares. You think the world revolves around you and in your beta kingdom you have trussed up a reality in which you are the center. Could not be further from the truth. My gains and videos were posted on MRP years ago, there is nothing left to prove. If you have a few minutes continue reading and maybe you can begin to fix your life.

Everyone, and you will have to wrap your mind around this, everyone starts at the beginning. Picking the gym that makes you feel comfortable to at least get started is paramount. Many people choose the wrong gyms like LA Fitness and Lifetime Fitness. They are cheap, available, and pretty much have everything you could want. They are also cheap. The problem is, and if you are like me, you don't have three hours to work out. Get in, Lift, Get out. These mc'gyms cater to a larger audience, and could very well be a good choice for the beginner. Who doesn't like a dip in the hot tub to help the muscles relax. Many of us are very busy in our lives and that kind of time doesn't exist. Yet, we tell everyone to make time. The best part is most people are willing to help new people and those who aren't will continue to be idiots. If you find yourself in a busy gym, ask to work your sets in and you would be surprised how helpful most people will be.

**Where do you make time?** That part is the easiest. Find a power lifting gym somewhere near your house or your work. When I was stateside I lifted in a gym that was very close to my work so I could get in and out. The cost was, well, prohibitive to most poeple. We spend the money where we expect improvement and I needed to lift. Inspect what you expect and the results were pleasing. Time to finish was about 45 mintues and I got to read NMMNG and WISNIFG during my rests. That was about 4 years ago next month.

**How to find the right gym for you?** That's no easy decision. Maybe you live next door to an independent gym and the decision is easy. Perhaps, you go to to powerliftingwatch dot com and search for a gym in your area but none exist around you. For sure I can tell you that the YMCA will always be better than a mc'gym. You need to find a gym that has a squat rack with safety bars and a bench press that doesnt reuiqre a spotter. Bonus points if the gym is mostly empty so the wait times do not take long. The most important part to consider is the availability of free weights. Showing up to smith machines and calling it a good work out doesn't quite cut is. Doing cardio or cross training for an hour doesn't count.

Common mistakes people make in the beginning that lasts a lifetime.

- Find a gym that fits your schedule and has the equipment to do power lifting.
- Start at the lowest possible weight and start your gains.
- Stop thinking other people are judging your 65lb dead lift.

- Fix your diet.
- Fix your sleep.
- Make the time.

If you think you can do MRP without Lifting and without Reading. Go ahead and leave as there is nothing left for you here. There is a reason this is the first of several weeks. I will promise that if you lift, read, and stfu you will have the same stories like BPP, SK, Perseus, RZD, STSK, Stone, and all the other men who put in the work. You know who you are. Perhaps in four years time you are still hanging around to offer guidance and share your war stories.

P.S.

Shout out to Stoney, Comment dit-on lifting en français? Think lifting is hard? Try finding a power lifting gym in Europe.