

Best way to recover from showing emotion?

10 upvotes | 18 November, 2017 | by mountainbiker178

I'm doing my best to embrace trp, however I'm finding some bp behaviors more difficult to kick. I had a situation last night where my LTR went into sex for one of the first times ever (together not quite 2 years), likely because she wasn't feeling good from a cold. More importantly, I didn't handle it well. I turned out the lights and went to bed. I acted passive aggressive like a bitch and didn't cuddle. She noticed I was bothered by something and asked what, so I said nothing. She eventually got the hint and rolled away.

Today she's continuing to ask me what's wrong. I'm away with friends and she's texting me insisting I should talk about what's wrong. I've either denied or ignored her questions so far. I'm not sure what the best path forward is. I don't want to DEER. Should I just keep dodging the question and denying anything is wrong?

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Comments

redhawkes • 15 points • 18 November, 2017 04:17 PM

Reframe and use amused mastery "Im worried about north Korea", then change the subject.

Don't act passive aggressive next time, it only shows that she has control over you, and you're in her frame.

ZayaFTW • 8 points • 18 November, 2017 04:36 PM

This.

Awareness alone is curative.

So she doesn't want to have sex, so what? You said it might be because she wasn't feeling well. You also said this is one of the first times it has happened.

You are allowing your ego & sexual urges to control you and in spite of it, behaving like a rude manipulative cunt.

Respect your woman, love her, & fuck her three times as hard when you lay with her tonight.

I say these words out of love for you brother, best of luck.

mountainbiker178[S] • 1 point • 19 November, 2017 01:13 AM

You're right on the diagnosis. I plan on following your suggestion tonight.

mountainbiker178[S] • 1 point • 19 November, 2017 12:39 AM

It's frustrating that I allowed myself to act that way. I guess I should appreciate that I recognized my passive aggressiveness, but by then it was too late.

m0rphing • 10 points • 18 November, 2017 04:30 PM

You got mad because she wasn't into the sex with you. It hurt your ego. This tells me you use women and sex for validation of how good of a man you are. You have some soul searching to do, because you're not in a healthy place.

mountainbiker178[S] • 4 points • 19 November, 2017 12:52 AM

I'm not in a healthy place, to be honest. Now that I'm RP aware, I can see all of my BP failures throughout my life. I see declining sexual interest as an indicator that she would be more likely to cheat or hurt me, thus my ego. I say all of this to acknowledge what you say is true and to be open and honest about my lack of abundance. Doubtless, I have a long way road ahead of me.

ZayaFTW • 2 points • 19 November, 2017 01:20 AM

Read **Preventative Medicine** (2nd installment in Rollo's series) if you believe you are having trouble dealing with RP reality.

m0rphing • 2 points • 19 November, 2017 01:30 AM

Props for owning up to it, I respect that. I've been in a similar place to where you are. I can't help you much, as the work is yours to do. I'll just say a few words.

Women can't make you feel better about yourself. Any problems you have without women will still be there with women. Women don't improve your life, so don't count on them ever making you any more

content with yourself than you are when you are all alone. You are stuck with yourself, and if you want to improve your life, it will be by your own doing, not by anything any woman does. They can't fix you. When you can accept that, when you can not expect anything from any woman, and I mean absolutely no expectations, you will need nothing from them. You will need nothing from them because you know they can give you nothing you don't already have, and then you will have overcome the problem you have just experienced. Not easy to do, but there you have it.

Heathcliff-- • 1 points • 18 November, 2017 04:46 PM [recovered]

Yes, you're handling it fine now.

Next time you see her, act as you always would, as if nothing happened.

She'll be perplexed at how quick you got over it, and impressed by your control over your emotions... Remember women can't do that, so when they see it in men they are very attracted.

Plus, sometimes she DOES want to see you get mad/pissed off/frustrated. It's arousing to her, seeing a different side of you, polarising emotions. Remember, women love strong emotions and drama.

As long as you don't fuck it up, take it too far or overdo it, you're in a good position. Just act like nothing happened and it wasn't really a big deal and you're over it. She'll probably let you put it in her butt.

pongo1212 • 2 points • 18 November, 2017 10:54 PM

But if you show that you are pissed/mad, doesn't this play into her frame. Wont she see that he she some control over you?

This is what I get confused about too

NJA4242 • 1 points • 19 November, 2017 01:11 AM [recovered]

Not OP but, youre thinking in a absolute which is problem with some people here. Youre a person not a robot, youre allowed to have feelings and feel them but the idea is to make sure they dont get the best of you.

A woman may want you to be angry or jealous for various reasons, it shows you care but its a matter of when and how much you show

pongo1212 • 1 point • 19 November, 2017 02:35 AM

This is a problem that I have a hard time swallowing. Red Pill is always stating the moment you let down your guard and show some sort of negative emotion, she will see that she can affect you and further shit test you in similar ways which can lead to the end. I need to start thinking in terms that YES i am human and will make mistakes no matter what. Can only learn from them