

Why Am I So Angry? OI, Goals, and the MRP Anger Cycle

50 upvotes | 5 February, 2018 | by resolutions316

Two quick caveats before we move forward:

1. As always, I want to be clear when I post on here that I am NOT someone with everything figured out. When I write posts on MRP I am mostly writing to myself, laying out what I most need to work on. I usually find that I only really know what I think when I'm able to write it out. I welcome constructive criticism.
2. If you're just interested in the actionable bits, you can skip the "Personal Background" section, as it just gives personal context for what follows.

PERSONAL BACKGROUND

I got a ton of really useful feedback on [my most recent OYS]

(https://www.reddit.com/r/marriedredpill/comments/7tzmhp/own_your_shit_weekly_january_30_2018/dtgwf02/). It's a really great thread - I highly recommend going through it.

An addendum to that original post: Things actually got much worse. About an hour after I first posted the OYS my wife and I had our first therapy session after a long break. I went in with the goal of setting some expectations for what we would be working on and making that our last session. (Keep in mind, this was before getting any of the feedback in the thread).

During the session I completely lost frame. I was trying to lay out my version of events and mentioned that I track sex frequency. Both my wife and the therapist know this, but my wife interjected that it made her uncomfortable, that it was weird, and the therapist made a relatively harmless joke about it.

The actual comments were very mild - but I completely lost it. I nearly screamed out loud in the office, emitting a kind of strangled shriek. I stormed out and went to the car to hyperventilate.

Not my proudest moment.

Eventually my wife came out to get me (sigh) and we went back inside. I had trouble pulling myself together; I basically went on a rant about she doesn't think tracking sex is important because sex isn't important to her, and I'm the only one working on the relationship, and I'm alone in this process, etc.

Basically, the real life equivalent of a first-month victim puke in /askMRP. Fucking awesome, bro.

I eventually calmed down and we finished the session. We ended on a relatively positive note, and I resolved to just put it behind me and focus on the present.

But a sense of depression settled over me. I got nothing done at work; I barely managed to make it to the gym all week. Not only did I not initiate sex, I found myself barely able to touch my wife or show her affection at all. My sex drive completely vanished, and when I thought about initiating I felt only anxiety.

These events - plus the thread in OYS - threw a lot of things into sharp relief for me:

Clearly I am carrying around a deep reservoir of anger and resentment that I am barely aware of day to day. It continuously resurfaces; I think I've moved past it, only to have it come back at times like these. Despite a lot of personal progress since finding MRP, my success - and even my general happiness - is limited by my inability (or unwillingness) to address these deeper emotional issues. I've been doing a lot of "mindset work" - visualization, affirmations and so on - focusing on my day to day attitudes, especially ones that will aid in attraction. But ultimately, this work is shallow, and isn't getting at the deeper rooted issues that are actually holding me back.

Clearly, getting at the root of this emotional turmoil is extremely important - not even within the MRP context (although that's certainly true as well), but for my development, maturity, and happiness as a human being. I have a lot of deep emotional work to do.

But - how do you do deep emotional work? What does that even mean?

/u/man_in_the_world has called me "Mr. Carefully, Carefully Plan" before, and that hits extremely close to home (although it's still pretty funny). I love a good plan - more than that, I often feel like I need a clearly laid out plan for how to proceed in order to curb my tendencies to overthink, get distracted, etc.

So I've done some research into different methods for "deep emotional work;" ways of working on deeply ingrained mental habits. In this post, I'm going to lay out the general theoretical framework that explains where these issues come from, and how to address them. Then, I'll cover some specific exercises and techniques for "doing the work" to change them.

While I'm going to be writing within the MRP context specifically, it's important to note that none of this is coming from "RP" sources, nor is it specific to the kind of stuff we talk about in here. These could be applied to pretty much anything, from general self-esteem issues to getting better at brazilian jiu jitsu.

WHERE DOES THE ANGER COME FROM?

The "Anger Stage" of MRP is one of the most common tropes we see on these boards. Beta Husband wakes up one day, realizes he's fat, miserable, unloved, unappreciated, and (in his mind, anyway) not getting the sex her SO RIGHTLY DESERVES...and immediately gets bitter and angry.

This initial anger stage - the sense of not being told "the truth," of being "taken advantage of," etc, hopefully doesn't last too long; the new man slowly starts improving himself and begins to enjoy the process. The anger drifts away, and the progress he makes becomes intrinsically rewarding.

Why, then, do many men - myself included - seem to return to the anger stage over and over again? (By my count, I'm on anger stage 3.)

The problem seems to lie with our *motivations*.

Note above that I said the process becomes intrinsically rewarding - eventually, we have to identify with and ENJOY the new self we are building. For almost all the guys who have been here a long time, were their wives to disappear tomorrow, much of their MRP routines/habits would stay exactly the same. It's not ABOUT HER any more.

However, it's possible to move past the initial anger stage without fully adopting this sense of intrinsic motivation. The rush of self improvement, the joy of seeing a better body in the mirror, increased sex frequency - all these can provide a sense of real accomplishment that soothes the anger we felt when first starting.

But if the GOAL remains "I want to have more sex with my wife," or "I want my wife to treat me differently," or "I want my life to love me more" - we remain, at our core, validated by the actions of by the other.

Ultimately, THEY are the judge of whether or not what we're doing is "working" - and this is a surefire recipe for misery.

OUTCOME INDEPENDENCE

"Be outcome independent!" "Get rid of your covert contracts!" "Make yourself the prize!"

All of these are MRP truisms, and they contain a great deal of wisdom. At their core, they address a single truth: In the end, you need to do all of this for yourself, and only for yourself. So why is that so

difficult for many men (like me) to internalize?

For one, we are all used to being externally validated. From grades at school, to whether you're accepted by your peers, to how much money you make; our lives are filled with external scorecards that let us know how well we're doing.

If you're naturally goal-oriented (as I am), you are very used to setting a target using one of these external scorecards and then building a plan to get there. Not only are you used to it, you're regularly rewarded for it! How do you know if you're kicking ass? You hit your sales numbers, you get invited to the party, you tap that big dude at BJJ practice. Clean and objective.

If this has been your orientation all your life, MRP can seem straightforward.

"Got it - women are attracted to dominant, alpha types. My wife is a woman. Therefore, if I become more dominant, my wife will be attracted to me, and want to have sex with me. Oh, awesome - there's even a 12 step program. Lift, act cocky and funny, smack her ass on the way out the door, tease her, STFU....no problem. Let me put that in my calendar."

This mindset views MRP as a simple IF/THEN process: *IF* you perform the following actions, *IF* you look a certain way, *THEN* your wife will have sex with you. This view of MRP is often exacerbated by shallow understandings of hypergamy, which view women as automatons with vaginas that get switched on when a dude with big muscles walk by.

When goal-oriented guy asks, "How do I know MRP is working?", the answer they come up with isn't "MRP is working when my wife is having sex with me." Wife not having sex with you? You're not doing it right, dawg - lift more, shut up more, tease more, etc. MRP is the input, sex is the output.

But the more you hang around MRP, the more you get exposed to MRP's "Zen Side." You learn that you need to be "outcome independent" regarding sex. You learn that MRP "saves the man, not the relationship," and that "the more you want sex, the less likely you are to get it."

All of this flies directly in the face of the "IF/THEN" version of MRP.

"Be outcome independent?" But...isn't the whole reason I'm doing this to get more sex? "The more I want sex, the less I'll get it?" ...but then, why the hell am I doing all this lifting? "MRP doesn't "save the relationship?"....but that's why I came here in the first place!

The goal-oriented among us (namely, me) will be confronted with this conundrum and resolve it the only way we know how: by incorporating "outcome independence" as just another step to take in pursuit of our goal.

"Ohhh, got it - women aren't attracted to needy men. So, when I get rejected, I shouldn't act needy...and that will make her want to have sex with me."

This is essentially LARPing outcome independence. We're not REALLY independent of the outcome; we don't actually FEEL, on a deep level, that we will be OK, no matter what happens in bed that night.

Instead, we know we're SUPPOSED to feel that way in order to achieve our goal of more sex, and so we act in a way we assume someone with OI would act.

RECIPES FOR MISERY

What's the big deal about any of this? After all, "fake it till you make it," right?

In a way, that's correct; I don't think anyone on here would say that they simply read about outcome independence for the first time, had their light-bulb moment, and then waltzed away, never to be upset by rejection again. Clearly something like that takes work.

The problem with "faking it" for too long is that we haven't actually achieved outcome independence; we're simply using outcome independence to try and achieve a specific outcome. This will **always**

produce sub optimal outcomes.

This is very important to understand, so let's dig into this a little bit.

Why does having a clear goal of getting more sex with our wives impede our progress?

It was David Schnarch, in his excellent book *The Passionate Marriage*, who really opened my eyes to this dynamic.

In every marriage, there is a lower sex drive partner. Think about this for a second; it's nigh-impossible for two people to have the *exact same* sex drive. Add to that the biological differences between men and women, and it becomes clear that in any relationship - but particularly in heterosexual ones - there will be a mismatch in sex drives.

Someone's always going to want sex when the other doesn't, even if that only happens very occasionally. Your wife could be the lower sex drive partner; it could be you. But there is *always a lower sex drive partner*.

Remember that our goal-oriented MRP man has made "sex with my wife" his goal, and the validating factor that tells him if he's successful or not. Assuming that his wife is the lower sex drive partner (as that's by far the most common situation here), this means that he will always run into situations where he feels like he "fails" because he wants sex and his wife doesn't.

Goal orientation in MRP is thus ALWAYS going to produce a "fail state", even if you successfully get sex the majority of the time.

What happens when we're confronted with this "fail state"?

Some men will employ increasingly high levels of dread, even if their wives are mostly on board with their vision. They'll constantly try to eliminate the chance of being turned down for sex...and since that's impossible, they'll use harsher and harsher "strong arm" tactics, creating an environment where their wife is afraid to turn them down for sex.

I don't have any hard data on this, but somehow I doubt that's going to make for a healthy long-term situation, and it's hardly the relationship I think most of us want. Even if it did, it's impossible to scale dread in this way forever. This is simply another form of negotiating attraction ("*If you don't fuck me, I'll fuck your sister in front of our kids!*")

(To be clear, this is NOT how dread typically works in relationships; rather, this is how dread works when someone is using it as a tool to force external validation from someone.)

Even *if* your wife has sex with you 100% of the time under these conditions, she still isn't providing the validation we're seeking - she's not a willing participant. She doesn't "want" you - she's simply "afraid of losing you," and I think there's a pretty big difference between the two.

If some men resort to increasingly heavy-handed uses of dread, others will simply become frustrated and resentful. I count myself among this group.

In effect, goal orientation is simply a subtle covert contract. "If I improve, and become truly outcome independent, and drop all my covert contracts....THEN she'll want to have sex with me."

The closest equivalent to this would be constantly thinking "I'm going to think no thoughts!" during meditation....when, of course, "thinking no thoughts" is itself a thought. The act of trying to solve the problem simply exacerbates the problem.

How does this subtle covert contract play out? We improve, we lift, we become more attractive. We see some improvement in our sex lives - but because there will always be a sex-drive mismatch, we still feel stuck in our "fail state."

Even if the sex we receive meets our original criteria for "success" - say, having sex three times a week -

that becomes the norm, and we want more. “Yes, we’re having sex, but it’s only starfish,” for example, or “We’re having sex, but she won’t let me try anal.”

Hedonic adaptation ensures we’ll never be happy where we are, and thus we never feel like we’re making any progress.

To give a personal example (even typing this out, I can see how fucking stupid this shit is....and yet, I’ll be honest, this thought has a lot of real anxiety for me):

My wife and I started from a completely dead bedroom, and have slowly built up to 4-5 times a month. Even before we had kids, our sex life had dwindled to about once a month - so in many ways, our sex life is the best it’s ever been.

Yet, I read in one of Rollo’s blogs that an “alpha tell” - a sign that your wife really respects you and looks up to you - is that she’ll be comfortable with your ejaculate on her body...and that a “beta tell” is that she rushes to the bathroom after sex to wash out your inferior seed (I’m paraphrasing).

My wife hops up shortly after sex to go pee. She has always done this. Before MRP, I assumed this was because she could get a UTI if she didn’t. Maybe she just doesn’t like the feeling...or who knows? Maybe she just needs to pee! The truth is, I have no idea why she does it, nor does it really matter in the grand scheme of things.

But since reading that blog post, I feel a pang of insecurity, anger, and resentment when she does this...This completely normal, habitual action. The goalpost has shifted - now it’s not enough that we have sex, but now she needs to *like the feeling of my ejaculate*.

Can we see how irrational this is? Hell, I don’t even like the feeling of my ejaculate!

Goal orientation, combined with the absolute certainty that you will be faced with a partner with a differing sex drive, essentially guarantees that you will “fail” a great deal of the time.

Thus if you base your sense of success, or self esteem, on the external validation of sex with your wife, you will *constantly* be confronted with feelings of frustration.

The irony here is that improving with a clear goal of getting more sex will only sabotage that goal; whereas improving without the goal of getting more sex will actually result in more sex.

Frustration in and of itself is not a terrible thing; we’ve all been driven to improve by frustration with various parts of our lives, whether it’s living situation, physical fitness, etc. Often, it’s one of these “I’ve had enough!” moments that kicks off our journeys of personal improvement.

But frustration, combined with these deep covert contracts, can actually be deeply damaging over time.

JUDGEMENTS

What’s so damaging about frustration?

I do think it’s possible to go through all of this without experiencing real long term damage. After all, we’ve all been faced with periods of struggle, and most of the time we rise to meet those challenges.

Marriage, however - especially a marriage in which one partner is overly emotionally invested in the actions of the other (what Schnarch would call “enmeshment”) - is especially prone to both *judgement* and *internalization*. These dynamics can be extremely damaging over time, and are often at the core of the anger phases so many of us go through.

Let’s take a look at these in turn.

Judgement

Judgement is an essential faculty of all humankind. I would argue that it’s at the very root of all creativity, industry, productivity....the ability to see the world as it is, judge that it could be better, and

put a plan in place to improve.

Our judgemental minds are thus at the core of our self-improvement and play a large part in any MRP journey. After all, if you're completely content, why change, right?

But there are different types of judgements. There are *material judgements* - simply deciding that you'd prefer something to be different. If you have a small kitchen, you might make the judgement that your kitchen would be more comfortable with additional counter space, and plan to install a kitchen island.

Then there are *value judgements* - the decision that something is either "good" or "bad." We might look at a parent slapping their child in the airport and think they are a "bad person;" it's not simply that we wish something was different, but that we're making a moral judgement about that person's nature.

In the kitchen island example, our kitchen is neither "good" nor "bad"; we feel no moral indignation about the fact that our kitchen is small. It's simply a situation that we can change a bit to better match our goals.

We can make the same kind of judgement about our marriages - we may judge, for example, that we'd like to have sex more often, and put a plan in place to achieve that goal. Stripped of moral judgement, we can see the situation as it truly is, and simply act in accordance with our interests.

(This is the mindset I often notice in /u/weakandsensitive 's comments - when I complain about not having enough sex, he often asks why I don't just cheat, or hire a prostitute. Even though I CLAIM sex is my problem, I feel revulsion towards these suggestions...clearly illustrating that sex is not actually my problem, after all.)

But, if instead of making a *material judgement* about the sex we're having, we make a *value judgement*...things change. For one, we will start to feel resentment towards our partners - after all, if it is "bad" for them not to want to have sex with us, then they are "bad" for withholding that sex. This is why frustration over our sex lives can so easily turn to anger and resentment (whereas no one is feeling resentment towards their lack of a kitchen island).

The more emotionally invested in our partner we are, the more dramatic this dynamic becomes.

"I'm doing ALL THIS WORK to become more attractive and she's NOT DOING ANYTHING...she ALWAYS gets sex when she wants it, but I get rejected all the time, it's NOT FAIR...I'm becoming more and more attractive and I'm STILL getting rejected...there must be something wrong with me...I'll NEVER be attractive/alpha enough..." etc, etc, etc.

(These are all my real thoughts, by the way. They are not fun.)

Even this wouldn't be so bad, if we could simply observe that thought process and walk away from it. But these kind of value judgements often become internalized, leading to a downward spiral that intensifies the process.

Internalization

There's a clear process that occurs when we make value judgements about our own performance over time.

Let's look at a typical example: initiating sex and getting rejected.

Resolutions316 decides he wants to have sex. He initiates.

2. His wife isn't into it, and turns him down.
3. R316 knows he's supposed to be outcome independent, so he shrugs - "No big deal" - and rolls over.

4. Immediately, he starts to analyze what just happened. *Why didn't she respond? Am I not attractive enough? Was my initiation too weak? Damn it, I shouldn't have waited till bed time!*
5. These value judgements then shift from judging the actual event - the initiation - to making value judgements about my own character. *Why do I always do this? Ugh - this isn't working at all. We haven't had sex in over a week. I'm such a piece of shit...*
6. Then to making value judgements about my wife...*she's just playing me for my money. She isn't attracted to me and never will be...I should just get a divorce, why don't I do that? I have no self respect!...*

And on and on. Value judgement after value judgement.

We move from *event*, to making *value judgements about that event*, to *identifying* with those value judgements.

“I was rejected for sex” ---> “I suck at initiating” ----> “I’m unattractive”

Over time, these internalized value judgements become our identity. We repeat them over and over, essentially hypnotizing ourselves into believing they are true. We’re no longer simply someone that wanted sex and didn’t get it one time; we’re now someone who is *unattractive*.

If there’s anything we’ve learned from sports psychology, it’s that we tend to act in accordance with our image of ourselves. Our beliefs about ourselves inform the decisions we make, and those decisions drive behavior.

If we BELIEVE, for example, that we are successful with women - if we can easily call to mind many examples of success with women, and we’ve been rewarded consistently in the past for this belief - then we’re more likely to approach women and ask them out. That act makes us more likely to have future successes, and increases our capacity to dismiss failures as aberrations. The belief fuels a virtuous cycle that strengthens the belief.

Likewise, internalizing our negative value judgements creates a negative cycle that decreases the likelihood of our taking positive action, and thus strengthens our negative beliefs (“I’m unattractive - why bother initiating? I’ll just get rejected” → less initiations, less confident initiations → decreased success rate → “See? I always get rejected - I’m just unattractive, it’s hopeless”)

Understanding The Anger Cycle - Putting it All Together

This doesn’t happen all at once, of course. This is a gradual process that often goes undetected, as it’s mixed in with some success.

Let’s examine the entire cycle, using the concepts above.

- New guy joins MRP. He reads, realizes the mistakes he’s made, and gets angry (Anger Phase)
- Guy sets a goal of using MRP to improve his relationship and getting more sex (Goal Orientation)
- Over time, he starts to see some success. He feels validated by wife’s reaction. (External Validation)
- As process continues, however, the mismatch in sex drives becomes apparent, and new guy faces several “Fail states” despite his sense of progress (Lower sex drive partner)
- Guy makes value judgements about these “fail states” (Value Judgements)
- Over time, these value judgements become internalized (Internalization)
- Internalized value judgements create negative cycle, increasing likelihood of “Fail states”
- Progress towards goal stalls or stops, frustration builds as Hidden Covert Contract is not met, and we enter Anger Stage 2...often in explosive fashion.

- New guy resolves to “REALLY drop covert contracts this time”, because all he has to do is become really outcome independent to get more sex...and the cycle begins again.

By my own reckoning, I've been through this cycle three times now. Each time, I lose great amounts of progress...and resolve to redouble my efforts and “get it right this time”....only to end up repeating the cycle.

The trick here is that every time I resolve to drop the covert contracts in order to get more sex...I am simply reinforcing the covert contract. I'm sitting down to meditate and thinking “DON'T THINK!”

So - how can we escape the cycle? How can we make things actually better...and ensure that, regardless of whether our sex lives get better, that we don't grow up to be bitter old men, unable to accept themselves or the world on its own terms?

Because that's my biggest takeaway from the last few weeks. The problem is NOT that I'm not getting the sex that I want. The problem is that despite all I've done and all the wonderful things in my life, I'm MISERABLE. And that's a much bigger and far reaching problem.

This post is already super long so I'll break it up into two parts. In the next part, I'll address what I've found in terms of concrete ways that other people try and address these problems.

As always, thoughts, criticisms, etc, are appreciated.

Archived from theredarchive.com

Comments

ObliviousAsshole • 38 points • 5 February, 2018 07:52 PM

You have an unhealthy, stalker-level obsession with your wife and what is in her head. I think you know this based on what you write here and in your OYS but I'm not 100% sure if you are actually logically aware of this. You might even be confusing this obsession with love.

You keep asking what you can actually do instead of just thinking and analyzing. Here's what you can do right now. Think of someone in your life who you like and who you have a healthy relationship with - a friend, neighbor, co-worker, whoever. Let's call him Joe.

To make sure you have a healthy relationship with Joe, run through these two scenarios in your head:

Imagine that Joe tells you: "Man, I was going to mow my lawn yesterday but this crazy neighbor ambushed me with some crazy nonsense and wasted all my time, now my lawn is overgrown and I won't get to it till next weekend." How do you respond?

a) "Man that sucks, what a crazy bitch" and leave it at that or

b) "Man, you should tell your neighbor what a loon she is and never talk to her again! It's not healthy for your mental state! Are you ok? Do you want me to rub your back to make you feel better? Can I mow your lawn for you?"

If you would do a), great. If you would do something like b), you have an unhealthy relationship with Joe.

Now imagine that you invite Joe to go bowling and he tells you: "I can't tonight, I have a headache." What do you think about that?

a) "That sucks, I'll go do something else or take someone else bowling." or

b) "Is he really feeling bad? Or does he not like bowling with me anymore? Am I a good bowler? Should I put on my best bowling outfit to make him change his mind? Should I buy him an awesome bowling hat so that he really likes bowling with me some more? What if I never get to bowl again?"

Again, if you answered b), you have unhealthy relationship with Joe.

If you cannot think of anyone in your life that you have a healthy relationship with, then you have bigger problems than just sex with your wife. You need to revisit your entire neediness for other people to validate you. You probably should get individual therapy to fix that. If, on the other hand you do have a Joe and you answered a) to both, then your job will be a lot easier.

Any time you interact with your wife, imagine that it's Joe telling you stuff and act accordingly.

W: "I didn't have time to clean the house today, I didn't make dinner, and I'm at my wits end."

You: "That sucks, you must have had a rough day."

W: "You never wash the dishes!!!"

You: "Hm, you're right. I'll be in my office."

W: "I don't want to have sex tonight."

You: "That's cool, I'll just go do something else or have sex with Suzie down the street." The only difference is that you don't actually say this last one. You need to get to the point where you naturally think that and your body language is saying that. Then, and only then, can you actually open your mouth and say something like that.

DanceMonkeeDance • 10 points • 5 February, 2018 09:51 PM

I *never* bowl with anyone unless I like their bowling hat. Rule 0 of bowling with me.

[deleted] • 9 points • 5 February, 2018 11:43 PM

I really like this analogy.

resolutions316[S] • 7 points • 6 February, 2018 02:03 AM

"That's cool, I'll just go do something else or have sex with Suzie down the street." The only difference is that you don't actually say this last one. You need to get to the point where you naturally think that and your body language is saying that. Then, and only then, can you actually open your mouth and say something like that.

I agree that this is the crux of the matter.

SteelSharpensSteel • 2 points • 7 February, 2018 09:08 AM

It's not the only crux.

sivarias • 3 points • 6 February, 2018 05:23 PM

That's called co-dependence and is a big driver of a lot of beta behaviors. Frankly I've always been of the opinion that it should be added to the sidebar for a while.

ice_walker • 3 points • 6 February, 2018 09:24 AM

I don't get it. I'm taking my wife bowling this week, but what hat should I wear in order to eat laid afterwards?

[deleted] • 1 point • 6 February, 2018 05:14 AM

Nice breakdown.

sh0ckley • 1 point • 7 February, 2018 08:35 PM

Spot on.

Reach180 • 11 points • 6 February, 2018 01:56 AM*

You are full of shit, and wasting everyone's time. 4500 words to explain your 7th run through the anger phase? Know why you're still in the same place? Because you aren't doing THIS. You aren't doing mrp. You are doing this other thing, because this other thing is what you want to be the solution. It is not the fucking solution, dumbass. And yet you keep doing it, and rationalizing that it is something it isn't with thousands of words on mrp.

Guys here are patient with you because you've been posting for a while and write coherently. If nothing else your failure to learn is great fodder for guys to verbalize some excellent advice for new guys to apply to their situations.

I've gone down this road with you a couple of times before, and either you don't believe me or the truth stung and you didn't want to touch it.

Why are you dragging your wife to marriage counseling?

(and to clarify, OP is not agreeing to counseling with his wife who says "counseling or I'm out the door". It is his idea).

You put these posts up, like it's this big mystery why mrp doesn't work for you. YNDTP!

You're like the lifter who bitches endlessly about being unable to gain weight. Reads book after book, dreams up programs, consults internet gurus, talks to every 'big' guy at the gym about how to get bigger, rants and bitches

about being a hardgainer.....but when it comes down to it, won't eat enough to actually gain muscle because he's scared to lose that little shadow of a line that outlines his wispy skinny guy abs. That kid doesn't want to get big. He can't get big *and* keep his skinny guy abs.

So back to you and how You're Not Doing The Program. What is the program here? In brief, it's this:

- 1) Lift
 - 2) Sidebar
 - 3) Progress through the levels of dread.
- 3.1 Dread Level 1: Learn to recognize and start passing Shit Tests.

Per Rollo, per BPP book, per Pook, per PSP, per MMSLP, per every fucking sidebar resource you are given, *YOU CAN NOT PASS SHIT TESTS BY TALKING IT OUT WITH A WOMAN.*

You've been at this for almost a year and a half and failing miserably - sabotaging yourself even - at Dread Level 1.

This place isn't cookie cutter. Everything doesn't work the same for everyone. But you can bet your ass that if you skip step 3 of the directions, you're going to veer wildly off course. It's plain and simple - Dread Level 1. Why do you refuse to do this right? I speculate as to why elsewhere in the replies, but ultimately that doesn't matter. You just need to fucking do it. Do the program. It works. You just aren't doing it.

Quit wasting everyone's time with this deep analysis into your anger, or whatever other bullshit you use to rationalize why this doesn't work for you. It's not that. It's THIS.

resolutions316[S] • 1 point • 6 February, 2018 02:00 AM

With all due respect, I think you have this backwards.

You seem to think I'm ignoring what goes on in here, and that's the cause of my anger.

Rather, it is my anger that is sabotaging my attempts at MRP.

Can't do one without addressing the other. That's the point of this post. Therapy was an attempt at this; admittedly, a poorly conceived one.

Persaeus • 4 points • 6 February, 2018 01:59 PM

With all due respect

i think Reach180 is nailing it (you) here.

wasn't it just a month or so ago that you had a ground breaking OYS on how your basically lifting like a girl? CHECK

Sidebar. I know you have read it all, and in some cases multiple times. However, you continue to demonstrate that you see your wife as your equal.

Still not passing shit test, still talking way too much, still tracking.

resolutions316[S] • 1 point • 6 February, 2018 03:06 PM

Haha - I did change up my lifting, yes. But that was easy enough. Again, no covert contracts with the weights.

But you are right that the more mental pieces are all much, much more difficult to me. All this posting is me trying to figure out why, and find a way through that.

The most irritating thing about this whole process is having some idea of the way forward but feeling perpetually conflicted about it.

Persaeus • 2 points • 6 February, 2018 03:19 PM*

feeling perpetually conflicted about it

what are you conflicted about. not sure you want more pussy?

edit - wrt the weights. it's not the covert contract i'm pointing out. i'm pointing out that you have not been lifting heavy for a year. size matters and i'm not talking about your dick

resolutions316[S] • 2 points • 6 February, 2018 10:27 PM

what are you conflicted about. not sure you want more pussy?

More like - is this actually a problem? Or is the problem a reflection of a general neurosis?

Like, say wife turns around tomorrow and it's sex for days. Will I just find something else to freak out about?

weakandsensitive • 2 points • 7 February, 2018 09:45 AM

yes. you're that type. might as well embrace and figure out how to mold that knowledge to a level of acceptability.

Reach180 • 3 points • 6 February, 2018 02:52 AM

Your record for identifying the actual problem is piss poor.

You flat out aren't doing the work. You are doing everything but the part that is hard for you.

resolutions316[S] • 2 points • 6 February, 2018 04:35 AM

Like what, for example? I realize that may sound flippant, but I mean it sincerely.

Lift, STFU, dress better, flirting, better initiations, etc, I do. Not perfectly, but continuous improvement.

Going out, having hobbies, etc, I've done. Financial independence, OMS around the house and with the kids, I've done.

The areas where I see myself struggle are conflict avoidance, covert contracts and lack of OI, all of which I have had lots of trouble addressing, despite numerous attempts.

This post IS me trying to "do the work"; trying to understand and address the underlying problem.

I'm open to other ways of doing that work, but what are they?

Reach180 • 3 points • 6 February, 2018 02:23 PM

The work is the part that is hard.

You can't avoid the hard part by getting really really good at the parts that you like doing. In fact, the better you get at the other stuff, the more glaring the low spots become. The exercise, the buying nice clothes, owning your finances, etc. All you needed to embrace those aspects of mrp was permission to do them, or confirmation that you are going in the right direction. That stuff is all easy for you, because the beta man already recognizes their utility.

But you simply do not do DL1. And pardon my reach here - but I think it's because you think it's mean, and you wouldn't dare treating women like that. Not just your wife - any woman.

So the hard part for you is dumping the ego investment in this worldview.

resolutions316[S] • 1 point • 6 February, 2018 03:04 PM

Are you using DL1 to specifically mean shit testing, or in a broader/world view sense?

This comment clarified your point to me and I do agree.

Persaeus • 4 points • 6 February, 2018 03:33 PM

mean shit testing, or in a broader/world view sense?

jeez man, there is no difference. this is the fucking spoon.

Reach180 • 3 points • 6 February, 2018 04:15 PM

Be honest - Am I right about the feminist thing?

resolutions316[S] • 2 points • 6 February, 2018 10:21 PM

I'm certainly far more liberal than the average person here. And I personally find much of the broader manosphere obsession with feminism to be off base. (This doesn't really crop up in MRP though)

I wouldn't call myself a feminist though, and I find most online SJW culture to be frustrating and irrational.

SteelSharpensSteel • 1 point • 7 February, 2018 11:11 PM

Nice call.

man_in_the_world • 10 points • 5 February, 2018 11:46 PM*

Why am I so angry?

Because you lack **abundance**. You don't know or believe that you can get the sex that you want and need.

Why do I lack abundance?

Because

your wife is not providing the sex that you want in your marriage, and

you are unwilling to *insist* that she provide it as a condition of remaining monogamous or married, and

you are unwilling, *or unable*, to go outside your marriage (by affairs or prostitutes) to get the sex you want, and

you are unwilling to divorce her or

you fear that you are not attractive enough to attract other women (STR, plates, or new LTR or wife) who would give you what you want.

Why does the anger keep returning?

Because you are trying to **suppress your need for abundance**, rather than working toward **achieving abundance** itself. This will never work, as your mind knows that it is false and empty.

By being unwilling or unable to commit to a plan that will lead to true abundance, you have thereby allowed yourself only a "Dancing Monkey" Attraction Improvement Programme, and it's not working.

"Be outcome independent?" *But...isn't the whole reason I'm doing this to get more sex?*

You are confounding the concepts of **outcome independence** and **abundance**, hence the apparent contradiction.

Outcome independence is a *strictly short-term* concept of **unconcern about any one particular rejection**.

Abundance means *long-term* confidence that you are eventually **able to get the sex that you want**, from somebody. MRP very much advocates being concerned about achieving abundance, not striving to be "OI" about abundance as you are mistakenly trying to achieve.

True OI is almost impossible to achieve without abundance, and very easy with it.

This mistake, your lack of abundance, and your refusal to adopt a MAP that will eventually bring you to an abundant state *whether or not your wife comes on board* is why you are locked in this anger/failure loop.

In the next part, I'll address what I've found in terms of concrete ways that other people try and address these problems.

Irrelevant!

Edit: False premises lead to faulty reasoning and erroneous conclusions.

Quit trying to repress your fundamental male human need for sexual abundance. Work toward *achieving* it instead. *Edit:* Make and follow a MAP that you believe will assure you of getting the sex you want from *someone* one year from today, even if it's not your wife.

donedreadpirate • 10 points • 5 February, 2018 09:25 PM

Woah, woah, woah *hold up*. Couple things straight:

It is okay to get angry

It is perfectly reasonable to get laid more than 1.25x/week. That is not a good goal.

Your first covert contract is with God. You're carrying the hypothetical cross up the hill in the dream of finding Nirvana at the peak of your suffering. Your other covert contract is with MRP itself; the process. If I do x I will get to y with the added clause of *and if I don't, I am simply not good enough*. Wrong. The contracts were never with your wife. Your contracts are within you and you are angry at yourself for being unwilling to break them to the detriment of your own personal well-being. You are not willing to go to the places you want to go and, until you do, you will not know whether you really needed to. You are angry at your indecision and, mostly, that you are the only thing holding yourself back. The rest is just excuses.

resolutions316[S] • 1 point • 6 February, 2018 02:10 AM

You are angry at your indecision and, mostly, that you are the only thing holding yourself back.

This is true. This gets into "value judgements" - the actual state of whatever is happening is completely neutral. I can accept it or not.

It's the thoughts about what I "should do" that create anxiety. And yes, I am frustrated with my inability to move past certain things...and that in itself becomes a barrier.

donedreadpirate • 4 points • 6 February, 2018 11:39 AM

Okay, so you've been working your ass off and no one is noticing. I actually get why that would be frustrating, but it's hard for me to relate because it's like you're showing your movie to 1 critic when there's an entire audience of women available. Think about some ways to satisfy your needs for validation so you can move past it. It won't be pretty and it might cause you moral discomfort but you don't know where it will go. Test the waters and take it a step at a time. Game other women.

Taipanshimshon • 9 points • 5 February, 2018 07:21 PM

to be fair, I did not make it through the whole post anyway. Ive been where you are.

The only way to truly escape the cycle is to understand why YOU are so angry AT YOURSELF, and how to let that anger go, or to burn it up in a useful way.

Get your own therapist, read your own books.

But above all, until you are honest with yourself about yourself. Not a thing will help.

gettingmymojoback • 6 points • 5 February, 2018 07:49 PM

I'll echo these exact same sentiments.

OP, you've been around about the same time as I have and are still stuck spinning your wheels because of your own hamster. Fuck he must be tired.

I think you really need to look at some individual therapy to get out of your own head before you can make any progress. Right now all you keep doing is analyzing the same points, over and over again to death.

You're right, MRP has what you call a Zen side. You need to find it. Stop over thinking and just do. The only time that you have is the present, everything else is an illusion. Find a way to live in the present and maybe you can shut your hamster up for 5 minutes.

But seriously get some help to deal with your own neurotic behaviour.

bogeyd6 • -2 points • 5 February, 2018 08:47 PM

Get your own therapist? Wtf?

Taipanshimshon • 2 points • 5 February, 2018 09:07 PM

Yea. He needs help untucking his own deep seated issues. The wife isn't the problem. He needs the help to figure out why his mentality is fucked to fix it. Any tool in the box. He failed on his own. I'm not against professional help

resolutions316[S] • 3 points • 6 February, 2018 02:05 AM

The wife isn't the problem. He needs the help to figure out why his mentality is fucked to fix it.

I agree. The problem is not having enough self-awareness to really figure out what the root is, or whether or not I've moved past it.

The second post is about ways to work on that...but I've also lined up an appointment with a therapist. Sometimes you just need a third party view.

bogeyd6 • 1 point • 5 February, 2018 09:13 PM

You can pay for it! Sure. The problem is finding someone who can lead you to the right answer. We often talk about a poor work man blames his tools. We also talk about right tool for the job. If you are at the point of needing real professional help, go do that and drop everything else. In the meantime, we are building men and teaching them how to help themselves. If you need it go get it, then come back here and work on it. MRP is the least of all the worries in the world.

Taipanshimshon • 1 point • 5 February, 2018 09:34 PM

Don't disagree. I think he may benefit if he finds a good therapist. That kind of outburst speaks to deep issues

bogeyd6 • 2 points • 5 February, 2018 09:43 PM

One merely needs to see the future. In which I write my three year FR in the coming months. Did I need professional help? Probably, if a /u/redpillcoach existed at the time.

Taipanshimshon • 2 points • 5 February, 2018 09:47 PM

It's a mistake to assume because you got through it successfully that another person can without some help. Looking forward to the FR

bogeyd6 • 1 point • 6 February, 2018 02:02 AM

It's not a mistake. It's called grit. I have no use for a man who can't conquer his own fears.

Taipanshimshon • 2 points • 6 February, 2018 05:42 AM

Fears are one thing. Not truly knowing what they are and where they come from is another.

I have/ had that knowledge. I'm just saying not everyone does

BostonBrakeJob • 1 point • 5 February, 2018 11:52 PM

Nice plug

bogeyd6 • 1 point • 6 February, 2018 02:02 AM

Not a plug yet but getting there.

BostonBrakeJob • 2 points • 6 February, 2018 02:07 AM

I meant the plug for the FR, but now I'm wondering if ya got somethin else cooking?

Rian_Stone • 9 points • 5 February, 2018 07:32 PM*

As always, I want to be clear when I post on here that I am NOT someone with everything figured out. When I write posts on MRP I am mostly writing to myself, laying out what I most need to work on. I usually find that I only really know what I think when I'm able to write it out. I welcome constructive criticism.

Men swapping notes. this is all any of us do. No one is an authority, everyone is a contributor. having said that I want you to read through your words, and keep this thought in your head when you do.

You're rationalizing and overthinking.

The actual comments were very mild - but I completely lost it. I nearly screamed out loud in the office, emitting a kind of strangled shriek. I stormed out and went to the car to hyperventilate.

No lie, I chuckled a bit. Funny how making it explicit changes how your brain processes it eh? Can't bullshit it away when you're articulating it to another human being. She also didn't care, or even understand it. Can you see now why people keep telling you to ignore what she says, and watch what she does? Or do stop caring so much about her? She isn't even able to care about you, not like you want her to.

ENJOY the new self we are building.

This is like a writer loving his book. No one loves their book. They loved the process, the book is always

unfinished, they always want to fix something. No amount of money is ever enough, nothing is ever good enough. You have to fall in love with the process, and let the chips fall where they may. I would actually say this is bad. I enjoy my new self, 100%. I have 0 problems I cannot deal with. If anything, I miss some of the focus that comes with being discontent.

Ultimately, THEY are the judge of whether or not what we're doing is "working" - and this is a surefire recipe for misery.

You are your own judge. Took a while, but you got there. Internalized yet? Like the thoughts, watching you internalize shit in real time!

resolutions316[S] • 2 points • 6 February, 2018 02:07 AM

This is like a writer loving his book. No one loves their book.

This is a very interesting metaphor that I can certainly relate to.

bogeyd6 • 2 points • 5 February, 2018 08:48 PM

How strange it is to think like this when you already have the experience under your belt.

Rian_Stone • 2 points • 5 February, 2018 08:50 PM

How so? I'm curious what you are saying

bogeyd6 • 3 points • 5 February, 2018 09:06 PM

We came up together. Nothing is ever going to change that. We are blooded. Expecting some "replacement" to understand that so easily? Probably not. One day, you single handedly will figure out how to display this to the masses.

I miss some of the focus that comes with being discontent.

Never lose sight of that. One day, I was sitting at lunch and the guys played a game "guess your middle name" and then the moms maiden name. Then they went to his father middle name. The entire group was in on it and it made Chester chicken taste all the better. The alternative was to eat in silence and go about our ways.

Rian_Stone • 4 points • 5 February, 2018 09:11 PM

It's never single-handed, I do get your sentiment though. I am glad we wrote all this down. OP's problems are such a distant memory, it's as if they never existed.

Very poetic BTW.

bogeyd6 • 3 points • 5 February, 2018 09:28 PM

We wax nostalgic because at the time it meant something personal to us. Those who come later, perhaps they can glean something from it. I look back on the days when my wife literally would berate me for buying the wrong type of bread. That would have been a three day all out frontal assault. Though today I spank her for suggesting I "may have made possibly a mistake". I struggle with the how to turn it into something someone can use. You have a gift.

Was spanking a thing for us in the last 17 years? No. Our sex life was far from that. We didn't have a deadbedroom but nothing spectacular either. The Sex God Method opened up a whole new frontier. While, lol, some is quite scary. She trusts me to guide us into it. I can tell a guy

to cave man her. I can tell a guy to just accept a blow job. However, how can I make him obey on the internet? Yeah, a bj halftime is normal here. A bj and a beer when coming home from a trip is the default. When do we yet make a message that says "HEY FUCK ASS. OWN YOUR LIFE" and do those things you want.

Then however, paradoxically we suggest to not give interest to your wife or ideas. Yet, you know what?, some of choose poorly and we have to decide if we can live with that. Your wife will do a,b,c but not x.y.z and you probably cant fault a guy for that. Yet you see all the guys here turning their wives into butt sluts with spreadsheets, coconut oil, and tracking her cycle.

What is genuine?

Rian_Stone • 2 points • 5 February, 2018 09:33 PM

It's just a character on a TV show man. *shrug*

bogeyd6 • 2 points • 5 February, 2018 09:41 PM

Not even that, but a high schoolers essay.

SorcererKing • 1 point • 6 February, 2018 11:58 PM

You on glue again?

bogeyd6 • 2 points • 7 February, 2018 01:38 AM

I picked a bad week to stop shooting heroin.

weakandsensitive • 9 points • 5 February, 2018 09:26 PM

This is about as solid of a post as I've seen from you - and with the clarity that is appropriate. It's very dense, pretty much what I expect from you.

My succinct version of it is, larping MRP will doom you to failure. MRP is a series of paradoxes newbies.

But at the very least, I think you've very clearly identified your own problems.

man_in_the_world • 6 points • 6 February, 2018 05:08 AM

TL;DR:

I am unwilling to go beyond a Dancing Monkey Attraction Improvement Programme, but I remain unhappy with the somewhat improved but still inadequate sex life with my wife. How do I convince myself to be happy with my inadequate sex life?

JudgeDoom69 • 5 points • 5 February, 2018 07:55 PM*

First put a TLDR summary at the bottom for those of us who do not have time to read the Magna Carta.

Second, forget the marriage counselor. You can't negotiate desire. Improving communication will not create desire.

Marriage counselling is a waste of time and money. Your wife's hamster will use it to alleviate guilt when you divorce ("hey, I did all I could, we even went to counselling"). It's as though a failed marriage counselling experience is a medical diagnosis that your marriage is terminally ill and can not be saved, therefore no one is at fault, the marriage just died.

Only you improving your desirability can create desire (lift, dread, game).

Third: Find your own counselor, preferably a man. You have a ton of unresolved issues you need to get off your

chest so you can quit popping your cork at the smallest provocation.

Rian_Stone • 5 points • 5 February, 2018 07:57 PM

This is the first time I would say she wasn't useless. He couldn't live in his head anymore, he had to put, in a language they could understand, what his problem was.

And he fucking lost his shit. that Ned Flanders shriek was probably the most honest he's been with himself, and his wife, since he started

JudgeDoom69 • 4 points • 5 February, 2018 08:05 PM

I could see that.

However, wouldn't it have been better to have that moment of self-discovery and release of his long-repressed emotions in a private counselling session, and not in front of his mate?

His Ned Flanders shriek, while therapeutic as a catharsis, probably destroyed what little scraps of attraction his wife had left for him.

Rian_Stone • 5 points • 5 February, 2018 08:07 PM

It would be, sure.

I don't think he was capable, his theme since he started was being unable to get out of his own head.

A buddy and a few beers would have been better, but we go to war with the army we have

As for the scraps of attraction, fuck em. She already thought he was a fuck, own it. What, she won't fuck him even more?

Taipanshimshon • 2 points • 5 February, 2018 08:12 PM

we go to war with the army we have

recently talked with a married man who handnt gotten laid in 30 years. Still married.

The scream was worth it if he gets how bad off he is internally. how much this is damaging him.

Persaeus • 1 point • 5 February, 2018 08:20 PM

recently talked with a married man who handnt gotten laid in 30 years. Still married.

sad emoji . . . very sad

Taipanshimshon • 3 points • 5 February, 2018 08:25 PM

they dont make one that sad.

although on the outside looking at him, I don't see him having a problem with getting laid if he only tried .

all internal

SteelSharpensSteel • 2 points • 7 February, 2018 02:19 AM

God, 30 years and no sex? You're describing hell on earth.

Taipanshimshon • 3 points • 7 February, 2018 02:50 AM

You should have seen my face when I heard

Reach180 • 1 point • 5 February, 2018 08:42 PM

Ha. He's had about 7 of those moments.

Rian_Stone • 1 point • 5 February, 2018 08:48 PM

8th time is the charm?

Reach180 • 3 points • 5 February, 2018 09:00 PM

I can't help thinking back to this post of his months ago.

I suspect he's a Joss Whedon feminist ally type who wants the pussy that RP purportedly bestows upon its followers. He can't reject his feminist ally identity, and thus can't buy in to the less feminism friendly parts here.

Rian_Stone • 4 points • 5 February, 2018 09:05 PM

You're probably right. Fence sitting for too long makes your asshole hurt

[deleted] • 5 points • 5 February, 2018 08:44 PM

There's no doubt in my mind that you have clearly described the problem. I'm looking forward to part Two.

DanceMonkeeDance • 1 point • 5 February, 2018 09:59 PM

Damn. I didn't know we could comment without reading it.

[deleted] • 1 point • 5 February, 2018 10:14 PM

?

DanceMonkeeDance • 3 points • 5 February, 2018 10:26 PM*

Ah.... lost in translation. Read enough of R316's posts and you could have written that comment without reading this manifesto. Thought you were being clever with your comment. My comment was simply to say I wish I had thought of that. No offense meant.

[deleted] • 3 points • 5 February, 2018 11:19 PM

Yes. Like watching Groundhog Day, with occasional breaks in the plot.

bogeyd6 • 5 points • 5 February, 2018 08:46 PM

I agree with about 75% of your post. If everyone who was new decided to post in a thoughtful manner as you. Well we wouldn't need a mod team. The problem with the cycle is that you stay in the cycle. The moment you can say, hey you know what?, I am not in the cycle anymore. That's when you gain the power. You repeat the cycle for your wife's benefit and that is why you always lose.

Lets keep it real for a moment. What can you do going forward? Well, among many things, you can decide to do you for awhile. Fuck sex. Fuck the wife, Fuck the family. Would it be so awful if you decided to go have beers with the boys? Is it the end of the world if you were to lift weights instead of making sure dinner was done?

Probably not.

TL;DR If you make yourself a priority the world may not come to an end like you think.

TL;DR DR NMMNG

[deleted] • 9 points • 5 February, 2018 10:25 PM

He still thinks that if "she, she, she" will fuck him proper, that all his problems get better. She owns his future. His world belongs to her. Super Oneitis that just keeps replaying. Still using RP to get the BP dream.

bogeyd6 • 3 points • 6 February, 2018 02:03 AM

No different than the claw machine.

resolutions316[S] • 2 points • 6 February, 2018 02:12 AM

He still thinks that if "she, she, she" will fuck him proper, that all his problems get better. She owns his future. His world belongs to her. Super Oneitis that just keeps replaying.

Yup. I agree. The problem is that when I try to move past it, I'm still doing it in order to generate a certain response from her, rather than doing it for it's own sake.

[deleted] • 6 points • 6 February, 2018 04:53 AM*

From my experience:

There will come a day when the round robin, ground hog day you are on, changes just enough that you finally move into field goal range. There was more pain than triumph for me, at first.

You sprinkle alpha on it. It gets better. 3 or so days later it gets worse. You feel like shit because you THINK you are doing everything you can, but the fact is you are too invested in her frame, to be able to get forward movement that lasts. Like a football team that uses a trick play, makes to scoring range, then falls back, then another trick play, then another fall back, but never quite get the score. Lots of movement, but no banana.

Finally the coach(you) realizes that the team needs to learn to grind it out one small piece of ground at a time. Put away the trick plays and move forward like there is no tomorrow, there is no retreat, you burned the ships.....

I stayed on that ground hog day routine for a year. It was exhausting.

But under all that, there was an anger. The anger of why didn't my life work out the way I wanted, my blue pill, Disney dream should have worked. She, she ,she, then me, me, me is at fault. Then the we we we are at fault. Then finally realizing that my anger that I often hid from myself, she always see's. As long as that anger lived, she was in charge because my anger said so. She was in charge, BECAUSE I WASN'T. She never wanted to be in charge, it was forced on her by default of my anger.

Here's what nobody talks about. Maybe I'm the only one that felt it. Once I got past my anger at her, me, and us, I started to see things differently. She was not longer in charge, by default because I wasn't. With that, the day came that I realized that I had to be willing to walk away, burn it all down behind me, it was fucking painful. I had some of the best years of my life with this woman, and the only way I was going to get what I want, was to lose it. I wept bitter tears, second only to when I lost both my parents. Because if she can't give me what I want, I will go get it elsewhere. Not talking about cheating, I'm talking about end of the game. If I don't get what I want, I take my ball and go away. I put me first, 100%.

You cannot control another human. Anytime you try, you may get compliance, but you won't get the desire you seek. By basing yourself on your wife's acceptance of you, indirectly you want to control her response. You want her to want you, but you can't force her to do it. You are the one in a maze of conflicting desires. Your hamster is tired, sad, depressed, because you put him in a maze that is a never ending loop to nowhere.

I'm still doing it in order to generate a certain response from her, rather than doing it for it's own sake.

You know the problem. No one can tell you what to do now, because you already know what needs to be done. Only you can decide your method to get there. Best

resolutions316[S] • 2 points • 6 February, 2018 04:59 AM

Thanks very much for the thoughtful response.

[deleted] • 3 points • 6 February, 2018 05:08 AM

Looking at all the carefully crafted comments to you, from so many good men here, you are one lucky guy.

weakandsensitive • 5 points • 6 February, 2018 07:17 AM

But that's expected.

I mean, sure he's not very good at MRP'ing, but fuck if the man can't pretend to effort. I can respect a guy struggling with getting the process.

Shit - the guy was banned for a month and had no complaints about it. The dichotomy between trying to swallow the red pill while trying to be as "in love" with his wife and all of the covert contracts that entails (not just from himself - but the entirety of life and society) is a really interesting story.

[deleted] • 2 points • 6 February, 2018 01:38 PM

Exactly .

His struggles seem to resonate with many here.

Persaeus • 3 points • 6 February, 2018 03:29 PM

it resonates painfully. i've been through every single thought that OP discusses. much respect for having the balls to post this cringeworthy barf.

OP needs to understand that

abundance --> outcome independence, not the other way around
until OP has and interlizes his options, he is an angry slave

Persaeus • 2 points • 6 February, 2018 01:44 PM

I put me first, 100%.

this whole reply is poetry brother. were at the same spot; and for me it feels like such a release.

i'll be making my decision in regard to

I'm talking about end of the game

don't really have any hard metrics in spite of the therapist recommending this; and it's possible the answer might be good enough for NOW.

[deleted] • 2 points • 6 February, 2018 02:38 PM

Changes everything in the dynamic.

But the only thing that changed was my mind.

Change my view, change my world.

Rian_Stone • 3 points • 5 February, 2018 08:55 PM

I do hope he is capable of gronking himself out of this.

Honestly, I don't know how he can stop bullshitting himself. Best I've seen so far is when he tried to explain it to the wanna be shrink

bogeyd6 • 3 points • 5 February, 2018 09:09 PM

A 6.5ft and 240lbs tight end pretty much commands whatever he is in. The last hail mary, and the right call with a loss, didn't end up as people wanted. You gotta respect a man who can just throw you out of his way when he is headed to his goal.

Rian_Stone • 5 points • 5 February, 2018 09:15 PM

Funny story. One of our female lurkers sends me tidbits from time to time. She has a chickens coop full of unhappy New York wives with 6'5 well to do husbands. Aparently I'm the librarian in here now, and she wants to link to some reddit post or RP blog to show them stuff, in that case, that you cannot negotiate desire.

You gotta respect a man who can just throw you out of his way when he is headed to his goal.

Everyone does, and I think thats the point of all this. Made me think about a tweet and WMP's post on controlled anger. Basically that anger is very rational, it signals that you're willing to escalate physically to get what you want. A part of me wishes he hadn't quelled his little scream, and broke a chair or something, peeled out of there and gone to punch a bag for a half hour.

resolutions316[S] • 1 point • 6 February, 2018 02:14 AM

I was an extremely angry kid, and violent. It took a long time to be "taught" to control and suppress that.

It doesn't come easily to get back in touch with those emotions. But I think experiencing them, rather than pushing them down, is the direction I need to go.

weakandsensitive • 4 points • 6 February, 2018 07:22 AM

Here's an interesting though for you - what are the things that you're willing to get pissed off about?

Because you always have to have enough self respect to be willing to get mad about something.

Controlled anger is very important. Knowing where the cusps of your bounds are and being willing to embrace them while never really having to is more about knowing yourself than anything else - your limits for tolerance.

Persaeus • 2 points • 6 February, 2018 01:50 PM

I was an extremely angry kid, and violent. It took a long time to be "taught" to control and suppress that.

why so mad back then bro. honest question here. you where either scared or unsatisfied. the fact that you were taught to control and suppress that rather than get your needs met speaks volumes to your current conundrum.

resolutions316[S] • 1 point • 6 February, 2018 03:02 PM

That sounds accurate. As for why I was mad, I don't know. Got bullied and all that. Perhaps had a high opinion of myself and got frustrated when that wasn't reflected back. But that sounds to me like the adult version projecting backwards in time.

resolutions316[S] • 1 point • 6 February, 2018 02:11 AM

What can you do going forward? Well, among many things, you can decide to do you for awhile. Fuck sex. Fuck the wife, Fuck the family. Would it be so awful if you decided to go have beers with the boys? Is it the end of the world if you were to lift weights instead of making sure dinner was done?

Probably not.

I actually already do this, but I don't think I've fully jettisoned whatever guilt comes from it.

bogeyd6 • 1 point • 6 February, 2018 03:04 PM

The nice thing about guilt is you are the one that can control it.

resolutions316[S] • 1 point • 6 February, 2018 03:06 PM

I agree, but man, it doesn't feel like that sometimes.

SteelSharpensSteel • 5 points • 6 February, 2018 05:11 PM

About an hour after I first posted the OYS my wife and I had our first therapy session after a long break.

I feel that it is very rare that marriage counseling will work, for a number of reasons. Many counselors are blue pill, will side with your wife, etc. There are reasons why MRP doesn't advise marriage counseling.

During the session I completely lost frame. I was trying to lay out my version of events and mentioned that I track sex frequency. Both my wife and the therapist know this, but my wife interjected that it made her uncomfortable, that it was weird, and the therapist made a relatively harmless joke about it.

See, the therapist joke kind of shows the viewpoint. To be able to joke on what you believe to be a very serious matter... not cool.

Side note: The reason why it makes your wife uncomfortable is varied, but she's probably upset because it shines a light on her inadequacies, plus you're sharing it publically with the therapist.

Eventually my wife came out to get me (sigh) and we went back inside. I had trouble pulling myself together; I basically went on a rant about she doesn't think tracking sex is important because sex isn't important to her, and I'm the only one working on the relationship, and I'm alone in this process, etc.

Puketastic. I get why you did this, but you know better than that to give into your emotions.

Clearly I am carrying around a deep reservoir of anger and resentment that I am barely aware of day to day. It continuously resurfaces; I think I've moved past it, only to have it come back at times like these. Despite a lot of personal progress since finding MRP, my success - and even my general happiness - is limited by my inability (or unwillingness) to address these deeper emotional issues. I've been doing a lot of "mindset work" - visualization, affirmations and so on - focusing on my day to day attitudes, especially ones that will aid in attraction. But ultimately, this work is shallow, and isn't getting at the deeper rooted issues that are actually holding me back.

Yeah. Your anger phase will keep you held back until you work past it.

Even if your wife has sex with you 100% of the time under these conditions, she still isn't providing the validation we're seeking - she's not a willing participant. She doesn't "want" you - she's simply "afraid of losing you," and I think there's a pretty big difference between the two.

It's the validation that is holding you back. She will NEVER want you the way you want her to. Read this - <https://therationalmale.com/2011/12/27/women-in-love/> . I'm not saying that she will never want you. I'm saying she will never want you the way you want her to.

Immediately, he starts to analyze what just happened. Why didn't she respond? Am I not attractive enough? Was my initiation too weak? Damn it, I shouldn't have waited till bed time!

There was a J10 post that talks about how to control your anger. How you don't get butthurt, but rather reflect and create a plan, and what you will do to execute that plan.

Let's examine the entire cycle, using the concepts above.

I bet that a lot of beginners hit this cycle, more than you think.

Honestly, I think a lot of your problem stems from your past. A few quotes:

"Married about 6 years, SAHM, two kids, 3 and 1. Career beta that whole time, married to my oneitis. 100% dead bedroom for 1.5 years after the second kid was conceived."

https://www.reddit.com/r/askMRP/comments/5y3g0d/victim_puke_negative_space/

https://www.reddit.com/r/marriedredpill/comments/6ctdv9/own_your_shit_weekly_may_23_2017/dhxtn6m/

https://www.reddit.com/r/marriedredpill/comments/6e7w8n/fr_a_6month_perspective_on_owning_my_shit/

I also believe you mentioned that your wife broke up with you when you were dating, and then you all finally got back together. My number one thought here is that YOU ARE LETTING YOUR PAST DOMINATE YOUR LIFE! The anger, the butthurt, all of it. You're letting your past override your present. The sexual denial. The ex-boyfriend. The "what could have been". The covert contracts that you used to have. All of it.

You need to let go of your past before you can handle your present and plan for your future. Let it go.

DanceMonkeeDance • 3 points • 5 February, 2018 10:04 PM

You and I swallowed the pill at about the same time, iirc. I'm getting the sex I want, but damn, I'm still about 100 times more willing to burn it all down than you are.

You are probably much more in touch with your thoughts, feelings, issues, etc than I am. But don't ya think this is all about you trying to save the marriage? AWALT. Except when they ain't.

[deleted] • 3 points • 5 February, 2018 11:24 PM*

That's the (same) nail I keep hammering.

DanceMonkeeDance • 2 points • 6 February, 2018 12:45 AM

There's a point at which its just masturbation. We tell guys unplugging that OK and abundance mentality is essential to progress. Those don't get made on a marriage counselor's couch.

Persaeus • 2 points • 6 February, 2018 01:52 PM

I'm getting the sex I want, but damn, I'm still about 100 times more willing to burn it all down than you are.

coincidence. NO

[deleted] • 1 point • 6 February, 2018 02:55 PM

It is The Key to get out of beta hell.

DanceMonkeeDance • 1 point • 6 February, 2018 04:15 PM

Or any kind of hell, really. I've come to realize that more in respect to career, friendships, etc. Trying to teach the concept of OI (and necessarily abundance mentality) to my daughters.

resolutions316[S] • 1 point • 6 February, 2018 02:19 AM

You are probably much more in touch with your thoughts, feelings, issues, etc than I am. But don't ya think this is all about you trying to save the marriage? AWALT. Except when they ain't.

This is actually what I'm trying to say above. That I've been "acting as if" I was ready to move on, but really only doing so from a place of trying to get a specific result, thus sabotaging my own progress.

DanceMonkeeDance • 1 point • 6 February, 2018 02:48 AM

Isn't that because you aren't really OI? I like the comment from u/man_in_the_world. Says it much better. And for the remedy, i like u/Aechzen.

SteelSharpensSteel • 4 points • 6 February, 2018 02:15 AM

I'll tell you something. There are times when I don't think about MRP, or shit tests, or covert contracts, or any of this stuff. I just do. It's a bit of a zen thing. Just do it.

There is no spoon.

There is no secret ingredient.

I don't have to sit down and obsessively overanalyze every little interaction with my wife. I just interact.

Second nature, perhaps. But don't dwell on this stuff.

sh0ckley • 2 points • 7 February, 2018 08:55 PM

Bingo. +1

Fritz_Frauenraub • 4 points • 6 February, 2018 05:41 PM

Having spent a lot of time around emo indie-rock musicians (was one myself), I recognize the symptoms and I can tell you that getting over that massive john cusack boombox oneitis you have for your wife is going to be painful.

You're going to have to let her go, either emotionally or in reality or both. Comes to the same thing really.

There is no OI, no abundance and no SMPO without letting her go. It's a straight up destroy the village to save it situation.

I know your wife's type of female all too well and the sad irony is that dumping her ass would probably make her attracted to you

Thank god I didn't marry my romantic oneitis. Good luck.

resolutions316[S] • 2 points • 6 February, 2018 07:34 PM

Oh man - I cannot believe people can accurately predict my fucking musical preferences from my MRP posts. Very on point

Rian_Stone • 3 points • 6 February, 2018 08:21 PM

There's only a dozen types of men. One of the big lessons I got here was how deep the 'disposability of men' went.

We are almost interchangeable

weakandsensitive • 2 points • 7 February, 2018 09:49 AM

yup. no one's a unique snowflake - except the ones who recognize it.

the majority of people you meet are like walking cliches built around their own unique story.

ReddJive • 3 points • 5 February, 2018 07:57 PM

Moving Past Anger Phase

Root Cause of the Anger Phase

outlawrp • 3 points • 5 February, 2018 08:10 PM*

No comment

RealTalkSortOf • 3 points • 5 February, 2018 08:15 PM

I couldn't make it through your whole post either, but if I may vent myself. I completely related to how you feel about the sex issue. Can we even have getting more sex to be a goal? It's so reliant on the other person. We can't force ourselves on them. If we act like we want it too much some will see that as needy.

Where I currently am is that I am trying to live with outcome independence. It's pretty natural for me to be able to ignore my wife which is the only thing that can make her be the one that chases me. I think with some women out there you have to either not put such importance on sex or you have to get a divorce. I know some dudes on here will just say if you are doing it right the wife will want the sex, but I've been with plenty of women and a few of them just aren't that sexual. My first wife was always down, but this one is not. There are plenty of reasons for why, but sometimes you can't just alpha your way into getting "everything" you want

wildnight98 • 1 points • 5 February, 2018 09:22 PM **[recovered]**

Maybe **tracking sex** is interfering with your developing becoming OI about the sex. It also sounds like you are trying to "prove" how often you are "really" having sex. I get it, my wife gaslights the sh&t out of me about how often we are having sex. But if you are trying to argue with her, to prove to the therapist that you are right and she is wrong, you are operating deep in her frame and you will—frustrating as it may be—never *ever* win that argument.

What if you quit tracking and just took the position that your marital sex life is not up to your standards and you are materially dissatisfied with it. Don't fall for therapist questions like "how often would you prefer to have it?" Your position is, it's not a matter of quantity—it simply needs to be *much much* better than it is now. Like orders of magnitude better. She needs to be trying *much much* harder than she is now.

Therapist: But you need to be willing to compromise.

You: I am not willing to compromise on this issue. *not angry or butthurt, just a matter of fact.*

Now, the vets are going to tell you —rightly—that you can't negotiate attraction and all this blah blah with the therapist is just a huge waste of time and an opportunity for your wife to gaslight you with approval.

I am in no position to offer you big picture advice. But I *have* gotten past initial frame development and OI, which you have clearly not. One key realization—which also helped me get past a lot of recurring feelings of anger—was the more *thought territory* that I ceded to thinking about *her* (or "us") and not about *me* and my own improvement—the more I was in her frame. Whenever I would catch myself thinking about her and the

relationship, I would “change the channel” in my mind and plan my MAP or think about some of the reading and principles. Maybe something like that would help you.

resolutions316[S] • 1 point • 6 February, 2018 02:22 AM

Maybe tracking sex is interfering with your developing becoming OI about the sex. It also sounds like you are trying to “prove” how often you are “really” having sex.

Yeah, this was pointed out in the OYS thread, and I agree. I'm not tracking anymore.

Whenever I catch myself thinking about her and the relationship, I “change the channel” in my mind and plan my MAP or think about some of the reading and principles. Maybe something like that would help you.

That's a super useful mental model, actually.

IronBlok • 3 points • 5 February, 2018 09:26 PM

Hi Resolution, I think this is a great post. Thank you for writing things down in your own words succinctly!

Your main question is: why do I end up at the same point (anger) after applying MRP correctly? The answer is you are not applying MRP correctly! It is that simple. Explaining it, not so much.

I see lack of a good frame, no abundance and a misrepresentation/misunderstanding of dread in your post which is likely the reason why you can't cycle out of your anger. Thankfully all of these things are linked and can be worked on very quickly without you turning into "Rambo".

You are looking to your wife (one person) to validate you (sex being the major carrot) and when you do not get that validation it hurts, causes you to question things and eventually leads to anger as you are not validated and feel bad or sad or both afterwards. Sure you may be getting more sex but the feeling is the same because you are still looking for more and more validation (running faster and faster on a treadmill?). This mindset is not only unfair to your wife (why should she be overly concerned with you when she has herself to deal with) but it also makes you strive towards an unhealthy relationship where you are "keeping score" (measuring sexy times) as well as basing your happiness on external factors. This leads to a miserable relationship for you and your wife. As she will never measure up unless she submits to you completely and decides she is really only living to serve you (unlikely and again unhealthy except in rare circumstances). Some guys here strive for this which is OK but obtaining it is super hard (unless you luck into a super submissive woman who gets off on that shit) and often is impossible to create (again, a girl has to already lean that way to go over there). Generally you get some submission, a lot of shit tests, comfort tests and outright rebellion with marriage over time which is not going to change on average.

Side note for the autistic people who do not understand why measuring sex or any other quantifiable action in your relationship is bad.. you use it as a weapon bringing it up at an opportune time to say; HAHA YOU ARE WRONG VAGINA. WE HAVEN'T HAD SEX FOR 10 DAYS EVEN THOUGH YOU SAID IT WAS 3!!! LOGIC LOGIC BLAH BLAH I AM RIGHT I AM RIGHT!!! This dries her out faster than 50 mile an hour winds on the Sahara. You might have been close to having sex that night or tomorrow, but now it will be another week and she will remember you calling her out for shit she doesn't even care about forever. One exception to this rule is if you track metrics for internal use only and will never reveal them to your partner. Outbursts at a therapist can never happen.

So how do you stop caring about one vagina's validation? There are many answers. RP teaching's would suggest get many vaginas. Which is great for people who aren't married or who are willing to have extramarital affairs (most guys who start here come here in an attempt to not cheat and you yourself have said you don't want to at this point). So that kind of leaves you the odd man out. But it does point to a glaring hole in your life right now,

NO ABUNDANCE. In a chicken and the egg scenario no abundance leads to weak frame. How can you frame anything properly when you are desperately trying to fuck one pussy 5 times a month and push it to 6? So what should you do? Weak and sensitive said enter other pussies (prostitutes or plates) which is great advice. But you don't want to (yet) so you need to work on FRAME instead. You need to frame everything in your world, not hers. I'm sure you've heard "you are the prize" but did you internalize it? Abundance without side pussy is harder to get to, but the concept is the same. You don't need her sex, you don't need your marriage and you don't need her. I firmly believe you can get to that point mentally if you can believe in your own frame unshakably but as always it is easier with some external action. You don't need to have sex with other women but you do need to interact and attract them. Do you need to get a number? No, but for someone who likes metrics and measures things, that could be a good route. You should generally be able to tell if a girl likes you by her body language and willingness to speak to you. You will realize quickly many women are willing to go out with you and this would lead to fucking them which will make you realize this false prison which is marriage was also a concoction of your mind. This leads to dread.

There is covert and overt dread. You want covert dread but you reference overt dread in your post. Overt dread ("Fuck me or else!!!") is unhealthy. Covert dread is healthy and craved by women. Overt dread comes from a weak desperate place and is generally empty (your wife would laugh if you said "give me a blow job now or we get divorced!" I'd laugh at anyone who said that too). Covert dread comes from abundance. She sees you talking to the younger hotter version of herself at the gym/coffee shop/gas station/restaurant/anywhere and sees her laugh at your jokes/touch your muscles/smile/flick her hair/ do anything as it all sets the hamster in motion. Women crave this because it validates them. She says, "shit resolution could fuck that but he is with me. I must be pretty special". Which turns into "I better be special before he fucks that. I better fuck him today, he won't want to drain his balls on her if I've already drained them". And that cycle can continue forever. If you go deeper down (which some guys are not comfortable) your SO might end up tolerating infidelity that is just below the surface (she suspects but doesn't know for sure) and this actually makes your sex life better because she is turned on by the fact you can bang more than one chick at a time successfully.

For your resolution I would do a few things:

- 1) Get out of counselling. You've probably figured this out by now but it is a waste of time.
- 2) Stop measuring sex and over analyzing shit your wife does. SHE DOESN'T MATTER. Only you matter.
- 3) Internalize you are the prize. Make your frame on this tenant.
- 4) Get abundance and an abundance mentality. I would game chicks and fuck them. If fucking is not on the table then just game chicks.
- 5) Do dread right.
- 6) I didn't really touch on this but be a horny motherfucker and go for sex every time you want it. The worst she can say is no. Ask her twice a day every day, she will say yes a lot more than you think.

catchpull • 1 point • 6 February, 2018 04:00 AM

Your number 6 I like but I'm trying to keep my neediness in control. Especially from being visible.

IronBlok • 2 points • 7 February, 2018 06:29 PM

Hi Catchpull, There is nothing wrong with letting your SO know you want sex. Neediness is about frame. If you initiate a few times and get rejected but do not care about the rejection and continue to focus on what you would like to do, it is striving towards a goal. If you get butt hurt and whine to her about the rejections, that is needy. A lot of guys get rejected by their SO and then stop initiating or get anxiety about initiating which then in turn makes them needy. If you were hungry and wanted food you would just go eat (fuck someone else if she isn't interested) but IF you could only eat at at one restaurant (your

wife, due to morals logistics etc.) then you should continue to try and order things off the menu until you get fed, otherwise you die... no sex leads to dying inside for many men.

screechhater • 3 points • 6 February, 2018 12:00 AM*

Most of you plain vanilla types got into a relationship with the SO because it was easy. It's not sure easy or pleasant with the anti fucking, now is it ?

Now, between the kids, life, bullshit and all the other things, including maturing and parenting, you are wondering why she won't fuck when you want to. Or, why does rejection hurt ? What is it ?

In the grand scheme of things the rejection is, to the weak, a level of trust broken, where trust should never have been placed

But, here at MRP we constantly preach to ignore it, the rejection As you get stronger it becomes just rejection

We have so many flaccid responses to rejection, for you to use, that eventually she will get the message, that the rejection bears no weight and in a turning of the tables, per se, she no longer finds any odd behavior, especially butt hurt as strange or worse, unattractive.

Once you ignore rejection enough, it's like a bully that has no weight.

Your anger comes from the lack of ignoring it , the rejection and, coupled with resentment it ebbs and flows, the anger

Many settled with convenience.@, and therefore little excitement remains. Add your robot behavior of 9-5, beer belly and bitching about work and the attraction goes way down, hence rejection and with that you give up trying to fuck Comes some anger as you see that

In your case, agreeing to therapy and talking about tracking sex, puts your right in her sights of controlling you and we identify that as living in her frame. As you are waking up, the anger also comes from realizing she has had you living in her reality, aka "her frame"

You biggest most powerful statement made is to walk out of counseling. Due to how important to you tracking the sex is, you base it clear, and you really made your point walking out. You lost lots of ground walking back in there.

I want you to realize tracking sex is important at this stage and until you work through all this, keep doing it until you no longer need to do it.

Part of your problem like many others, is living in her frame and the very thought you write this massive wall, tells me you are not comfortable in your masculinity or your person. That's ok. We have your fix. It's called lifting

I will call you a name if that's what you need.

But what you really need is an understanding of frame. If you don't want to go to counseling, don't go. If you want to fuck, initiate. Above all else get comfortable being you. You own you. You do you

DanceMonkeeDance • 1 point • 6 February, 2018 12:48 AM

If you're still angry, its worth paying for a session just so you can walk out.

Aechzen • 3 points • 6 February, 2018 02:35 AM

Believe it or not, I read that whole thing.

Holy shit bro, just go find another woman, and cum in her already. I don't think you should hire a prostitute. I think you should practice flirting, opening women in person until you get the hang of it, and then bang at least one of those women.

I don't know if your wife is the one and only woman you've ever fucked, in the fashion of Athol Kay, but you care wayyyyyy too much about her particular pussy; around here we call that oneitis.

Yes, your post is about more than sex, but you spend so much time in your head versus the amount of time spent draining your balls, and I can only assume that you're clogged up. If you've been doing No Fap, stop it, and go fap, and get your cum out anyway you have to.

Do you ever go on hikes, outside, for hours straight? Do you ever exercise to exhaustion and fall asleep in the middle of the fucking day because you worked so hard? I think you need to spend way more time in your body, and less time in your own neurotic Woody Allen tragic comedy.

I got to the end of your post, and see that you intend to continue this with a part two. I'm not even sure what to say to that.

Reject444 • 3 points • 7 February, 2018 10:10 PM

OP, many here have given you advice and/or criticism regarding your situation, and they all do that well and from much more knowledge than I have.

But I wanted to post to tell you, from the perspective of one new to MRP, that this is an EXTREMELY helpful and valuable post that made clear so many of the MRP principles and issues that I'm currently trying to internalize. I've recognized that covert contracts are a real problem for me, and I'm also goal-oriented, and you blew my mind by showing me that the way I had been looking at MRP (i.e., to improve myself to get more sex from my wife) was itself ANOTHER FUCKING COVERT CONTRACT. I'm now rethinking my entire approach to MRP and I think that your post will hopefully help me to change my approach and avoid getting caught in this repetitive cycle. So I wanted to say thank you.

resolutions316[S] • 1 point • 8 February, 2018 03:40 AM

Cheers man. Please learn from my repeated mistakes.

straius • 1 points • 5 February, 2018 10:08 PM [recovered]

Have you tried mantra meditation to get rid of the seething aspect of your persistent anger? 20m/2x a day will do wonders for your cortisol levels which have a large part in your trigger happy anger response.

From what I've read, you can have as much of a 4x reduction in cortisol from twice daily 20m meditations compared to an 8h sleep.

It worked miracles for me with both rage about work + home life. To the point that 2 weeks in people started commenting to me about the changes in my presence.

resolutions316[S] • 1 point • 6 February, 2018 02:20 AM

I meditated for a few months last year. I fell off because of changes in my schedule, but it definitely helped.

BirdManBrrrr • 2 points • 5 February, 2018 10:52 PM*

By my own reckoning, I've been through this cycle three times now. Each time, I lose great amounts of progress...and resolve to redouble my efforts and "get it right this time"...only to end up repeating the cycle

The cycle repeats because you're still 100% invested in your wife's opinion of you. Said another way, the value judgements you internalize per your example above are a direct result of you letting your wife define your own opinion of yourself. This is the whole *mental point of origin* and *you are your own judge* piece.

Either **you** think you're the prize or you don't. Your wife doesn't get to dictate how much of a prize you are.

How to fix this: Ask yourself every god damn day whether your wife's (or anyone's) opinion of you should

dictate how you feel about yourself. You know the answer is "no", but start asking yourself that question every time you start to get back into that feedback loop. Right now it's an unconscious, visceral lizard brain reaction that is an automatic yes; start making it a conscious decision to say "no".

Big_Daddy_PDX • 2 points • 6 February, 2018 12:03 AM

There's a point where writing more words isn't helping. If you focus on brevity you could crystallize your point into a consumable and powerful post, rather than risk losing the majority of readers that don't have time to read a tome.

That said, your anger issues are with yourself but you keep talking about your wife. You are so focused on sex that you think it's the thing that is holding you back. Finally, there is something that happens in a marriage after a period of time where the code begins to change. Once it has changed, you can't go back. Maybe consider therapy for yourself and seriously exploring divorce. It sounds as if your relationship isn't going to work, it because of your wife, but because of you.

calmwater1 • 2 points • 6 February, 2018 04:30 PM

I read to the end because I am dealing with this now. I don't have the outburst level but a lower level of anger and resentment. I try DL4 lowering of attention but am too resentful, lack OI and abundance, and it comes off as butthurt.

I am stuck in the Groundhog Day Hamster Loop. Trying to get out by asking myself what lies I am telling myself, what delusions do I have? I am aware of the Dancing Monkey program and am trying to avoid it but end up back in there anyway.

My route out is either 1) initiate when I want, deal with the rejections, truly have OI, or 2) ignore her, no sex initiations, get out of the house more. Mostly I am doing 1 but had a few weeks of 2.

I am more willing to kill the puppy than the OP, or at least I think I am. I am using willpower to not say I want a divorce or call lawyers. I track sex frequency to help me with that. I didn't bring it up but she found it and is butthurt about it. Without tracking, it feels like sex was 20 days ago, she gaslights that it was yesterday, I look and see it was 7 days. This helps me deal with it and see what is really going on.

Maybe another solution is move to DL7 as was suggested to me. It feels like Rambo since I am trying to do one level per month and I should be on DL5 now. I am trying to pace myself. I had a HB5 flirting with me at a superbowl party over the weekend, maybe I need more of that in my life.

Thanks to OP for the post, and the great comments. I have a lot of reading and work to do.

weakandsensitive • 1 point • 7 February, 2018 09:50 AM

. I had a HB5 flirting with me

Yuck. Does that even count?

Persaeus • 1 point • 7 February, 2018 03:14 PM

his wife is a 3 so yes a 5 counts

470_2_700_nm • 4 points • 5 February, 2018 07:37 PM

That was one Jesus long post. I had to skim it once and then mentally skim that skim.

You just won a prize as the most Jesus long post I have ever seen.

resolutions316[S] • 4 points • 5 February, 2018 07:46 PM

I have laughed out loud at this comment twice

Rian_Stone • 3 points • 5 February, 2018 07:50 PM

No trophy though. Jack ten still has the record. 3 post length due to comment size limits.

gettingmymojoback • 4 points • 5 February, 2018 07:51 PM

Jack ten's I could make it through till the end though....

Edit: holy shit I just realized this is only part 1 of OP's post.

Rian_Stone • 4 points • 5 February, 2018 07:53 PM

I see my own writing in resolutions.

You're seeing his brain direct to paper. Connecting concepts in real time, and walking through concepts. If I'm right, you're watching him internalize things. Read it like a jigsaw puzzle, or as if he were having a soliloqui

resolutions316[S] • 3 points • 5 February, 2018 08:01 PM

One day...

SteelSharpensSteel • 2 points • 6 February, 2018 05:13 PM

Hit that with the Mystery Method post. That one kept going on and on.

Rian_Stone • 2 points • 6 February, 2018 05:32 PM

new flair incoming

Jack 11 of hearts

SteelSharpensSteel • 1 point • 6 February, 2018 05:50 PM

This says it all.

ENOUGH_TRUMP_SPAM_ • 1 point • 5 February, 2018 07:51 PM*

Anyone wanna do meditation with me?

Persaeus • 1 point • 5 February, 2018 08:11 PM

what do you have to share?

BostonBrakeJob • 1 point • 5 February, 2018 11:12 PM

How did one straw break the camel's back? Resentment.

Stand up and let that pile of straw go, man. You answered all of your own questions, and then mindfucked yourself right back into the cycle...which you've also recognized. What's the problem here?

HistoryOfAMan • 1 point • 5 February, 2018 11:40 PM

Some of you also need to realize the problem doesn't always lie with you when it comes to getting laid more by your wife.

Sometimes it's your wife and how she may be self-conscious about her body or her low t from being a lazy shit.

If after your efforts you're still not getting laid, take her as to the gym.

In fact, when you're about 6 months into a gym routine, start asking her to go.

Helrade • 1 point • 6 February, 2018 01:48 AM

Look forward to your next installment. I got some value from this. Too new to say much inspiration.

wekacuck • 1 point • 6 February, 2018 02:22 AM

I think it's pretty pointless to try and figure out why emotional disruptions happen. All that really matters is that when something triggers an extreme emotional outburst, you need to get better at processing it faster and getting back to balance and control.

Digging for why answers to where the anger or resentment comes from or why it exists is based on the idea that if you can just find the source of the disturbance you can make them stop and escape. It turns out that line of psychoanalysis very often isn't terribly useful. You can even know exactly where the problem comes from and it doesn't help (see PTSD).

My suggestion would be that you might want to look into the ideas behind CBT or DBT and mindfulness meditation. These are all about sorting ideas and emotions quickly as they enter your mind. The idea is the more you practice deliberately emptying things out of your mind, the more reinforced and automatic it becomes.

I haven't read *Passionate Marriage*, but I have read his later book *Intimacy&Desire*. I&D talks about "The Crucible" and "Four Points of Balance". If that wasn't discussed in *Passionate Marriage* you might consider looking into I&D. I&D was all about various dysfunctions, not sure if that was the focus of *Passionate Marriage* or not.

resolutions316[S] • 1 point • 6 February, 2018 02:24 AM

My suggestion would be that you might want to look into the ideas behind CBT or DBT and mindfulness meditation. These are all about sorting ideas and emotions quickly as they enter your mind. The idea is the more you practice deliberately emptying things out of your mind, the more automatic it becomes.

I feel the same.

I haven't read *Passionate Marriage*, but I have read his later book *Intimacy&Desire*. I&D talks about "The Crucible" and "Four Points of Balance".

I haven't read I&D but my impression is that they cover mostly the same ground. I will check it out though!

BirdManBrrrr • 1 point • 6 February, 2018 04:27 AM

2nd on the DBT, some decent free content and guides online.

resolutions316[S] • 1 point • 6 February, 2018 05:02 AM

The edits really clarified what you were saying for me.

To be clear, I'm not trying to wish away my own desires; simply to stop torturing myself over them.

I think your point about the MAP is really solid. All my MAPs have been about getting sex from my wife, even when that wasn't explicitly stated.

man_in_the_world • 4 points • 6 February, 2018 06:12 AM

Real life choices almost always involve *some* compromise. Most people can be mostly content with not getting everything they wanted, *as long as they feel they had a choice*. I suspect your anger stems from feeling *trapped* without a choice (no abundance), not so much from the inadequate frequency of sex itself.

Once you gain abundance, you may very well *choose* to stay as the best overall life compromise because of compensating value she provides in other areas ... and be largely happy because it's truly a choice among

other real options. But the other options (abundance) must be *real*. Make it so.

Decades before this place existed, with eyes wide open I entered into what I knew would be an AAAAC marriage. I wouldn't have compromised to AAAAF or AAAAD, but AAAAC was acceptable to me, and top marks in several of the other categories were more important to me (and those are A+'s). And I've been pretty damn satisfied with my choice, I think in part because I believed then that I had other acceptable choices, and I continue to believe that now.

Armed with what I've learned here and elsewhere, I'm busy trying to achieve AAAAB (with encouraging but incomplete progress so far), but I remain happy despite not yet fully achieving my goals. Again, I think that stems from a belief in abundance and choice.

Perhaps you'll find this personal perspective helpful.

sh0ckley • 1 point • 7 February, 2018 08:58 PM

Neediness. That's the rub. I've been there and mostly sorted it out. How?

Nathaniel Brandon Six Pillars Of Self Esteem and addressing my co-dependence and I'm not talking about the ordinary stuff that NMMNG really helped me with.

I'm talking about pathological codependency. The kind that had me legitimately attempting suicide at 14 years old without a hospital I would have pulled it off because an older girl didn't like me type of inbred pussy faggotry shit. And that was the first of countless attempts.

I'm closing out my second year of MRP and let me tell you things are generally so different that even my wife says I'm not the man she married and is happier than she's ever been.

Maybe the part OP is missing is don't over analyze and just get back on the fucking horse bro? I just reminded myself of that right now. I don't get around here much anymore because I've been too busy having the best year of my life, but I messed my shoulder up and am getting surgery *tomorrow*. Doctors orders to *stop lifting*. Almost 6 months ago.

So what I have been doing the last 2 days? Losing frame like a boss.

Does anyone really give a fuck about me except me? No. Nobody is coming. Are they supposed to? No. So what does it matter if I just get back on my horse when this time is over? It doesn't. I am my only judge, and I can ignore my own insecure thoughts. I'm the strongest man I know even though my buddy can squat more than me. I have lived through things that would have killed others. Does that make me special? No. It makes me myself.

I'm reading one of Scott Adams books right now and he's really big on systems. Goals are for losers. Getting more sex is a goal. MRP is a system to follow and I've found my personal goals fall away into a constant lifestyle of self improvement.

resolutions316[S] • 2 points • 8 February, 2018 03:41 AM

It's interesting - that Branden book has come up before. I'll have to hunt it down.

sh0ckley • 1 point • 8 February, 2018 04:27 AM

And that Scott Adams book is great too. Almost through it. It's called something like "How to fail at almost everything and still win big."

223552 • 1 point • 8 February, 2018 04:16 AM

I used to like your post, but they are still about the same thing, and only getting longer and longer, as your hamster runs in circles, trying to convince yourself, (and partially us) that you are doing all you can, and still not getting sex, or getting where you want to be.

You can write all you want (i did not even finish reading your post...), rationalize all you want, track sex, or other goals all you want, and still be miserable.

You are trying to convince us that there is something wrong with your wife, and you are trying to convince the therapist as well. You are obsessed with quantity of sex. Why dont you get an escort for seven days straight, and get it out of your system.

Stop marriage counselling, you will get nothing out of that. Your issues are in your head, and your head is deep in your ass. You need to work on yourself. Get yourself a therapist, and work on yourself, your anger, your validation issues, and other things. Anger phase will pass. The comments that sting the most, read them over and over again, they are uncomfortable, because they point out things you dont want to acknowledge.

BTW the first rule of MR NICE GUY, is "If/Then"

resolutions316[S] • 1 point • 8 February, 2018 02:11 PM

You should have finished the post. You are literally repeating the points it makes.

SteelSharpensSteel • 1 point • 8 February, 2018 01:35 PM

So Mr. Carefully, Carefully Plan, you got a literal ton of excellent feedback here.

What are you going to do with it? What's your plan now?

resolutions316[S] • 2 points • 8 February, 2018 02:20 PM

Well, that's tough, since many of the comments are "stop over analyzing/planning so much."

My immediate plan is just to stop thinking about it at all. Stop tracking sex, stop couples therapy, stop "working on sex life," etc. Even stop trying to achieve OI. Just think and do other things for a while. I need a break.

If I can get some mental space, at that point I'll try to take stock of where I am and what I want, and as /u/man_in_the_world suggested, make a MAP that gets me to sex I want, regardless of the wife.

I have an initial appointment with a personal therapist when I get back, but I'm not committed to that yet. I've been traveling this week for work, and you know what? Way less up and down, way less neurotic. Do I REALLY have an anxiety problem, or am I just fucking anxious because I spend all my energy trying to get validation from someone that won't give it? Am I really riddled with covert contracts? Or am I just stuck in a relationship with someone who rations affection like it's biscuits and we're in fucking World War Two France?

That's it so far. Deliberately not going to make it more complicated than that.

Rian_Stone • 2 points • 8 February, 2018 02:52 PM

Bop it

Twist it

Gronk it

Fuck it.

SteelSharpensSteel • 1 point • 8 February, 2018 03:15 PM

Daft Punk would be proud.

Rian_Stone • 2 points • 8 February, 2018 03:22 PM

Dread game 5555

catchpull • 1 point • 10 February, 2018 09:48 PM

Thank you! I've been BP so damn long and was the epitome of being butt hurt when shot down. I've made huge changes the past month, hard work but I'm seeing big dividends from the wife. This is a lot of work being RP but should become naturally second nature and a pet of me. Mahalo again!!

HistoryOfAMan • 1 point • 6 February, 2018 12:34 AM

I'd also recommend not taking the things in these books as bible.

I laughed my ass off at the part where you mention buddy says the sign of a true alpha is your woman will want to wear your cum like some prized possession.

WEWFUCKINGLAD

Seriously, that's retarded shit.

You want to be a true alpha? Stop reading that shit. Stop taking shit from other people and stand up for yourself.

The gym is good, bettering yourself as a person is always a great thing to do.

But not every alpha is some hulking beast of muscle or some bad ass martial arts baddy.

It's a state of mind. A mentality.

And yeah, if your goal is to have sex at a drop if a dime with your eife you're gonna have a bad time because she's not your slave.

We all want our spouse to put effort in. What you need to do is communicate that and have them make an effort. If they are, that's good.

If they're not, or you're still not satisfied with the attempt because it either doesn't seem genuine or truly is a lackluster attempt on their part and not just because they don't meet your demands...

You need to evaluate your life, your time, and your relationship.

But seriously.....stop reading that dumbass shit on what an "alpha" is...that's truly some beta cuck shit.

resolutions316[S] • 2 points • 6 February, 2018 01:53 AM

Rollo Tomassi? I don't know man....