

"Why do I do that?" - reflections on my abusive nature

July 10, 2014 | 57 upvotes | by [Archwinger](#)

Over on The Blue Pill, they posted a link to "Why does he do that?" a book about abusive men and what makes them tick inside. I love a good read, so I lapped this book up, always eager to add new tools to my arsenal for controlling my wife. Overall, the book was a little one-sided and failed to mention abusive women at all, except in the context of lesbian relationships, even though women are verbally abusive cunts all the time without repercussion, and incidents of female-on-male violence continue to rise. The book also used the term "abuse" as a blanket statement for any behavior under the sun that makes a woman "feel mistreated or devalued." I'm not taking any liberties here – that's a direct quote. Arrogance, selfishness, saying not-nice things – that's all abuse. Anything that makes your partner "feel" mistreated or "feel" less valuable means you have issues and you need to change.

What was more frightening, however, is how many of the abusive behaviors outlined in the book come straight out of the playbooks of women in relationships, and are considered fucking empowering if a woman does them, but abusive and controlling if a man does them.

The book's not without a silver lining, however. I've extracted some great tips for keeping women in line:

1. Be mysterious. Women do this all the time, and it's cute and empowering. Say one thing, but do another. Tell her you want/like something, but when she remembers and gets it for you, tell her she got the wrong kind or didn't do something the way you like. Be as angry or annoyed about this as you'd like. They do it to us. Once a woman has you figured out, you're boring. Never be boring.
2. Put her down at least twice for every complement you give her. PUA people call this "negging." (When a woman does it, it's called "nagging" and it's her right to speak her mind and it's empowering.) Don't use overt and rude insults. Just subtle remarks about things that don't attract you, made off-hand, like you're just talking about what you had for dinner last night. But remember to complement her every now and then, too. That helps you to be mysterious and reminds her that underneath the aloof asshole exterior she loves so much, you're "really a sweet guy."
3. Any time she becomes angry with you about anything you've ever done or said, act like she's crazy in the head for bringing up such a trivial issue, and make sure she knows that the way she feels is *her* fault. Never admit you're wrong or apologize. Anything you said or did, positive or negative, was in response to something she said or did, so she can either change her behavior or continue to deal with yours.
4. Have a prepared excuse for any of the above. Any time she mentions you doing any of 1-3, casually brush it off with a reason that sounds harmless, even friendly, like you were acting in her best interests or the best interests of the relationship. Now's a good time to drop a complement, like you just love her too damn much. If she really calls you on your bullshit and she seems serious about it, it's time to bring up how you were hurt in the past, previous women cheated on you, your mother was a bitch and hit you, and shit like that. It works for women.
5. Latch on to your girl's social network. Make friends with all of her friends, with her neighbors, with her co-workers, with her family. Get all of them to think you're awesome. Do favors for them. Sleep with the ones that are willing to sleep with you. You have to grease the wheels often and early, because you want your woman's ears to be full of your praises, and if she starts to complain about you, you want them to defend you. To express doubt at what she's complaining about. And if shit really hits the fan, you want them to all take your side. (Do these "abusive" tactics sound

familiar yet?)

I'm only maybe a fourth of the way through the book so far and had to put it down, because it was triggering too many traumatic memories of past relationships. They should put a trigger warning on that thing. But I'll update with more useful information once I've seen my therapist and gotten enough drugs to help me muscle through it.

Archived from theredarchive.com

Comments

anonymouse[] • 8 points • 11 July, 2014 11:38 AM

What was more frightening, however, is how many of the abusive behaviors outlined in the book come straight out of the playbooks of women in relationships, and are considered fucking empowering if a woman does them, but abusive and controlling if a man does them.

I've noticed that the books targeted at women have the best value for relationship advice. The books targeted at men are intended to keep us in the dark. My ex had bought a pair for men and women by the same author, I decided to read through both of them. The men's book was full of trite bullshit, the women's book opened my eyes to some of the shit she was doing to me.

FortunateBum • 14 points • 11 July, 2014 02:23 AM

What was more frightening, however, is how many of the abusive behaviors outlined in the book come straight out of the playbooks of women in relationships, and are considered fucking empowering if a woman does them, but abusive and controlling if a man does them.

I'm in complete agreement. I've been seeing this trend for some time.

"Abusive" behavior is completely normal behavior for a woman. It's only abusive when a man does it.

In fact, TRP behavior is standard behavior for *women* in relationships. But when men do it, it's wrong.

Jane Austen basically wrote the first Red Pill books, but they were for women. If women do it, it's a literary classic. If men do it, it's a hate sub.

Women's response to TRP and men using these tactics is rational from a game theory perspective. Makes sense. I get it.

What's really strange is how men respond. We aren't protesting Jane Austen novels, romance novels, the marriage industry, the institution of marriage itself, or a hundred other things that favor women over men.

Maybe we men just like women that much and so are willing to put up with this shit?

(Aside: *every* relationship I've ever been in has been "abusive". I doubt a non-abusive relationship exists. The question is always, do you like everything else enough to put up with the abuse?)

puaSenator • 16 points • 10 July, 2014 10:58 PM*

I don't know how I feel about this.

I was always under the assumption that you "neg" to show value, that you don't put up with BS and you're willing to say whatever you want, including calling her out -- Not intentionally trying to make them feel bad.

This post seems very Machiavellian, which is fine, dark triad shit is interesting as fuck, but I always took it in more as something that you can't consciously do and is reserved for specific instances as someone that's not naturally dark triad. But I think your points are generally focused on how to game via abusive behaviors, and not really the TRP approach. It's like feeding directly into the stereotype.

While there is a bit of overlap between what you said and TRP, the distinction is pretty polar. It reminds me a bit like the old trope of a quality leader, "Be the type of leader people want to follow through their free will, not the type of leader that forces them against their will." IE, the boss you listen to because he's insightful and makes good decisions vs the boss you listen to because you have to regardless of his character.

So what we have is something that shares a title, but takes separate routes. And in this case, we have something like negging. One route uses negging to put someone down, while another route uses negging to pull oneself up; one method creates opportunity by destroying the other persons value, and one method creates opportunity by offering value. If we look at this economically we have an instance where one route is destroying value; let's say we have a 10/10 sum game, one player is pushing the other player down a notch making it a 5/10 sum game giving us a net of 15. However, in the other route one player is raising himself up to 10/15, creating a net value within the relationship to 25. The latter is a far better value, and any reasonable person would try to go for that deal if -- in this ridiculously terrible analogy -- we are going to go into business with someone else.

These are VERY significant distinctions that can be easily misinterpreted. If we want to talk about these overlaps, I think it's fine, but I honestly don't think this is a good long term growth strategy. We should always be focused on creating value, not destroying it.

Archwinger[S] • 25 points • 10 July, 2014 11:18 PM

Yeah. It almost seems like I pulled material from an obnoxiously anti male piece of literature, rephrased it to parrot shit women do to men they're dating, and presented it like advice. It's probably not the best idea to do all of that verbatim.

AfterC • 2 points • 11 July, 2014 12:06 PM

Aye, it was a good post. The "negging vs. nagging, but it's empowering for women," made me chuckle.

Overkillengine • 2 points • 11 July, 2014 12:11 PM

As a short term strategy it could be argued to be hideously effective outside of morality concerns if your only goal is to keep them around long enough to get your fill of sex/resources.

As a long term strategy though it is observably shit based on observing both the damage it does to a current relationship but also the ripple effect it has on subsequent relationships for either party.

Eventually people catch on, and it is downhill from there.

subcover • 7 points • 11 July, 2014 01:10 AM

You're not married are you?

Years into a marriage, things have clearly become ongoing low-grade warfare. You can't separate because you are both there for the kids. So the shit drags on.

Hopefully at least my sons learn something about women from it.

[deleted] • -1 points • 10 July, 2014 11:23 PM

This post seems very Machiavellian

Yeah, right? He only opened with:

always eager to add new tools to my arsenal for controlling my wife

It sounds like he is with some girl that can't really move up any further, so she is just willing to deal with whatever he does to her. I've been there and it's pretty much beta. Good luck pulling that shit with some chick that has the *least* bit of self-esteem (hence his need for constant new ways to put his wife's down).

Frankly I think whining about why a book called "Why Does **He** Do That?" doesn't tackle women abusers is a special sort of nonsense meant for r/mensrights.

puaSenator • 9 points • 10 July, 2014 11:57 PM*

I agree, it's a book directed specifically for women. However, I've been in his place many times before, which is, once you start reading something, you get really into it and start forming insights from that niche perspective. I mean already, this post is interesting as fuck, because it sheds light on something I've never thought about before. Give it a week or two, let him finish the book, let him mull over it, and I guarantee he's going to bring in a really interesting front page level insight based off what he took out of it. His reading and reporting back will certainly add value once he's finished. I mean, I sure as hell don't want to read a book about why abusers abuse, but if OP wants to, thank god. At least someone is, and is bringing it back to the table to discuss -- even if the initial perspective is a little bit up for debate. That's why we do what we do.

We have people like /u/illimitableman who's full blown academic with his shit, especially in the dark triad field. Now do I agree with it all, and do I follow it entirely? No, not at all. However, his contributions create discussion, subjects to think about, and really interesting insights. It's how progress is made.

[deleted] • 1 point • 10 July, 2014 11:58 PM

What about it did you find interesting?

puaSenator • 5 points • 11 July, 2014 12:04 AM

How to control people through their insecurities and social networks. It's nothing I'd personally use, but information is information and I'll take it however it's presented to me.

And at the same time, I can also use this information when I do go Machiavellian at times because I need that edge to get ahead or reestablish my frame.

[deleted] • 1 point • 11 July, 2014 01:21 AM

Yeah, except it's not a guide on how to control people. It's a guide on how to beat down the self-esteem of abuse victims. That **was** the book he read. He even basically suggested that the post was in jest.

rpkarma • 3 points • 11 July, 2014 09:47 AM

Poes Law... Anyway, check Archwingers post up thread. It's satire. He's not suggesting you actually do this stuff (even though a lot of women have no qualms about doing it to you).

subcover • 0 points • 11 July, 2014 01:34 AM

Keep that white knighting in Mexico please. Sometimes these tactics come in handy, esp. for the VLTR known as marriage with kids.

[deleted] • 2 points • 11 July, 2014 03:05 AM

Choosing to not put myself in your position *isn't* 'white knighting'

subcover • 3 points • 11 July, 2014 01:06 AM

OP do you have my wife? Or just an exact copy? This is exactly the shit she does.

Archwinger[S] • 8 points • 11 July, 2014 01:51 AM

I had a feeling she might be cheating. At least it's with another TRP advocate.

dallz_beep • 1 point • 11 July, 2014 03:25 AM

Then again, probably most men who can and are willing to fuck a married woman are red pill, even if it's from a more natural and independently-formed path.

DanG3 • 1 point • 11 July, 2014 04:33 AM

Subcover, what if you could take a pill that would make you forget about the leverage your wife, kids, (and the legal system) have over you? - or at least leave your wife thinking you had lost it. How does she REALLY feel about cats?

Algermas • 10 points • 10 July, 2014 10:05 PM

I love abusing my women, sounds like a great read.

Thanks for the tips (and trigger warning).

theredpill101 • 6 points • 11 July, 2014 12:25 AM*

Strategy is one thing. Attempting to control/abuse another human is quite another.

In the context of discussing this in a very theoretical way, I understand this post. Treating it as though *this* is TRP and should be followed is...a mistake.

You can break humans, just like you can break animals. Stockholm Syndrome is a real thing. But to do that, you have got to be a sociopath. It will destroy your soul if you are not. Read about the men coming out of Abu Ghraib and Guantanamo - see how the destruction of another persons ego compromised their own.

In theory, this may have a very small amount of value (insofar as recognizing when you yourself are being mistreated). In practice, it has absolutely none.

EDIT: Satire. I must've forgotten my humor hat when I read this.

ButterMyBiscuit • 6 points • 11 July, 2014 02:33 PM

How are all you people not understanding this blatant satire? This was a well-written and funny post but only 1/4 of these commenters seem to get it.

The whole point is taking a set of behaviors and applying it to men is abuse, but women doing the same thing is standard, normal, and expected.

Archwinger[S] • 6 points • 11 July, 2014 03:08 PM*

It's hilarious on several levels:

1. An "abuser" picking up a book about abusive men to get more ideas for how to abuse his wife. I mean, that's sit-com funny. Far funnier than all of the sit-coms with nagging wives verbally berating their oaf husbands while the studio audience laughs at him. A guy who has to read books, study, and practice to be an abusive man, because he's really a nice guy at heart, but yearns to be an abuser? That's funny as heck.
2. A Blue Pill person posting about a book they all love because it "helped me realize how abusive my BF was and got me out of a bad relationship" (because anything that makes a woman feel less than 100% positive is abuse), as a negative critique of The Red Pill, then some Red Pill guy snatching it up and using the techniques like it's a self-help handbook.
3. An "abuser" picking up a book about abusive men and realizing that, even as a hardcore Red Piller, he's been on the *receiving* end of these "abusive" tactics about ten times more often than he's ever thought about doling them out, from multiple women (not to mention all the similar

stories you hear and read), because this type of behavior is standard operating procedure for an alarming number of women. Then reacting like a hurt woman, spouting off about how the book needs a trigger warning due to his past trauma from all the abuse.

theredpill101 • 3 points • 11 July, 2014 03:02 PM

Apparently, /u/Archwinger is a subtle satirist. I suppose I was looking for the /s(atire) at the end, and missed every inference.

dallz_beep • -13 points • 11 July, 2014 03:31 AM

Hey white knight, change your name bluepill101. You obviously never get laid. *Women literally love evil men*. They crave assholes and enjoy being treated like shit. Even a mildly awake adolescent high school kid understands this. Hell, even most redditors do. TRP is about sexual strategy, it's what works, not moral bullshit. Even someone only familiar with Red Pill 101 would know that. Read the sidebar already.

CptDefB • 2 points • 11 July, 2014 02:03 AM

People need to chill... and give their rational brain time to process what they're reading.

If we take this down the morality road, we are doing the topic a serious injustice.

It's not supposed to be fair, it is what it is.

I look forward to whatever else is in this book. This is, after all, a woman's point of view. It's like reading an enemy manual.

[deleted] 11 July, 2014 09:17 AM

[permanently deleted]

BUKKAKE08 • 1 point • 11 July, 2014 10:29 PM

I don't think you know what "empowering" means.

Archwinger[S] • 3 points • 11 July, 2014 10:46 PM

I don't know what any of the words you just typed mean, but I'm getting better at the language. I learned the bulk of my English from The Red Pill. Yet another way TRP made my life better.

[deleted] • 1 point • 21 July, 2014 06:16 PM

Be mysterious. Women do this all the time, and it's cute and empowering. Say one thing, but do another. Tell her you want/like something, but when she remembers and gets it for you, tell her she got the wrong kind or didn't do something the way you like. Be as angry or annoyed about this as you'd like. They do it to us. Once a woman has you figured out, you're boring. Never be boring. Put her down at least twice for every complement you give her. PUA people call this "negging." (When a woman does it, it's called "nagging" and it's her right to speak her mind and it's empowering.) Don't use overt and rude insults. Just subtle remarks about things that don't attract you, made off-hand, like you're just talking about what you had for dinner last night. But remember to complement her every now and then, too. That helps you to be mysterious and reminds her that underneath the aloof asshole exterior she loves so much, you're "really a sweet guy." Any time she becomes angry with you about anything you've ever done or said, act like she's crazy in the head for bringing up such a trivial issue, and make sure she knows that the way she feels is her fault. Never admit you're wrong or apologize. Anything you said or did, positive or negative, was in response to something she said or did, so she can either change her behavior or continue to deal with yours. Have a

prepared excuse for any of the above. Any time she mentions you doing any of 1-3, casually brush it off with a reason that sounds harmless, even friendly, like you were acting in her best interests or the best interests of the relationship. Now's a good time to drop a complement, like you just love her too damn much. If she really calls you on your bullshit and she seems serious about it, it's time to bring up how you were hurt in the past, previous women cheated on you, your mother was a bitch and hit you, and shit like that. It works for women. Latch on to your girl's social network. Make friends with all of her friends, with her neighbors, with her co-workers, with her family. Get all of them to think you're awesome. Do favors for them. Sleep with the ones that are willing to sleep with you. You have to grease the wheels often and early, because you want your woman's ears to be full of your praises, and if she starts to complain about you, you want them to defend you. To express doubt at what she's complaining about. And if shit really hits the fan, you want them to all take your side. (Do these "abusive" tactics sound familiar yet?)

CRAZY DARK TRIAD GAME. Perfect

dallz_beep • 1 point • 11 July, 2014 03:20 AM

This is why you are one of my favorite posters here. All excellent advice.

TL;DR: Women are assholes. Be an asshole first and you win.

Air4ce1 • 0 points • 10 July, 2014 11:42 PM

"always eager to add new tools to my arsenal for controlling my wife." Is where I stopped reading in your post.

GreenTomatoSauce • 6 points • 11 July, 2014 02:12 AM

I think he is joking, specially after reading his "advice" and the trigger warning.

Archwinger[S] • 13 points • 11 July, 2014 03:07 AM

I'm too subtle for the Internet. I should do radio or something. Do people even use radios any more? I feel old.

ButterMyBiscuit • 3 points • 11 July, 2014 02:36 PM*

It's funny [sad] because it wasn't subtle at all. I liked your post, but maybe you do need to dial the sarcasm up to 11 in the future. I don't know.

dallz_beep • -2 points • 11 July, 2014 03:47 AM

Combine them into a podcast.

But your audience will still be a bunch of clueless spergs who can't pick up on humor. And white knights pansies who think controlling women is somehow a bad thing.

IamAwaken0 points 11 July, 2014 08:37 AM **[recovered]**

TBP is just a propaganda site that tries to make a satire out of TRP in a very cheap fashion. There's no information of value there they are people hating just to hate. It's a circle jerk hating on anything TRP.

Archwinger[S] • 3 points • 11 July, 2014 10:10 AM

"Why Does He Do That?" is an actual book, by an actual woman who runs a program for "abusers." Her process involves calling the woman every week or so to get her side of the story, which is presumed true in all cases, and to learn whether a man is really making progress or just faking it during therapy. She, by her own admission, uses the term "abuse" as a catch-all for any negative behavior of any kind that makes a woman unhappy. If you're "chronically selfish" (i.e. You go to the gym every morning instead of cooking her

breakfast like she asked you to), that makes her feel less valuable and not respected. That's technically abusive behavior.

LoveLord10003 points 11 July, 2014 11:50 AM* [recovered]

The "actual woman" is actually a man.

Archwinger[S] • 1 point • 11 July, 2014 12:02 PM

I totally assumed Lundy was a female name!

TomHicks • 0 points • 11 July, 2014 01:17 PM

If she really calls you on your bullshit and she seems serious about it, it's time to bring up how you were hurt in the past, previous women cheated on you, your mother was a bitch and hit you, and shit like that. It works for women.

This is called dropping frame, and TRP says you should NEVER do this.

Archwinger[S] • 1 point • 11 July, 2014 01:39 PM

TRP is abusive. Just ask our detractors. Abusive relationships include behavior like this (to excuse your abuse and draw attention away from your manipulative behavior). Therefore, TRP should seriously consider this tactic. If it worked so well on so many women that it needed to be included in a book about abusive men, it's bound to be a seriously effective tool.

If you need more convincing, women have already tested this on us, and it works great.

TomHicks • 1 point • 11 July, 2014 03:56 PM*

If you need more convincing, women have already tested this on us, and it works great.

But women and men are different. For example, I don't think maintaining masculine frame as a woman would help build attraction in a man.

TRP is abusive. Just ask our detractors. Abusive relationships include behavior like this (to excuse your abuse and draw attention away from your manipulative behavior). Therefore, TRP should seriously consider this tactic.

We both know TRP is not abusive. I think this is satire right? I think I can hear a wooosh.

TomHicks • 0 points • 11 July, 2014 02:06 PM

Yes but this is dropping frame, exposing weakness and insecurity. She's gonna think less of you as a man if you let slip.

Archwinger[S] • 1 point • 11 July, 2014 02:17 PM

But she'll feel guilty about how hurt you've been in the past and probably stay with you. Maybe even fuck you a few more times. When her guard's down from that, you can go back to 1-3 to keep her on her toes and rebuild attraction.

Lifitirealgood • -6 points • 10 July, 2014 11:57 PM

"This is a sub for self improvement, we don't hate women no sir!"

Come on man what is this shit?

What was more frightening, however, is how many of the abusive behaviors outlined in the book come straight out of the playbooks of women in relationships, and are considered fucking empowering if a woman does them, but abusive and controlling if a man does them.

No, they're shit things to do no matter who does them. Get fucking real here.

rpkarma • 3 points • 11 July, 2014 09:50 AM

It's satire. Did you not get that from the end of the post? He's really not advocating you do this, but is pointing out this is exactly what a lot of women do with no moral problems whatsoever.

Overkillengine • 3 points • 11 July, 2014 11:57 AM

Can I upvote this harder somehow? Yes, this post was great for illuminating the huge hypocrisy that a staggering number of women shamelessly engage in society today.

[deleted] 11 July, 2014 03:44 AM

[permanently deleted]

[deleted] 11 July, 2014 09:37 AM

[permanently deleted]

bradyo2 • -1 points • 11 July, 2014 09:33 AM

Goddamn, some of this stuff is pure dark triad-level manipulation. Brilliant.

I'll be saving this post.