

How to handle trust issues & potential disrespect from my brother?

1 upvotes | 2 February, 2018 | by AwakenedSovereign

My brother is 10 years older, was a "natural", and has pretty much always been higher status and more dominant than me.

We have always been rivals to some extent. He has a proven track record of trying to AMOG me, cut me down, and talk shit either to my face or behind my back.

Recently I made it clear this behavior wouldn't be tolerated anymore. We had been living together for a year in a group "party house", but I cut that off due to his unreliable behavior.

He seemed to be trying to turn over a new leaf after this, perhaps realizing that he could actually lose his brother over toxic bullshit.

So last weekend we are at a festival. This is an annual tradition for us down in Miami, were gone for the last 3 years together as brothers no matter what else was going on in life, whether we had girlfriends or whatever, etc.

We end up in my tent doing whippets. It's me, my brother, his GF and my #1 plate / GF in training.

Now I don't care if you approve of whippets or drugs. But if you've never tried them, a solid whippet hit will basically incapacitate you for 30-60s at a time. You sit down because your equilibrium is affected. You can hear and see things, but voices and words get all garbly.

So basically I think my brother used this time to start talking shit about me to the girls. OR even throw some inneundo or sexual remarks to the girl I had brought.

I am quite confident that whatever was said was deliberately kept from me, and I must therefore assume it is more of his usual toxic shit.

At one point I clued into this and "faked" a hit when it was my turn. My brothers GF took notice of this and made a comment like "oh he's figured it out now".

The fuck do I do about this? I still have no idea what was actually said.

My brother and his girl will lie and cover for each other. Two snakes in a tree.

My plate was there, but if disrespectful shit was said she did not warn me or inform me after they were gone.

I've got her pretty hooked so maybe if I put a little fear in her she would come clean. But so what?

I think the fundamental issue here is that I cannot trust my own flesh and blood, and even if this particular incident was nothing and I'm just imagining things, I need to take action to distance myself from him even more than I already have.

We live in separate states now so it's not like he can shit talk my scene, friends, or reach any of my plates unless I choose to visit him.

But this fucking bugs me, and I'm not sure how to proceed. Do I confront him? Do I confront my plate and/or his girl?

Any thoughts are appreciated fellas

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Comments

AquitasVeritas • 5 points • 2 February, 2018 03:12 PM

Theres so much more wrong. Read the sidebar. Lift. Stfu. And dont surround yourself with stupid.

AwakenedSovereign[S] • 2 points • 2 February, 2018 03:25 PM

I lift. I read the sidebar and reread it from time to time.

I can see how putting myself in that position was a mistake. But if you can't trust your blood then wtf man? His behavior is more disappointing than surprising.

juliusstreicher • 2 points • 2 February, 2018 11:45 PM

I can see how putting myself in that position was a mistake. But if you can't trust your blood then wtf man?

If you can't trust a Nigerian Prince, for goodness sakes, whom can you trust???

All men will fuck you over for cash or chicks. All. Now, say "All men doing whippets will fuck you over for cash or chicks. My brother is a subset, not a superset of 'all men'. Ergo, he will fuck me over."

AquitasVeritas • 1 point • 2 February, 2018 09:37 PM

I know dude. What i have learned is that you can only trust yourself. Not even your mom or dad. Not your wife. Nobody. Just become the oak that nobody can bring down. Work on you.

bluemoviebaz • 5 points • 2 February, 2018 03:50 PM

Had the same shit from my own brother dude, who is a natural top 10 male, only mine was cock blocking me unfortunately family or not people don't like you doing better for yourself for some reason it scares them and makes them jealous even when they've nothing to be jealous about!

AwakenedSovereign[S] • 2 points • 2 February, 2018 04:20 PM

People are fucking weak. I've been at the bottom and the top and everywhere in between, and never once did I fucking use this bullshit feminine mindgame crap to make myself feel better or cut someone else down.

I'm heartbroken that my own brother is the worst offender.

bluemoviebaz • 1 point • 2 February, 2018 05:02 PM

Tbh m8 it was a shock to me, this brother of mine has it all but since I've been lifting and all round improving he can't take it

Aaren_Augustine • 3 points • 2 February, 2018 03:12 PM

I had a "friend" like this. He couldn't stand he wasn't the center of attention. The he got a good ego stroke when he could undercut you. And for an older brother, that's pathetic.

Do I confront him?

Nope. No need. Your indifference will aggravate the ever living shit out of him.

Do I confront my plate and/or his girl?

And this will prove he's the winner. So no.

Move on with your life. Learn how to spot that behavior in people that say they are your friend.

| has pretty much always been higher status and more dominant than me.

None of what you describe about his behavior is either high status or dominant. Just domineering; which is fundamentally weak. Only the weak hold you down so they can stay above you without actually competing.

AwakenedSovereign[S] • 2 points • 2 February, 2018 03:24 PM

Thanks. Your comments are on point.

But how do I handle him moving forward? We've got a family vacation coming up in June and if I have to be on my fucking guard the whole time there's no point.

I think I either need to just not spend time with him ever again, or if I do, dont bring any of my friends or girls around him. He'll just use it as an opportunity to try and poison the well.

Aaren_Augustine • 2 points • 2 February, 2018 04:36 PM*

| But how do I handle him moving forward?

A complicated answer that I'll boil down to Verbal Judo. Learn to see when people are intending to do you harm and when they have good intentions.

Buy When I Say No, I Feel Guilty. And really pay attention when you read it. Read it multiple times. Because if you don't learn whats in the book, expect you won't be ready for the next time.

| I think I either need to just not spend time with him ever again

Avoidance will not make you stronger. It will keep you weak. And you can't avoid these people in life.

| dont bring any of my friends or girls around him

A great first start.

AwakenedSovereign[S] • 1 point • 2 February, 2018 05:07 PM

Thanks for your time. My instinct was to attack and my brain would not fucking let go.

Thank God for TRP tho. You and the EC are 100% right there is no "win" in confronting him.

Fucking sad.

juliusstreicher • 1 point • 2 February, 2018 11:50 PM*

| But how do I handle him moving forward? We've got a family vacation coming up in June and if I have to be on my fucking guard the whole time there's no point.

| I think I either need to just not spend time with him ever again, or if I do, dont bring any of my friends or girls around him. He'll just use it as an opportunity to try and poison the well.

It's not a 'trust' issue, since your brother can't help it. He's been doing this all of his life, and, he hasn't grown out of it. It's best to avoid him as much as possible. He may get with you and apologize, and it may even be sincere, but, sincerity is irrelevant since he can't control himself.

If you're around with your friends and chicks, and acts up, just get up and leave, either before or after he starts his shit. Don't act butthurt, just go do something, like bring a book along or web surf, something like that. AWAY from him/them. If they give you the old 'Hey, he/I was only joking!' just ignore it, or

nod and say 'Great. Gotta go, later.' You aren't trying to impress them, you are getting out of harm's way. You are going to do something constructive for you, not leaving your ass there for anybody/everybody to take a piece of.

. Further, if your plate won't tell you what was said, kick her ass to the curb. That's the least she can do for you

fnordsnord • 2 points • 2 February, 2018 03:46 PM

I do not see a "win" for you in confronting him, OR the women. Just don't trust him any more.

AwakenedSovereign[S] • 1 point • 2 February, 2018 04:19 PM

Thanks

VirginPlaya • 2 points • 2 February, 2018 06:57 PM

Shouldn't your plate (especially if she's potential gf) come clean instantly and spill everything that happened while you were passed out?

I mean she's a bad gf if you have to force her to do so.

throwitdownman • 1 point • 2 February, 2018 07:39 PM

Personally, I'm going to offer a different opinion. If it's a friend, stranger etc, easy next.

Because this is your brother it's different. Personally I don't know any brothers who never fought with each other in their life. It's just what brothers do. I don't think it's deliberate, it's just biology. So next time, throw a jab at his old man knees, receding hairline or something.

FYI- he's not more alpha, more dominant, or more whatever than you. He is just older. Imagine if you were him - you have a 10 year younger brother. Will you 'trust' him as an equal, or see him as a kid. He might be busting your balls because it's just what siblings do.

juliusstreicher • 2 points • 2 February, 2018 11:57 PM

Will you 'trust' him as an equal, or see him as a kid. He might be busting your balls because it's just what siblings do.

No, an adult sibling will not bust your balls in front of your chick, and try to AMOG you.

Of course, I've been in this situation before. My brother WAS handsomer, and was pretty much alpha.

Avoiding him was my best bet, but, he was only being him. He would Amog everybody, not just me. Took him a while to grow out of it. 30 plus years, actually, and getting off of drugs.

Avoidance is the key.

juliusstreicher • 1 point • 3 February, 2018 12:04 AM

So next time, throw a jab at his old man knees, receding hairline or something.

His brother, (and OP himself,) takes drugs that put him into a coma, regularly. Do YOU want to throw a jab at his old man knees, receding hairline, etc...?