

One Year In - Just Getting Started

45 upvotes | 23 October, 2018 | by becoming_alpha

One Year Field Report

Background

37, married 15 years, 3 kids (all under 10), career beta, wife is 35 SAHM, swallowed the pill almost exactly a year ago. Found MRP looking at random subreddits looking for entertainment and it hit me like a ton of bricks. It took me a couple months from finding the red pill to actually swallow it knowing that it was entirely possible that rocking the boat could end my marriage. I decided I was willing to take that risk to unfuck myself and my life.

Physical

6'2", 190, 10.6% BF, bench 265, squat 335, dead 395. Lifting at home 3x a week, bball once a week. Two months into a bulk at 500 calories over TDEE. Trying to put more mass on arms and upper body with 5 sets of 8-12 reps at 75% of 1RM, starting to see some progress. Watching ab definition disappear during a bulk is a bummer, but I know they're just a cut away and I'll look even better with more muscle mass.

Looking at where I started a year ago, it's hard to believe how far I've come. My big 3 lifts were a combined 600 pounds a year ago. Today I'm at 995 and on track to hit my year-end goal of the 1000 pound club in the next couple weeks. I've lost 15 pounds of fat and added 10 pounds of muscle. I feel confident with my shirt off, and more confident generally in life. For anyone just getting started, lifting is key. I'm still far from my long term goals, but I know how to get there.

Another plus of eating better and lifting is I'm demonstrably healthier. I had my health screening at work and my blood test came back perfect. The nurse said to just keep doing whatever I'm doing. In the past, I did tons of distance running and thought I was in shape, but I couldn't get my HDL or triglycerides where they should be. Turns out being able to run 10 miles doesn't mean you're in shape, but now I am. I also noticed I haven't been sick once in the last year even with my germ factory kids bringing home all kinds of bugs and my wife being sick a few times.

Reading

Finally finished Bang this week and restarted MMSLP. Still finishing Thinking Fast and Slow by Daniel Kahneman. On my second re-read of NMMNG putting together an outline. Rational Male 2x, WISNIFG 2x, SGM, MMSLP, Way of the Superior Man, How to Win Friends and Influence People, The Subtle Art of Not Giving a Fuck.

Career/Finances

I'm debt free, working on long-term financial goals. Need to increase my income (looking at some passive sources) to hit some loftier targets. My promotion was made permanent last month and I was supposed to have an evaluation of my performance in this new position for a raise in 6 months. Boss gave me the raise last week instead. I think my boss sees I have options and wants to keep me where I'm at. Applying for a higher position today. Nice to have a little career dread.

Captaining

I used to defer to my wife on planning activities. I used to feel bad about scheduling my own activities that I enjoy because it would require her to do more child care. In the last year, I've changed tremendously and I live my life for me. I've planned lots of family activities and trips that went great. I do the things I want to do and I'm so much happier. I used to go on business trips and the whole time worry about how hard it was for my wife while I was gone and wish she was with me to enjoy the new places

I'd visit. I was never fully enjoying where I was if she wasn't there. And when I did bring her along, I wasn't fully enjoying it because I was following her moods in the moment. The last few business trips since swallowing the pill have been drastically different. I've enjoyed myself so much more and I don't worry about how mad she is that I'm in a hot tub at a hotel while she's wrangling 3 kids to bed.

I'm also more direct leading my wife in the direction I want with stronger language "let's do x" instead of "do you want to do x?" It doesn't always work, but she knows what I want and often falls in line. This direct language works well in the bedroom too.

Relationship

The last year has been a roller coaster. I saw early gains and a big increase in her interest early on. Then she confronted me on my changes and I overshared giving her my journal where I tracked my progress. Things went downhill for months culminating in false rape accusations, increasing distrust on both sides, her attempting to kick me out of the house, going months without sex or even touching each other, and consulting with divorce attorneys. I made the decision that I would not and could not go back to being beta (you can't plug back into the matrix). I was ready to end it and figured out the logistics and made peace with living life as a single dad. But at the lowest point, things started to slowly shift and have improved significantly since then.

The last month I've been batting about .250 but that's a significant improvement from the dead months we had during the summer. Quality has increased significantly and she follows my lead in the bedroom willingly now that I'm doing a better job leading. Starfish was a weekly occurrence in the past, but it hasn't happened in the last year. The one time she offered starfish, I turned it into much more.

I've also noticed a correlation between the intensity of her shit tests and shark week. I've learned from the way of the superior man to treat those shifts like changes in the weather and maintain my positive outlook. When I handle the blustery weather well, it seems I always get to enjoy sunny weather a day or two later.

We've been going to marriage counseling for several months and the tenor has shifted from her listing and complaining about all the things wrong with me to discovering the source of her trauma (likely from her childhood) that's driving her sexual hangups. We're making slow progress, and I'm providing more comfort than MRP recommends through the process, but it's worth it to me.

I think the best example of my progress is comparing at 2 massages. The [first one](#) was when I was 2 months in. I started giving her a massage to warm her up for sex and when I initiated at the end and she shot me down, I stopped immediately and started reading a book. It came across as very butthurt and ended in an argument where I DEERed like a champ. I hadn't learned to STFU or about removing presence in a [more controlled way instead of an abrupt 100 to 0](#).

Contrast that with last week, I decided to give my wife a massage because she'd done a ton of good work that day and was sore. She had turned me down the night before, but I laughed it off and reset in the morning. I had no intention of initiating that night. I gave her a good massage and didn't try to initiate, but then she initiated and it was fantastic. The mindset was totally different. I was giving because I wanted to give, not so I could get something in return. She picked up on that and apparently that did it for her.

One Year In Thoughts

I'm nowhere near where I want to be in my own progression, or in my relationship. I've made some mistakes and made it so much harder on myself. But the bottom line is MRP works. Sometimes it's slower than I'd like, but it works. I'm making progress and my relationship is on the right trajectory. I'm out of my wife's frame, but I need to do a better job establishing and communicating a compelling vision

for the future. I need to show her my frame would be a good and safe place for her to be.

It's also been fascinating to watch my sister in law's hypergamy in full force as she branch swings. My wife is baffled, but it's like she's following a script Rollo wrote for her and I'm not at all surprised.

I'm keeping my foot on the gas and I'm betting my 2 year report will reflect much more progress.

Archived from theredarchive.com

Comments

hankbuk 1 points 23 October, 2018 08:33 PM* **[recovered]**

Glad to hear it's all working for you... but you mentioned a false rape allegation. You're a fucking moron if you leave someone like that in your life (regardless of kids).

Once she hits the wall, you're in for hell.

johneyapocalypse • 7 points • 25 October, 2018 10:31 PM

Christ dude, I somehow missed the paragraph that mentioned the rape accusation. Fuuuck.

You're a fucking moron if you leave someone like that in your life (regardless of kids).

Agreed.

UnbreakableFrame • 11 points • 24 October, 2018 12:19 AM

I disagree with this. Women will literally say anything in an emotional moment. Any woman you've ever known, or even not known, can accuse you of rape at any time (Christine Blasey Ford comes to mind). Her having said that doesn't make her any more dangerous or untrustworthy than any other woman.

This is just the world we live in and the reason for some men choosing the MGTOW route becomes more apparent every day. I think Jordan Peterson and David Deida say it best when they state that women literally **are** chaos. You can't have a woman take a significant role in your life without inviting in a certain degree of chaos.

He owned all his shit and he's owned his decisions. This is a solid field report.

johneyapocalypse • 2 points • 25 October, 2018 10:38 PM

Bro, you're full of shit.

Women don't run around falsely accusing their husbands of rape like "it's nothing but a thang." If that's acceptable to you then you're every bit as jaundiced-yet-retarded as dumbass OP.

Any woman you've ever known, or even not known, can accuse you of rape at any time

About as applicable as saying...

Any poster named UnbreakableFrame **can** take it up the ass, suck a cock, and be a major homo.

Don't validate OP for letting his wife accuse him of rape and getting away with it.

You have boundaries? If not that one, then what?

This is just the world we live in and the reason for some men choosing the MGTOW route becomes more apparent every day.

Oh, okay I get it. Faggot.

UnbreakableFrame • 0 points • 25 October, 2018 11:43 PM

When the dicks I'm taking are the size of yours, I can take even more.

Women say crazy shit. You can't have boundaries if you have no frame.

johneyapocalypse • 3 points • 25 October, 2018 11:59 PM

That's a funny response. Real funny.

The problem is that (1) you're willing to let your (future and presumably fictitious) wife accuse you of rape and (2) you are mgtow.

That means you are sorely lacking in the ability to appreciate how pathetic and weak your commentary actually is. That puts you at a grave disadvantage.

In essence you are too much of a loser to realize what a loser you are.

It's not a good thing to allow your fake wife to accuse you of rape.

That's the lesson.

But your dick joke was good. Real good.

becoming_alpha[S] • 3 points • 23 October, 2018 10:18 PM

She's post-wall. Sometimes things are going so well I forget how bad it was in the summer. She backed off the accusation, but I won't forget and I'm prepared to burn it down if she starts down that road again. I had never set a boundary in my marriage before, but I told her if that happens again, we're done. So yes, it's a dangerous position but I've got my eyes wide open.

hankbuk 1 points 23 October, 2018 10:48 PM* [recovered]

Obviously, there's no way for any of us to know the full context of your situation.

What you're describing is unacceptable. I don't know where you are, but I'll assume it's a westernized jurisdiction (e.g US, UK, Australia). You are **literally** gambling with your entire future by staying. Look at the #metoo movement - you will be guilty until proven innocent if she decides to go off the handle one day.

Let's say she catches you having a more than friendly conversation with a barista when you're getting coffee one morning.

Then, a few days later, she notices that you're getting more attention at a school event from the hot single mother.

Then a few more strikes add up in her mind. You're not doing anything wrong, but that's not how she interprets it.

Women are neurotic.

You have a fight. You, maintaining frame, stay calm, collect a few things, and leave.

She's angry. She's convinced you're cheating on her. She calls her mother/sister/friend in a frenzy of tears and opens up about your *abuse*.

The mother/sister/friend pushes her to call the police. Think of the children, she's told.

The rest of the story is obvious.

That's just a hypothetical scenario.

But based on the facts you've given us, this scenario probably doesn't sound unrealistic. If that's the case, and you can see any truth in what I've written, plan your escape now.

A woman that's willing to pull the false rape card is a legitimate threat to your freedom. Don't keep poison next to the milk.

becoming_alpha[S] • 1 point • 23 October, 2018 11:01 PM

You're right, it is a dangerous position to be in. She accused me privately and didn't attempt to involve law enforcement, only ecclesiastical pressure. She's completely recanted and told those church leaders it was just a misunderstanding.

She might do exactly what you said and that's a level of risk I'm willing to tolerate right now. There's also a history of a false allegation out there now so another allegation would be examined closely.

I don't think I'm in a much worse position than I'd be with any other female I could have sex with. Any one of them can get their hamster in overdrive and play the #metoo card as well. There's also mutually assured destruction, if I get down, so does her comfortable SAHM life.

Aechzen • 3 points • 25 October, 2018 12:53 PM*

I know a person in real life whose wife made a false accusation of child abuse against his him to the police. Automatic restraining order, and being removed from his house for a period of months for the 'investigation', mandatory parenting classes, several court appearances. It took multiple years for the state to fully close the case, and he brought suit against the state repeatedly to get them to back off.

Incredibly, that guy is still married to his wife. I don't get it. You do you, bro. At least the sex has improved, but it sure sounds like a 6'2" guy, financially secure, has way better options than what you are married to. Maybe this is the only woman you've been with and you just assume there's nothing better out there. I assume your lifting numbers are 1RM. Still pretty impressive. Keep eating.

PS: If you're going to leave her, do it soon before you really start accumulating the wealth. The SAHM aspect of your situation sure sounds like you're setting yourself up for some serious alimony. Hope your wife has a life skill that makes money.

becoming_alpha[S] • 1 point • 25 October, 2018 03:51 PM

way better options than what you are married to

Yeah, there are much better options as far as sex life, and I'm sure I could attract them.

Outside of sex, she's a quality woman, works hard, good mom, and we've built a good life together with great kids. It might be a bit of a sunken cost fallacy, but it's worth me doing the work and letting the 1,000 foot rope pull taut. I've still got more time before I'm where I want to be so I'm not ready to pull the plug yet.

Aechzen • 2 points • 25 October, 2018 09:59 PM

I get staying married to a woman despite significant flaws. Been there, doing that.

I hope you have a project to get your wife working. It was a project for me. The first shitty job after kids wife got paid a bit less than the cost of care. It was worth it to get her off the couch and out making real professional contacts. That led to her next less shitty job where she made more than care cost. Rinse repeat over a series of years. She now makes almost as much as me, and she feels better about herself when she gets professional recognition, and it's genuinely great to not worry about alimony should I have to burn it to the ground.

I read from the other comments Mormon woman. Hopefully the kind that have real domestic skills. My wife was a shitty stay at home mom, and a lousy housekeeper and cook. Combine those with her making no money while sitting on an impressive degree, yeah, I needed to get her back working pronto.

MrChad_Thundercock • 7 points • 24 October, 2018 01:30 AM

Great field report man. This was refreshing to read.

“I’ve been batting about .250”

The best hitters of all time only hit the ball 3 out of 10 times. ~ fail 7 out of 10.

Believe in the law of averages. Don’t let it get you down. Work harder & Keep improving. Can make up in numbers what you lack in skill.

becoming_alpha[S] • 4 points • 24 October, 2018 03:44 AM

The best hitters of all time only hit the ball 3 out of 10 times.

That's a good way to look at it, but it sounds like you guys further down the road are batting 1.000. I'll keep aiming for that.

I didn't see a "faggot" in there anywhere. Are you going soft on me?

MrChad_Thundercock • 4 points • 24 October, 2018 12:14 PM*

“batting 1.000”

Yes, we are.

My point is:

For the short game, Don’t let small disappointments and set backs rob you from future successes. Don’t get butt hurt. Don’t be spreadsheet guy. Change your success criteria - for now- how is she reacting? Less harpy? Fun, playful?

For the long game, keep improving.

“ I didn't see a "faggot" in there anywhere“

Look in the mirror homo.

becoming_alpha[S] • 2 points • 24 October, 2018 03:29 PM

Change your success criteria

Got it, and yes she's less critical and having more fun as I'm having more fun with gaming her and not taking her seriously.

Look in the mirror homo.

... and there's the MCT we know and love.

Persaeus • 1 point • 24 October, 2018 02:19 PM

That's a good way to look at it, but it sounds like you guys further down the road are batting 1.000.

sure there's an exception to prove the rule; but no one bats 1.000 in LT married game with kids. as far as i know, all flaired guys acknowledge this fact. i'm around 0.75 . . . playing for yield as opposed to validation

becoming_alpha[S] • 1 point • 24 October, 2018 03:32 PM

playing for yield as opposed to validation

That's the key right there.

Redpillbrigade17 • 7 points • 23 October, 2018 11:40 PM

Have you explored her getting off the SAHM gravy train? Even if part time, it will give her something to do to build of her confidence, and it is a good hedge in case the two of you end up in divorce court - you'd get crushed with support, alimony and likely equitable distribution too (depending on state).

becoming_alpha[S] • 5 points • 24 October, 2018 03:56 AM

Yes, she wants to get back into the work force next year when our youngest hits kindergarten. That will be good in case we end up splitting. Also pretty interesting that she's looking into a career in sexual counseling... seems like she's trying to deal with her issues.

Redpillbrigade17 • 4 points • 23 October, 2018 08:07 PM

So what do you talk about now when the two of you go to marriage counseling ? Or is it just her ?

becoming_alpha[S] • 2 points • 23 October, 2018 10:21 PM

I'm essentially an observer. He'll throw me some token questions here and there, but 90% of it is her and the counselor (who is really good and she trusts and listens to).

[deleted] • 5 points • 23 October, 2018 10:21 PM

discovering the source of her trauma

It's called religion.

becoming_alpha[S] • 3 points • 23 October, 2018 10:45 PM

Yes, that's certainly a piece of it. Mormons are at the far end of sexual conservatism outside marriage which generally results in one of two outcomes. First, full blown sexual repression and guilt associated with any sexual expression. Second is nature overwhelming that religious repression resulting in very sexually active women as u/red-sfplusplus can attest.

The first 5 years my wife was very sexually active so I know she has it in her. Working on myself and supporting her working on herself to get to a better place.

Red-Nerd13 • 2 points • 24 October, 2018 01:19 AM

Religious leaders most definitely can create a suppression issue for sure. As a member myself, I don't actually see MRP & the LDS religion as incompatible. There is simply a misinterpretation of doctrine that gets spread to fit our feminist society IMO. I had to work through my own Blue Pill issues from my mother's interpretation of the doctrine taught, but the more I look at correlations, the more I'm convinced that Red Pill & Religion (specifically the LDS religion) are compatible.

alphasixfour • 3 points • 24 October, 2018 09:24 PM

Working on a Redpill approach to the gospel and Church right now myself. I too believe they are compatible. Much of church culture has been invaded by blue pill ideas and even psychotic feminists nowadays, but the doctrine is soundly red-pill compatible. It will likely be labeled purple pill by the hardcore guys in the end but I believe it can not only work but that it is critical for the men growing up in the Church today as well as many of us who drifted into beta plowhorse and lost our way. I'd love input and ideas from other LDS RP men, so hit me up on IM if you would like to collaborate on some stuff.

becoming_alpha[S] • 2 points • 24 October, 2018 03:51 AM

Yeah, I agree. Look at Dr. Finlayson Fife's stuff. The doctrine really supports masculinity and a robust sex life that continues eternally.

witnessthenomorebp • 2 points • 24 October, 2018 12:01 AM

Best thing I ever did for finding my way back to being a man was go over to r/exmormon and get out of that bullshit, controlling and energy sapping church. If you look at the shit they say in church they condition you to be blue pill because they can control you better that way. Ever hear, "God gave men the priesthood because they needed to learn to be more righteous" etc? It is such a ass kicker to devote all your time, money and effort to the raising up if the kingdom blah blah blah.

You can PM me about my journey out if you would like.

becoming_alpha[S] • 1 point • 24 October, 2018 03:49 AM

Thanks for the support. I actually left the church for a while and came back.

I fully acknowledge the limitations of the church and the amount it asks of you (just got back from a pack meeting), but I'm good where I'm at. GBH was full blue pill and you can really find support for most positions you want to take if you look hard enough through conference talks. I really like Dr. Fife's stuff that shows the doctrine actually supports robust sexuality and if we take our role serious to provide, protect, and preside seriously it lines up nicely with the core of RP.

secret_sciences • 1 point • 25 October, 2018 07:38 AM

LOL I followed all of that rubbish blue pill LDS marriage advice, and guess where it got me? This subreddit, that's where.

becoming_alpha[S] • 1 point • 25 October, 2018 03:43 PM

Yeah, me too.

Cliff55 1 points 23 October, 2018 11:27 PM **[recovered]**

Do your wife a favor and get a divorce you fucking psychopath.

becoming_alpha[S] • 6 points • 24 October, 2018 03:40 AM

Let me get right on that.

ScaryCan 1 points 24 October, 2018 02:09 AM* **[recovered]**

Do you mind explaining a little more?

Cliff55 1 points 24 October, 2018 03:06 AM **[recovered]**

No.

Reach180 • 2 points • 23 October, 2018 08:28 PM

to discovering the source of her trauma (likely from her childhood) that's driving her sexual hangups.

I just don't buy this angle....that digging into childhood trauma makes people want to fuck differently as adults. It's lack of attraction. Having her trying to reconcile childhood trauma seems like negotiation via triple bank shot.

becoming_alpha[S] • 3 points • 23 October, 2018 10:34 PM

trying to reconcile childhood trauma seems like negotiation via triple bank shot

Yeah, I can see that, and you're right I doubled down on beta behaviors for a decade which was seriously unattractive. I'm fixing me, and I'm happy to support her fixing her. I don't think she's aware of the trauma she's been through and she's been pinning all her traumatic feelings on me. The counselor is doing a good job separating me from her trauma responses and digging for the source.

I'm not pinning my hopes on her changing as a result, or on counseling saving our marriage, but I do see progress and I'll continue as long as I continue to see progress. Either way, I know I'll be OK. The stay plan is the go plan.

Reject444 • 1 point • 29 October, 2018 07:22 PM

I did this too, I'm realizing now. My wife's childhood trauma (we know the source for her) coupled with her strict religious upbringing created a real sensitivity around sex that I tiptoed around for years, feeling bad for "pressuring her" and trying to make things as comfortable and inoffensive as I possibly could in the hopes that she could become comfortable enough with the idea of sex in general to provide me the sexual relationship I so desperately wanted. At least now I've realized how wrong my approach was, but it's taking a lot of time and effort to try to undo what I spent years doing before.

weakandsensitive • 1 point • 23 October, 2018 09:12 PM

The counterpoint is that no one's really quite sure how human psychology works.

RuleZeroDAD • 1 point • 23 October, 2018 09:55 PM*

Hence play 3D chess with the unknown hang ups, or place widget A into slot B with someone new.

What is a man's pain and annoyance threshold?

EDIT: It's good to see the morals police haven't lost their touch or learned a goddamned thing about abundance mentality.

becoming_alpha[S] • 1 point • 24 October, 2018 03:53 AM

My threshold is pretty high, but almost hit the limit during the summer. Things are looking up now. Ultimately the stay plan is the go plan, and I'm giving it more time.

boy_named_su • 2 points • 23 October, 2018 08:19 PM

Good job, man. 1000 lb club is an accomplishment. I'm hoping to hit it by year end

Good luck!

becoming_alpha[S] • 2 points • 23 October, 2018 10:21 PM

I'll race you there :-)

boy_named_su • 2 points • 23 October, 2018 11:04 PM

I'll be there in 6 weeks...and GO

SteelSharpensSteel • 2 points • 24 October, 2018 01:13 AM

Progress. I like it.

Here's your cookie. Now back to work.

becoming_alpha[S] • 2 points • 24 October, 2018 04:04 AM

Thanks for kicking my ass a year ago. I appreciate that you took the time to lay out all my mistakes for me in my early posts.

SteelSharpensSteel • 1 point • 24 October, 2018 11:32 AM

No problem. I saw a guy doing the work. Sometimes a kick in the ass is all we need to get back on track.

Persaeus • 1 point • 24 October, 2018 02:17 PM

I'm debt free

if you mean completely debt free and owning your home, that's pretty impressive at your age + kids

Then she confronted me on my changes and I overshared giving her my journal where I tracked my progress.

ugh. can you elaborate on how much of your hand you showed her. she knows about MRP? what part of your journal really set her off?

source of her trauma (likely from her childhood) that's driving her sexual hangups

your comments indicate she had no problem being your slut in the beginning for an extended period of time. i'm with <https://www.reddit.com/user/Reach180> this is a bunch of bullshit where her hamster comes up with a convenient reason for why she's not attracted to you.

as far as your current roll; i think it's solid. your journal may have "over dreaded" her in that direct, not indirect mysterious way, that is poison to some women. the dollop of comfort seems appropriate. stay on point and in frame; and bring her the fun/feelz.

It's also been fascinating to watch my sister in law's hypergamy in full force as she branch swings.

hopefully it goes splat. good object lesson for your wife.

becoming_alpha[S] • 2 points • 24 October, 2018 03:55 PM

completely debt free and owning your home

That would be awesome, but I still have a hefty mortgage. College savings and paying off the house early are my loftier financial goals.

can you elaborate on how much of your hand you showed her

She doesn't know about fight club, but she knows I made a decision a year ago to live my life differently and extract myself from co-dependence. My journal had some early OYS drafts and my thoughts about what went right and wrong with initiations and what she really seemed to like.

What really set her off is that I was happy with myself when she shot down my initiations 5 days in a row and didn't let it get to me. She didn't like that I would note where she was in her cycle on a particularly good or bad interaction (I'm getting pretty good at seeing her storms coming now). She was upset that I wrote about her liking some rough stuff and said she absolutely didn't like it (her actions say otherwise). It felt like she was the subject of an experiment. Probably the biggest one was a conclusion I made that her body and her mind were saying different things and what I was doing was working. That cognitive dissonance is real, but really pissed her off to see it documented and that I was watching her actions not her words.

her hamster comes up with a convenient reason for why she's not attracted to you

Yeah, it very well could be, but my plan is the same either way.

stay on point and in frame; and bring her the fun/feelz

Got it, thanks.

hopefully it goes splat

She's got a solid track record of it going splat and a wake of destruction behind her. Pretty sure she'll cheat on Moneybags McBeta soon. My wife actually found the concept of SMP independently because of her sister and thinks the SMP shouldn't exist and using your SMV to get what you want is evil.

Persaeus • 2 points • 24 October, 2018 04:08 PM

SMP shouldn't exist

LOL, the sun it burns. like you said the cognitive dissonance is strong with this one

RedPill-BlackLotus • 1 point • 24 October, 2018 02:49 PM

This woman is going to eat you alive in the divorce. False rape?

You good sir are fucked if thats part of her toolbox.

Nobody gives a fuck about what someone can Do, they only care about what they will do.

She will destroy your life and the world will cheer her on.

Plan an exit.

becoming_alpha[S] • 2 points • 24 October, 2018 04:16 PM

Plan an exit.

Exit is planned. Multiple witnesses of her recanting her previous allegations. Lawyer identified and is aware of the false allegations. Assets all identified, valued, and documented. I know the real estate agent I'd use to sell the house and the apartment complex I'd move into. I have a place lined up to stay short-term. I've done the math on child support and monthly budgets. The battles will be alimony and custody. I've got other defensive measures in place as well that I won't mention.

Yeah, if things go south, she'll probably try to eat me alive and throw out every accusation she can muster. Sounds like u/red-sfplusplus is watching that unfold right now. But I think that goes with being married to any woman, and it's a level of risk I'm willing to tolerate. There's also a history of a false allegations out there now so another allegation would be examined closely.

I don't think I'm in a much worse position than I'd be with any other female I could have sex with. Any one of them can get their hamster in overdrive and play the #metoo card regardless of its validity. Another thing is mutually assured destruction, if I go down, so does her comfortable SAHM life.

BigGayGainz • 1 point • 25 October, 2018 03:28 PM

Been accused privately myself, the time in question she literally dropped her pants and asked for it, while grinding and fucking back. After we finished she acted like I had raped her, she wanted to see if she could gas light the blue pilld faggot that was long since dead. Bet she doesn't even remember it. Examine accusations against yourself, if they are bullshit ignore them. If they are true ignore her and change your behavior. Stop listening to the trauma and therapy bullshit and that will go away too. When you give your attention to this shit it makes it real to her and validates her feels. There is nothing wrong with your wife you are weak and its obvious to her. Shit tests. Good work otherwise, make sure its for you

becoming_alpha[S] • 1 point • 25 October, 2018 03:56 PM

Examine accusations against yourself, if they are bullshit ignore them.

Yeah, they're bullshit. She tried to gaslight and say she never made the accusation. I didn't let it go until she had recanted to multiple witnesses. It's in the past now, doesn't come up anymore, and she knows it's a hard boundary for me.

johneyapocalypse • 1 point • 25 October, 2018 10:26 PM*

Good FR. Newbies should stop whining and read this a few times.

Balanced, reasonable, and realistic.

Only one thing to reconsider:

I need to show her my frame would be a good and safe place for her to be.

I would rephrase:

I need choose to show her my frame would be a good and safe exciting place for her to be.

Edit: Take everything I said and chuck it. Your wife accused you of rape?

Fuck that.

ManReggie • 1 point • 7 November, 2018 05:30 PM

Rape accusations?

Looks like this has become a standard now.

light-----dark • 1 point • 23 October, 2018 07:55 PM

Great field report — keep up the good work.

TheThirdT • 0 points • 23 October, 2018 08:22 PM

Sounds like things are going well. Don't stop now wildman.

Its a common saying that MRP fixing the man. Often MRP creates the man, acting as the initiation into the masculine world where boys can become men.

becoming_alpha[S] • 3 points • 23 October, 2018 10:24 PM

MRP fixes the man by tapping into his latent natural tendencies that have been under attack by feminized society for 50 years. It's getting back it our roots and how we kept the species going for thousands of years. It's sad that we needed to build a community to share this info, but I'm sure glad it exists.

Frostecat • 0 points • 23 October, 2018 10:25 PM

Sounds very familiar. Appreciate the honesty and detail--lets many of us know we're not alone I think. I see tons of similarities. Sounds like your wife is a tough nut to crack as well...congrats for "extra" hard mode progress!

becoming_alpha[S] • 0 points • 23 October, 2018 10:50 PM

Thanks man. I've made it harder on myself but this is what I signed up for and I'm glad to be making progress.

rn7889 • -2 points • 24 October, 2018 12:09 AM

I got married 10 days ago. Together for 5 years. No kids. Own a house, two dogs. Have student debt and some credit card debt. We are both 29. What is your advice to me other than “sidebar” or “lift and read”?”

drty_pr • 3 points • 24 October, 2018 12:57 AM

Frame is Everything

gettingmymojoback • 1 point • 24 October, 2018 12:04 PM

What other advice do you need?

Do the work. Everything else is LARP'ing.

RedPill-BlackLotus • 1 point • 24 October, 2018 03:00 PM

The read part is important because once you get to the end of the rational male it's gives you the answer your asking for.

Nobody can tell you what the path is.

It's different for all of us.

There are no shortcuts.

rn7889 • 1 point • 24 October, 2018 03:19 PM

I'm not interested in short cuts or discounting the lift and read advice. I'm asking if anybody has anything to add to that. Maybe I worded my question wrong.

becoming_alpha[S] • 1 point • 24 October, 2018 04:27 PM

Knock out that debt. Be the same person after marriage that you were when you met, don't change into someone else to try to please her. Keep doing the things that make you happy. Don't get pushed into having kids, they complicate everything. If and when you want kids, you make that decision.

This is all sidebar stuff, and yes, lifting is fundamental. Get to work and report back in OYS.

hack3ge • 2 points • 25 October, 2018 04:22 PM

Be the same person after marriage that you were when you met, don't change into someone else to try to please her.

Watch this line of thinking - if she married him as beta bux that's the last thing you want him to strive for. I'm unrecognizable from the person I was when I met my wife and she openly has said at times shes still getting used to the new me. This is probably the biggest risk of a career beta - its possible she never wanted the alpha to begin with and just wanted to be comfortable - only time will tell.

DanG3 • 1 point • 26 October, 2018 02:37 PM

You can somewhat determine where your wife is - by what ACTUALLY turns her on - by taking note of the smut novels she reads, movie characters/actors she admires, references she makes to her early boyfriends (their type), etc. Most/all women prefer the Alpha types (and will endure a lot of their shit) **IF** they can muster the gumption to get out of their own lazy ways sufficiently to compete for them (rather than wear down - betaize) the Alpha.

hack3ge • 1 point • 26 October, 2018 02:57 PM

100% you are right that its not that she doesn't want the alpha because that's pure female nature -

attraction / arousal is non-negotiable - the question becomes is she too lazy to step up and keep that alpha. My wife appears to be lazy by nature in our relationship and based on her previous boyfriends and orbiters - she likes people she can manipulate and feel in control - admittedly I don't think shes ever had an alpha man before in her life. She at times seems bewildered by the interactions we have but its clear that the times I get her out of her head and escalate shes fucking wet like I've never seen her before - she thinks she likes the beta but its the alpha that really turns her on AWALT.

For me its been a little bit of a roller coaster and I wonder if its the only way wives of a career beta can accept that transition. I'll push the envelope and try something I've never done before such as unzipping and telling her to put her beautiful lips on my cock, calling her my little slut outside the bedroom or that I am going to fuck her in the bathroom at a party. The first time I'll get major resistance, withdrawal and shit tests galore but future attempts of the same behavior become more acceptable and she becomes accustomed to it being the norm. She giggles now when I whisper shes my little slut in her ear, the bathroom fucking finally worked out this past weekend and the unzipping is currently a nuclear failure but still a work in progress.

YMMV - I'm using the MRP toolbox in a way that seems to have the positive effects I am looking for while tempering my expectations and being realistic about her ability as a person to accept the new me.