

## [FR] Game and frame

52 upvotes | 29 November, 2018 | by LongRoad\_518

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I haven't seen a lot of FR's from newer guys so I figured I write one up.

First 5 weeks of RP sucked... then everything changed. I have a long long way to go - overall plan is going to take 12-18 months. I will preface this to saying my journey to be more physically attractive started months before finding RP. I'm still a fat fuck but considering I'm 55 lbs less than when I got married and never been this skinny or strong since I've known my wife has had to have helped this process.

About two weeks ago after either a really long continual shit test or a potential 'main event' (a week of non-stop talk about me being selfish and her wanting a divorce), everything changed. I saw the light switch effect with my wife. Suddenly I wasn't repulsive to her.

If you had asked me a couple of months ago if what happened last night was even in the realm of possibility I'd have laughed at you. My frame has been solid the past few weeks - what I want, not getting upset by threats of divorce, keeping a good mood when she's mad. She made the comment that it's annoying that I don't ever seem to get affected by anyone else's moods. (Response: Yep - unless you're turned on). She claimed I'm perverted, only want sex. Owned that shit (yep - let's go right now, etc.). She'll probe your frame immensely when starting out. Don't back down. Don't apologize. Don't complain. To be fair I do find myself edging to complaints and have to catch this. It's a marathon that never ends. Not a sprint.

Get home after work. Kids are around as well as her father in law. Start gaming the wife. Light touching, spinning her around and kissing her. Then escalated to grabbing her ass and tits when no one was looking. She was so turned on it was incredible. I was able to do whatever I wanted and she didn't push back. She started to wipe up something on the kitchen floor so I started grinding her ass. We were then on the floor and I started fingering her... right in the middle of the kitchen which opens up to the living room where the kids are watching TV. Lead her to the mud room for a quick fuck and then we went back and sat with the kids (after she went to change her soaked panties).

If anyone, anyone who is new doubts that this process works - don't. Maybe it will take longer and maybe she'll never come around, but you won't care. You'll be free to do what you want. I want to have this playful fun relationship with whoever I'm with. I'll get that - either my wife will come along or won't. So far I am absolutely amazed by the progress I've seen. I went from a few times a month of starfish, never making out, resisting quick pecks or hugs to this. When she kisses me now she wants to... she hugs *me* and holds on for dear life.

Make your plan, stick with your plan, don't rambo (like I did), accept failure, and get better. And post in OYS... that's mandatory to hold yourself accountable for the stupid shit you do.

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## Comments

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ChokingDownRP • 30 points • 29 November, 2018 03:21 PM

Try not to measure your success by her reaction to you. I did a lot of this, and still catch myself doing it sometimes. Likewise, don't allow her seeming lack of interest towards you get you down. It's not about her, it's about YOU!

My wife is day and night depending on where she is in her cycle. If she's ovulating, she's seeking out my cock and it's monkey sex time. The week before her period, I have to provide comfort and initiate. If I measured my success based on her eagerness to fuck, I'd be on a neverending Rollercoaster like her cycle & like her feelz. Not very oak like!

PS - if you don't know her cycle, track it until you can just recognize it. It basically gave me the cheat codes for fucking my wife more often.

[deleted] • 2 points • 29 November, 2018 09:19 PM

So basically she's horny right after her period and then more in need of emotional companionship right before and during her period?

ChokingDownRP • 5 points • 29 November, 2018 10:00 PM

Definitely very horny right after for about 10 days, then neutral for a week, then cold until her period ends. I don't think AWALT necessarily applies to cycles - some are shorter than others, some women on birth control pills don't have drastic swings, so it varies. I highly suggest tracking for a few months to figure your wife's specific behaviors rather than applying a one-size fits all approach. It's fascinating just how predictable it is once you've seen it in action. It's not just sex either...it's moods, shit teating, comfort testing, etc.

3legsbetter • 5 points • 30 November, 2018 02:39 AM\*

Edit: found it.

An even more uncomfortable truth is that women's pluralistic sexual strategy is literally written into their genetics. In a woman's sexual peak, across her ovulatory cycle she will tend to seek out High-Testosterone cued Alpha Men to pursue for her short term breeding strategy during her pro-phase of ovulation. In her menstruation period her preferences switch to preferring the long term security of a docile, secure Beta provider, and those filters for those traits in her pair-bonding.

-- Rollo in TRM "Biomechanics"

Kpwn88 • 11 points • 29 November, 2018 02:11 PM

overall plan is going to take 12-18 months

This is a journey, not a destination. The rabbit hole goes a lot deeper than you think, Neo.

LongRoad\_518[S] • 5 points • 29 November, 2018 02:30 PM

It's a marathon that never ends.

I get it. There's a long long way to go and something that will never ever end. And why would you want it to?

framelessglasses • 2 points • 29 November, 2018 03:27 PM

bottomless rabbit hole

OMSnow • 1 point • 29 November, 2018 08:39 PM

Yes! I have 24 months at least in my head for myself. I'm 11 in. Plenty more to go but that only allows plenty more improvement and growth.

MrChad\_Thundercock • 3 points • 29 November, 2018 05:29 PM

Good progress.

“She'll probe your frame immensely when starting out.”

Yes. Can't have her submissive beta calling the shots all of a sudden and thinking he has any ounce of powerful power. She's Needs his resources (\$). Can't risk him attracting other sluts.

Just remember with the Gaming, the correct mindset is that it's for you, not her. You grind that ass because you like it, don't do it looking for a certain reaction from her.

Has she started doing drive bys to you yet?

LongRoad\_518[S] • 5 points • 29 November, 2018 05:56 PM

Just remember with the Gaming, the correct mindset is that it's for you, not her. You grind that ass because you like it, don't do it looking for a certain reaction from her.

I didn't even expect things to escalate the way they did... it was fun for me. I want life to be fun especially at home. That she was openly receptive came as a huge surprise. Now she's gone from thinking I'm perverted to engaging in sexual innuendo/talk/texts - all in a few weeks. Starfish to throwing her against the wall one room over from where the kids and her 100% into it is simply a testament to this process. Overall - even before the sex - I've been happier, anxiety free, and simply enjoying life and improving. It's like a drug. Especially the **lifting**... that alone is the catalyst to all of this.

I'd be lying if I said I didn't like the reaction from her. This is mostly because this is what I want in my life - a partner who wants to come along with me and enjoy life. The more I don't react to her emotions and add some distance - the more turned on she becomes.

Has she started doing drive bys to you yet?

I've noticed this happening more often... - arm touch, hand on my back, walks in front of me and brushes her ass against me, leans in and presses her tits on my back.

MrChad\_Thundercock • 10 points • 29 November, 2018 06:08 PM

Great man.

“this is what I want in my life - a partner who wants to come along with me and enjoy life”

Same here brother. I used to come home to walking on egg shells with my wife- didn't want to set her off. She was a drill sergeant at home. Now, I drill her.

witnessthenomorebp • 1 point • 30 November, 2018 03:22 AM

That right there is the honest truth. And the amazing thing is, she hated that shit too. It's amazing the bullshit both sides are fed by a few bitter shrews and their beta lackeys and we all ate it up like it was our last meal. We aren't doing it for them, but it saves their lives from being miserable as well.

Something interesting to note is that not only will this affect your family but the people around you

will take notice and it will affect them in a positive way as well. When I think of the people who affected my life in a positive way that I truly admired 90% of them were real men raised by real men who had clarity of mission and real backbone to implement what they saw as the best plan.

We really have to look at it as a long-term impact. Sure, we are doing it for ourselves but it will echo for generations if we are good at what we are doing and honest with those around us.

Sepean • 2 points • 29 November, 2018 06:30 PM

Solid dude, good work

screechhater • 2 points • 29 November, 2018 09:34 PM

As the senior autistic fuck, congrats. Great FR.

Keep your foot on the gas. Remember it's about solid, sustainable, behavior and habits on your part.

Chump\_No\_More • 2 points • 29 November, 2018 11:07 PM

The 'senior'? You sure?

screechhater • 3 points • 29 November, 2018 11:38 PM

Not really. But sounded good at the time

Fritz\_Frauenraub • 2 points • 29 November, 2018 09:12 PM

Somehow "gaming the wife" has become shorthand for grabbing ass and aggressive "kino".

Gaming literally means gaming. Mystery Method. IOIs, DHV, top hat, goggles, the whole 9 yards.

RedditsLibertarian • 1 point • 29 November, 2018 09:35 PM

Posting in OYS is mandatory?

SorcererKing • 3 points • 30 November, 2018 05:12 PM

We can't *make* you do anything. But if you want to make progress and not eventually run afoul of the mod team with your autism, OYS is a great idea.

JasonKBaker • 1 point • 29 November, 2018 10:21 PM

Where's a good place to start? Not married but I get a bit overwhelmed with all the information on TRP.

LongRoad\_518[S] • 2 points • 30 November, 2018 04:16 PM

Lift, STFU, read sidebar. Read the basic books. They apply regardless of having a LTR/Marriage or not.

SorcererKing • 1 point • 30 November, 2018 05:13 PM

Jesus dude.

1. Use old.reddit.com to be sure you can see the sidebar.
2. There is a "Beginner's Guide to MRP" on there that will get you started.

thesuccessfuldivacomment score below threshold • -10 points • 29 November, 2018 04:06 PM

What is RP?

bigkids • 3 points • 29 November, 2018 04:45 PM

What is not RP?

thesuccessfuldiva • 1 points • 29 November, 2018 04:46 PM **[recovered]**

I'm saying what does the abbreviation RP stand for?

MrChad\_Thundercock • 8 points • 29 November, 2018 05:25 PM\*

Real Penis.. OP said the first 5 weeks sucked because it was the first time he used a real penis.. his wife only preferred dildos previously. Please read the sidebar before asking basic questions.