

2 Months in But Appearing Butthurt

24 upvotes | 6 January, 2018 | by becoming_alpha

Background – Married 15 years and took the red pill around Halloween (found MRP by hitting random subreddits). I've been learning and focusing on improving myself since then. I was a classic beta with a bad case of oneitis. Our first few years we had great frequent sex with her initiating half the time. Then around the time we started having kids (and her sister had a teenage pregnancy), she shut down sexually. I had my wife on a pedestal and had heaps of covert contracts to try and get her interested in sex leading to tons of sexual frustration. It's been the #1 problem in our marriage. Things are solid otherwise. I'm committed to our marriage if for no other reason than I'm not going to blow up the marriage just over sex because I'm not willing to do that to my kids. But my mindset has changed about my options since I took the red pill and when my youngest is 18, I see an open door if things aren't satisfactory. Sidebar – finished NMMNG, rational male, MMSLP, blue professor's podcasts, and Burn the Fat Feed the Muscle. Halfway through WISNIFG and the Subtle Art of Not Giving a Fuck.

Physical - Me: 36, 6'2" 207lbs 16%BF, about a 6.5 (up .5 since starting to lift), her: 35, 5'7" 145lbs 33%BF, a 6.5 but pulls it together to be a 7.5 easily. I've always been in decent shape, did some distance running, play basketball and mountain bike. I hadn't really lifted since high school. I spent a month lifting the best I could with the weights I had, then got a squat rack and bench and have been doing 5x5 stronglifts for the last month. I've added 13 pounds of muscle in 2 months. Going to start cutting when I add 3 more pounds. Lifting is awesome. I feel like a god after a workout. She noticed and commented on my looks and progress. Got interested in how I was doing it and I gave her Burn the Fat, Feed the Muscle. Now she's eating way better and exercising way more too.

Financial – my house is in order, debt free, career on track with a step up on the horizon this year. Bought a bigger house in a nicer neighborhood last year that was a bit of a stretch, so we're a little house poor. Wife is SAHM with 3, 5, and 8 year old kids. She wants to go back to work for extra money for fun and updating the house. Wife is a little anal about balancing the checkbook (like every day), so she's handled the bills, but we agree on budgets and major purchases. A few weeks ago I told her I'd take over the bills. She was happy to hand them over, but pushed back when I mentioned a week later I'd handle the online ones too since she has it all set up. She's a good FO in that regard, so I'm content to let her handle it.

Captaining – I've never been a drunk captain, but I haven't led as well as I could have. I've stepped up planning vacations, always having a decisive opinion on things, and generally owning my shit. I've also stepped up home repairs, focusing on the things I want to fix or improve, not what my wife has on the top of her home improvement list.

Sex life – My wife noticed my newbie gains immediately when I started lifting and our frequency and intensity went up for the first month. I started initiating whenever I wanted (like once a day). Still getting turned down most of the time, but went from once a week to 3 times a week. She was even happy about being woken up for sex when I came to bed late after a workout. That had never happened before. One month in, after she had turned my initiations about 5 days in a row, she asked what was going on, why I was acting so strange. I said I was just improving myself and pursuing my goals. She asked me to stop initiating as much and I said no. She wants once a week, but if it was up to her it'd be once a month to never. I said I'll initiate when I want to, and I'm totally fine with a no. She said I was being cocky, and was joking about her concerns, and not giving her enough attention. She said I'm always physical and touching her and she thinks I only value her for sex. She said I was going to do whatever the hell I wanted and I said yep. I thought I held frame well and didn't agree when she wanted to schedule sex (something

she never wanted to do back when I used to try to negotiate desire), and did my best to not DEER.

Appearing Butthurt – I know the advice when getting rejected is to get out of the house. That doesn't work well for me because it's always after 9 pm when the kids are to bed that I have her alone to initiate, and then I'm up at 5 for work. Last night I initiated. Her arm was sore from lifting so I massaged it, then had her turn over and massaged her back. Then went down under the covers and massaged her feet and up her legs. I was working up her thighs to her butt, which is a pretty typical warm up to sex for us, when I hear her say to not put my nose in her butt. I told her I was down by her knees and kept going. I started playing with her bottoms, about to take them off and she says no, don't, I want to keep my bottoms on. Knowing that means she's out for sex, I got out from under the covers, sat on the bed and started reading a book.

A minute later she's furious and wants to know what that's all about and why I stopped so abruptly. I did too much DEERING, but I don't want to go Rambo. I said I knew she didn't want sex so I stopped. She said she liked the massage and still wanted it, and that this shows I only want sex. As has been the case with rejections the last 2 months, I go do something else. She said she still wants to connect with me but if I disconnect and leave, then it proves all I want is sex. She discounted all the other stuff I do, and acted like I'm all about sex 24/7. That I have sex with her to get validation for myself. She said I only value her for sex. I tried to be the oak and reassured her I love her and chose her, but it was just DEERING. She said when I go do something else after a rejection, she thinks I'm punishing her for not submitting by withdrawing my attention, and that means that's what I value her for. In a way, she's right about that, but we don't talk about fight club. The idea that I value her for sex is the core of her negative attitude about sex. I want to reward good behavior, but no, I'm not interested in continuing to give you a massage after being rejected.

My question is how do I avoid appearing butthurt? I told her I'm going to keep withdrawing physically when she turns me down because I'm going to let my body calm down. I really am fine with the rejection, I came to terms with rejections a year ago and have stopped reacting. I just move on. Perhaps it'll just take 15 months to offset the 15 years of being so beta and actually being butthurt and mopey after being rejected. Any suggestions on not looking butthurt?

Archived from theredarchive.com

Comments

SteelSharpensSteel • 43 points • 6 January, 2018 02:19 AM

I had my wife on a pedestal and had heaps of covert contracts to try and get her interested in sex leading to tons of sexual frustration. It's been the #1 problem in our marriage.

No, the number one problem has been you.

A few weeks ago I told her I'd take over the bills. She was happy to hand them over, but pushed back when I mentioned a week later I'd handle the online ones too since she has it all set up. She's a good FO in that regard, so I'm content to let her handle it.

Being in charge of the finances means all the finances.

She asked me to stop initiating as much and I said no. She wants once a week, but if it was up to her it'd be once a month to never. I said I'll initiate when I want to, and I'm totally fine with a no.

Never listen to what they say - only listen to what they do. Actions speak louder than words.

I said I knew she didn't want sex so I stopped.

STFU.

Appearing Butthurt – I know the advice when getting rejected is to get out of the house.

No, you've got this wrong. The advice is not to appear butthurt, not to leave in a butthurt manner every time you get rejected for sex.

She said she still wants to connect with me but if I disconnect and leave, then it proves all I want is sex. She discounted all the other stuff I do, and acted like I'm all about sex 24/7. That I have sex with her to get validation for myself. She said I only value her for sex.

Do you literally see the verbal kung-fu she just kicked your ass with? Sweet mother of pearl, she went all kung-fu on your ass and you DEERed back at her. This is why women play chess and men play checkers - it's a different playing field, one that you're not used to, and she just kicked your ass. Read what you wrote again.

Damn.

My question is how do I avoid appearing butthurt? I told her I'm going to keep withdrawing physically when she turns me down because I'm going to let my body calm down.

Down to the meat of the question. First, STOP TELLING HER STUFF. Second, read this post - https://www.reddit.com/r/marriedredpill/comments/3qm961/verbal_intercourse_is_optional/cwgn5sb/

"So yes, for you unplugging guys, your wife will turn you down for sex, and you'll be so tempted to leave the room and otherwise withdraw your attention in direct response. Don't do this. Take a deep breath, remain stoic. At that very moment, continue to do whatever activity you were currently doing. If you were watching a shitty TV show with your wife, finish watching that shitty TV show. Use that time to take stock of your life, to ponder how things got here, spending your evenings watching TV shows you don't like, with a woman who doesn't seem to like you very much. Start thinking about a plan to change that situation, and what kind of goals would indicate you're succeeding in that plan. Then, when the TV show is done, excuse yourself to go to the bathroom, then go to another room, and start writing down some notes for that plan.

The next morning, your wife may want to kiss you goodbye before you go to work, as she often likes to do. You will be upset once again, wondering why she gets the attention and intimacy of a kiss while you get nothing in return. And then she'll text you inane shit during the day, getting pissy if you don't promptly text her back and acknowledge you'll do everything on that "honey-do" list. Once again, ponder how you got here, come up with a concrete solution to get yourself out, and until then proceed normally. Your wife asks you do run errands after work because you're a loser who has no friends to hang out with, or hobbies to pursue, after work. You start improving your life and your marriage by fixing that, not by abruptly not answering texts. Not answering texts is just going to piss her off and have her accusing you of being an asshole."

Don't leave in a huff, don't go downstairs to the couch, just don't. THIS is how you don't be butthurt - you don't react, you be stoic about it, and you reset in the am.

It's so damn important that I'm repeating this - keep doing what you're doing, reflect on what you got you to this point, and create a plan to fix it.

Now go forth, and decrease the pressure in your ass.

BluepillProfessor • 7 points • 6 January, 2018 09:16 PM

she asked me to stop initiating as much and I said no.

A compromise that worked for me was to Kino every day, escalate every day, but actually Initiate every other day. She adapted to pattern pretty quickly.

becoming_alpha[S] • 4 points • 6 January, 2018 03:29 AM

Thanks, Steel.

No, the number one problem has been you.

Right. My crappy covert contracts and being not attractive. I read your linked post and noticed this gem:

Should you withdraw your attention if your wife is behaving in a way that doesn't deserve your attention?
Of course. What you should not do is clumsily bring your attention level from 100 to 0.

My abrupt stop was exactly the clumsy 100 to 0 I was warned about (yes, I've read it before). So, until I'm way further down the road and I'm ready to play 3D chess, I'll just continue what I was doing when I got rejected, then excuse myself later. I'll work on the stoicism.

Do you literally see the verbal kung-fu she just kicked your ass with?

Yes, I got my ass handed to me. Much like our annual blow up over sex during the blue pill years. But I STFU more and DEERed less then the past, so I'm making progress. It used to get even worse.

Marcus_Aurtrillius • 7 points • 6 January, 2018 04:11 AM

I'm glad he posted that. I've read that post at least 5 times in the past month. No need to reiterate, but I was recently in a similar situation with my wife. Its actually related to my FR recently so I may post an update. Anyway... I'll keep it shorter than a FR.

First of all, if you don't wanna appear butthurt, dont do butthurt shit. Shutting down the massage immediately was butthurt.

During our massage, I escalated a couple times and got my hands smacked. I powered through. Mind you, we haven't had sex in a while. But it wasnt long before she was dripping wet. I wasnt expecting sex. I finished the massage and got up. She thanked me, i said youre welcome. She asked to massage me and immediately grabbed my dick. It was on.

Second, the underwear thing didnt seem like a hard no to me. It was LMR.

There's no doubt in my mind the draws would have dropped if you kept going. Might be why she was so pissed. She thought she was getting some dick.

Thirdly, the massage reeks of a covert contract. "I gave you a massage so you better fuck me." She doesnt and youre butthurt. You made it seem like you wanted to massage her arm after she hurt it lifting but really that was manipulation.

If you wanna give a massage, give it. If not, dont.

becoming_alpha[S] • 3 points • 6 January, 2018 05:33 AM

Thanks. I should have done exactly what you did. I had been reading downstairs and went up to initiate, then she was complaining about her arm. I figured I could make that feel better and get her warmed up at the same time, but you're right, it was a dang covert contract in the back of my mind.

You're also right, the underwear thing probably was LMR. My cycle tracking app said yesterday was ovulation, so I think you're right that she was disappointed it didn't end in sex.

innominating • 3 points • 6 January, 2018 12:24 PM*

A massage is a total covert contract and a blue pill, pussy way to initiate.

What the fuck do you mean warm her up? You don't need to warm her up for sex, especially when she is ovulating. You need to increase alpha behaviors and pass her tests. Remember she wants sex as much as you, just not with you, instead with an alpha.

Look at your wife like you want to eat her, take her hand and say come with me. Walk her to where you are going to fuck her and kiss her deeply then fuck her.

You still have a long way to go. Don't give up. You have the aptitude. Be consistent and there will be a time when the concept of having to warm your wife up will make you cringe.

Persaeus • 4 points • 6 January, 2018 12:38 PM

^ yes

if you want to give a massage, give one. if she initiates, fuck her

if you want to fuck, then consume her

becoming_alpha[S] • 2 points • 6 January, 2018 08:38 PM

Got it.

becoming_alpha[S] • 2 points • 6 January, 2018 08:38 PM

Yeah, that's been my beta covert contract method for nearly a decade to warm her up. I do have a long way to go, but I'm making progress.

crimson_chris • 3 points • 9 January, 2018 12:02 AM

I don't think there is anything wrong with a massage if the massage is a planned precursor to sex, then that should be the expectation of you and her. Massages can be a great way to relax and get immersed (especially if you have kids). Your massage was a covert contract.

That being said, fuck her when you need to fuck. Women love men who are direct and "take" what they want. "Take" is in quotes because she must desire you in order to be "taken" otherwise it's rape or you are a creep.

Looks like you have made some progress but your wife does not desire you. She does not seek to please you. Women want a man they want to please. But the mindfuck is that you have to do it for yourself. They see through anything else.

innominating • 2 points • 7 January, 2018 03:11 AM

Forge ahead. Sidebar. Lift. STFU and your vision will become reality.

innominating • 1 point • 8 January, 2018 12:07 PM

Stay the course.

BluepillProfessor • 1 point • 6 January, 2018 09:24 PM

warm her up

Many hunter-gatherer tribal cultures have no concept of "warming her up" or even foreplay. They dance around the fire, throw down the girl....and she is ready. Almost like...magic.

mabden • 1 point • 10 January, 2018 04:44 PM

Quest for Fire!

maximizingvibration • 1 point • 9 January, 2018 04:38 AM

So my wife is 50, and she has periods sometimes every few months because I think she is going through mensturation. As I read this - I asked is ovulation and me tracking her ovulation important?

I had a situation yesterday where I went to kiss my wife in the morning. I said good morning .. I was about to whisper in her ear - that i wanted to have sex with her ...I figured I could try being direct with her ... She looked annoyed that I was not leaving her alone in bed.. I said I was going to whisper something in your ear that was a fun idea.. she got butt hurt and started saying.. cant you ever sleep, why dont you rest, why were you walking around all night..?

The night before I was being affectionate and did not initiate she seemed tired. We cuddled in bed, yet she went to sleep, after 20 minutes of her falling asleep, I went to go watch Spartacus on Netflix... talk about a show..LOL.. Because I was bored and was turned on laying in bed..

So she complained about me walking around at night, my response was I could not sleep so I watched some tv ..she then started saying I do not sleep, even though I have gone to bed earlier then her for the last two weeks.

So yesterday morning she just started complaining - this is after just kissing her and ready to whisper in her ear when she got reactive on me .. I stayed calm , smiled and said I do get sleep and wanted to watch something.. Then a few minutes after I got up and took a shower as I had several meetings on Sunday.

This morning - she asked what the fun idea was I was going to tell her. I said oh, never mind that was for the morning.. she said what was it , I said I was going to whisper to have sex with you.

She said oh, that was your fun idea... I said yes and then moved on with our conversation.

Funny thing is she thought about it .. Maybe I should plant more seeds throughout the day ..

Just curious on here from the RED PILL EXPERTS... Does this work just as well with a 50 year old going through menstruation ? Just wondering ...

I continue to LIFT. Lifting has doubled for me. Last night I went and lifted at night as I figured internally I would feel better getting in some great lifting and sleep better, since I want to reshift my mental attitude that I will not initiate after 9 PM - especially when my wife looks like she is going down hill yawning with low energy ..

I am reading a lot of this material over and over.. have started doing more meditation and breathing ..also STFU.. Its all challenging - I know internally I want results with all of this - I keep focused on letting go of any attachments and staying my course

innominating • 3 points • 9 January, 2018 02:40 PM

I don't know how menopause affects ovulation and hormones in females. If I were you, I would still track periods and research hormones.

You are deep in your wife's frame. The fact that you recognized your wife looked annoyed at your advance is an indication of that. It's like your looking at your mommy to determine if she is angry, annoyed, happy, etc.

The night before you didn't initiate because she "seemed" tired. You're in her frame, trying to determine what she "seems" like. Trying not to get rejected.

If you haven't read WISNIFG, read it, especially the beginning. You are not assertive about what you "seem" like. You seem sex starved and horny and you don't assert your needs in an adult way.

Read NMMNG. You have a core belief that is leading you to discount your needs in favor of hers.

Read SALSMM for a guide to all of this.

maximizingvibration • 1 point • 9 January, 2018 04:47 PM

What is this: SALSMM?

innominating • 1 point • 9 January, 2018 06:34 PM

Saving a Low Sex Marriage

maximizingvibration • 1 point • 9 January, 2018 10:23 PM

Ok, I have that one

maximizingvibration • 1 point • 9 January, 2018 05:01 PM

So here is a question. Not being in her frame means I do not GAF? So ignore how she seems. And if you are horny.. Would me doing shit that is different be a good idea.. Like walking around naked, pleasing myself in bed next to her or getting myself sex toy be a good idea for me ? I mean it is kind of crazy .. She gets dressed in bathroom or in the dark - Gosh, I mean we are married. But maybe I need to start caring much less and embrace my sexuality much more. Be different . Sleep naked, just because its something different - otherwise its always the same shit. We work together from home. I am home with her from 8 am to 3 pm with no kids and no people, meanwhile she is there cooking, looking at mail and working on busy work

innominating • 3 points • 9 January, 2018 06:46 PM

Not being in her frame means you don't go around guessing at what she wants. Don't try to calculate how she seems.

If you are not getting what you want out of the one life you have to live, then yes do something different. If a sex toy is what you want, get one.

A sex toy and sleeping naked would not be what I would want. It would not be enough for me. If I were you I would develop myself to the point I could reliably game women much younger and hotter than my wife and I would number close them often enough, and f-close them enough, that I would develop a sense of abundance mentality to the point that the thought of considering the mood of my menopausal, hag of a wife, who won't fuck me, would be amusing.

maximizingvibration • 2 points • 9 January, 2018 10:35 PM

So your saying number close them and f-close I am assuming is closing them as far as sex.. I think in my mind I am saying hmm.. I am married and yet your saying f-other women behind wife's back because she cant get with the program.... I guess I want to be straight forward with wife ..and not dishonest, however I guess its how I frame this in my mind.. I guess I could say she does not want to have sex with me any how unless I convince her or work my ass off to get any..?

Aechzen • 3 points • 10 January, 2018 01:40 AM

Second, the underwear thing didnt seem like a hard no to me. It was LMR.

I thought the same thing.

Also, you can rub a pussy through panties, especially if she's soaked.

StandardIlluminant • 1 points • 6 January, 2018 02:54 PM [recovered]

She said she still wants to connect with me but if I disconnect and leave, then it proves all I want is sex. [...] She said I only value her for sex.

Do you literally see the verbal kung-fu she just kicked your ass with?

This form of this accusation and counter-logic is as old as time. It's the modern form of "If she floats, she's a witch and we'll burn her. If she sinks and drowns, well, then she was innocent." No way to lose, right?

SteelSharpensSteel • 3 points • 6 January, 2018 02:55 PM

The only way to win is not to play.

DanceMonkeeDance • 3 points • 6 January, 2018 07:50 PM

This. OP mentioned above something about when he's ready to play 3D chess. No, no, no. Words are **HER** game. You'll never be better than her. No one will.

becoming_alpha[S] • 2 points • 6 January, 2018 08:39 PM

Acta non verba. Got it.

crimson_chris • 2 points • 9 January, 2018 12:07 AM

Dude, words don't mean shit. Hers or yours. Become an man that she wants (actions). Right now she does not value you or your commitment enough to fuck you on demand. Once you

become that man and take away your presence, she will respond accordingly - or now you can easily find a quality woman who will.

LesterBurnham3409 • 13 points • 6 January, 2018 03:00 AM

...I'm committed to our marriage if for no other reason than I'm not going to blow up the marriage just over sex...

Until this changes, nothing changes.

becoming_alpha[S] • 2 points • 6 January, 2018 03:50 AM

Perhaps. But I think if I raise my SMV, be attractive, and let dread do its work, things will improve. If not, I'm going to have my pick of the litter in 15 years. The stay and go plan are the same, they're just on a long timeline.

chachaChad • 9 points • 6 January, 2018 04:22 AM

15 years is a long fucking time to be unhappy. That's a dirty thing to do to your kids.

becoming_alpha[S] • 2 points • 6 January, 2018 05:36 AM

We have good sex once a week-ish. I'd prefer wild sex every day or two, but that doesn't mean I'm unhappy. My life is good. I took the red pill to crank it to 11.

Persaeus • 3 points • 6 January, 2018 01:55 PM

Sex every day or two is definitely obtainable, WILD sex this often is not realistic in LTR. See bell curve for further explanation

LesterBurnham3409 • 2 points • 6 January, 2018 01:16 PM

Dread is her believing that you're willing to walk if things don't get better for you. How exactly do you plan to accomplish this if you don't believe it.

innominating • 1 point • 6 January, 2018 12:26 PM

If you are all, it will be difficult to develop abundance mentality.

If your wife knows you're all in, there is no dread.

Persaeus • 1 point • 6 January, 2018 01:57 PM

If you don't believe you would step out or leave then your dread will be low and your just building a better beta. Search "dancing monkey" in MRP

bogeyd6 • 10 points • 6 January, 2018 02:02 AM

This is typically /r/askmrp material but lets let the veterans weigh in on it. The writing isn't half bad.

BostonBrakeJob • 8 points • 6 January, 2018 02:23 AM

I'm with u/bogeyd6 here...the vets will give you far better advice than what I can on that.

But one thing that jumped out at me was that she willingly and happily handed over the finances but pushed back when you mentioned taking care of the online stuff as well. Maybe she truly doesn't trust that you can "run her online system" just yet...but she didn't have a problem handing her hardcopy system over and she's clearly manipulative with you. Something tells me there's something on there she doesn't want you to see.

Trust but verify before you go opening your mouth, if you think it's fishy too.

mindfulbutgutless • 5 points • 6 January, 2018 03:03 AM

Something tells me there's something on there she doesn't want you to see.

I noticed this as well. What is being paid online? Or is just a program like quicken?

becoming_alpha[S] • 1 point • 6 January, 2018 03:46 AM

She's got the utilities setup to autopay and statements to come to her email. The online portion is just a matter of writing down the actual electric/gas/water/phone/internet/garbage/HOA bill amount in the bank register (a shared google doc) replacing the estimate we had in our budget. I've got visibility of everything going on and even get notifications from the bank of any transaction over \$100.

I think it's a matter of she doesn't want to go into 8 utility accounts and change the notification email address to mine. Maybe I'll just login and do it for her (I have all the logins). I'm sure she won't miss the bill statement emails.

She noticed home interest rates going lower and did a bunch of research talking to mortgage companies. She brought me all the numbers to figure out if it makes sense and make the decision (basically shifting part of the mortgage to a HELOC so we can get the bulk of the mortgage into a lower rate conforming loan instead of our current superconforming loan).

SimilarSalvation • 1 point • 6 January, 2018 05:55 AM

This is a classic D.E.E.R.-response..

well done, /u/becoming_alpha!

becoming_alpha[S] • 1 point • 6 January, 2018 07:08 AM

Yep. Didn't say I was alpha yet. Working on it.

Point is I don't think she's doing anything fishy, and I'm planning to take over finances completely.

Taipanshimshon • 8 points • 6 January, 2018 02:14 PM

Your problem is that you expected sex from a non sexual massage. Blatant covert contract. No kino from the day. When I want sex, I touch her in sexual ways. When I want to give her a massage - I give her one. Maybe it turns into sex. Maybe it doesn't. But don't stop massage in a huff just because you expected sex but went after it with a nice massage. Did she give you any indicators that she would want sex after? Likely not.

The key to not appearing butthurt is not to expect the thing that your actions do not indicate to happen because you thought it in your head

becoming_alpha[S] • 2 points • 6 January, 2018 08:54 PM

Yeah, I totally blew it on that one. I should have just initiated like an alpha like I'd was going to instead of being all beta and trying to make her arm feel better. I was kinoing during the day and she was kinoing me while I was playing the piano before the kids went to bed.

Sex was definitely on the table, I just blew it by trying too hard to withdraw attention after a rejection. I bet if I kept going sex would have happened.

SimilarSalvation • 7 points • 6 January, 2018 06:08 AM

| all I want is sex

yes

| I only value her for sex

yes

| I'm all about sex 24/7

yes

| That I have sex with her to get validation for myself

yes

Don't get me wrong, nothing wrong with these things (except the last one) but your wife is right.. You have one big fat covert contract going on: I found TRP, I am working on myself, I am entitled to having sex because the internet told me I am becoming awesome...

Your responses to the reactions reveal you are still very wet behind the ears, so maybe next time, you should post in /r/askMPR. You are making a lot of beginner mistakes, the butthurt-part has been beautifully tackled by /u/SteelSharpensSteel so I will address another thing: *initiating*

| because it's always after 9 pm when then kids are to bed that I have her alone to initiate

wrong, you initiate every time of the day; it's called kino... You can't ignore your wife during the day and then suddenly lights out = pants out. Men work that way, women don't. You have to game your wife all the time and **especially when there is no chance to take it further**. She blames you for only thinking about sex (again: nothing wrong with that, we are a sexual strategy subreddit) because you only initiate at the sexy-time-hours... Start feeling her up during the day. Kids are in the living room - feel her up in the kitchen. Guests are about to arrive, take her breath away when their cars pull up on the driveway. Waiting in line in the grocery store, gently massage her neck with one hand until you have to pay.. What you doing here is giving the submessage you want bang her at every time of the day, but you take the butthurt out of the equation because she has no chance of saying no... And if she would mention *not now, honey, the kids are in the other room/the guests are arriving*, you can flip the script..

Also, don't initiate every night (yet). You just are not sexy enough yet to pull that off. You are just putting her on a lot a stress because guess what, Jimbo: she does not like to say no everytime. She goes reluctantly to bed because she knows she will have to say no again...

DanceMonkeeDance • 3 points • 6 January, 2018 07:58 PM

If you only touch her when you *can* have sex, then you are training her to respond to every touch in that way. If you kino throughout the day, touching her when it is impossible to have sex, then you won't have her freezing up when you initiate.

TankMarvin • 1 points • 6 January, 2018 08:50 PM [recovered]

I wish I could send this to my partner.

weakandsensitive • 3 points • 7 January, 2018 05:29 AM

Brutal.

Daddie0 • 4 points • 6 January, 2018 07:34 PM

I Found the following when I was a few months in to reading and working on myself.

Reverse Victim Order is what it is called.

“All You Want Me For Is Sex”

There are so many good comebacks to this one, but the best one I’ve ever heard came from a marriage counselor. One woman made that accusation against her husband in couple’s counseling: “All he wants me for is sex. To him, that’s all I’m good for.” The counselor shut that down with a simple question: “If that’s true, why would he even stay married to you, since you don’t have sex?”

This is one accusation that, when you look at it, actually has no force behind it; it’s merely an attempt to push away the spouse who is being refused and make them the guilty party. There is nothing wrong with wanting to have sex with your husband or wife. It’s biblical, it’s natural, and given Paul’s command, in 1 Cor. 7, to not defraud your spouse in the matter of sex, it’s expected. There is absolutely nothing wrong with wanting to have sex with your spouse.

Do you know what is not natural? Not wanting to have sex with your spouse. As I sit here, thinking and writing, it seems that it is only right to return the question: “Just why do you want me? Why do you want to be married to me?”

becoming_alpha[S] • 1 point • 6 January, 2018 09:09 PM

Thanks, good stuff to have in mind, but I'm planning to STFU and avoid the verbal intercourse so I'm not in that position again.

videreLux • 4 points • 6 January, 2018 08:02 PM*

She said she still wants to connect with me but if I disconnect and leave, then it proves all I want is sex. She discounted all the other stuff I do, and acted like I’m all about sex 24/7. That I have sex with her to get validation for myself. She said I only value her for sex.

I got this at first too. I just admitted it, that yes I want sex with my wife, yes I want it all the time, yes her value to me is very dependent on sex. Why pretend this isn't true?

Here's the thing I found out once I powered through that stuff... She WANTS to be valued sexually and enjoys the idea of being desired all the time. She wants to hear you say it and follow through.

BobbyPeru • 3 points • 6 January, 2018 06:32 AM

She asked me to stop initiating as much and I said no.

The correct answers are STFU, A&A, AM, or a combination.

I went through this phase with my wife, and I finally passed go and collected \$200 when I started saying things like... pull her in closer, or get on top of her and say “your mouth says no, but your eyes are saying yeeeeeeesssss.” Say it in a fun way and don’t be afraid to be physical- subtly show her your strength.

My wife rarely says things like that anymore, but if she starts to go that way, I do what I described above, and it has close to 100% success ratio. I don’t even think about it anymore- it’s just become part of my personality.

Other than that, read u/SteelSharpensSteel comment. Pretty thorough and on the head.

snatch_haggis • 3 points • 6 January, 2018 10:44 AM

I'll take a different tack on the bills thing. "Being in charge of finances" means you are the final authority on where the money goes. You can lead without micromanaging IMO.

This stuff is not canon. There is no MRP Mullah who will issue a Fatwa on your house if she still pays the online bills but you pay the paper ones.

You're also really early in your journey, so I'd suggest you don't rush things, and don't grab authority, but ease into it as you progress on the path and earn her trust and respect.

Senor_Martillo • 2 points • 6 January, 2018 04:01 PM

Agree. Sometimes the situation calls for different tactics. My wife is a freelance accountant for high net worth people, and is really good at tracking expenses, reconciling bank accounts, paying bills on time etc. But, I make most of our income, about 70/30 split.

She gets so engrossed in the day to day, she loses sight of the bigger picture: when can we afford to retire, can we pay for kids college, how to build our mountain house etc. I've dealt with that by managing our big "strategic" assets like stock portfolio, retirement account, and mortgages. I divert whatever I need from my salary to those accounts and let her deal with the rest. I'm happy to cede that responsibility, it doesn't interest me to chase down dozens of bills and track grocery expenditure every month.

snatch_haggis • 1 point • 6 January, 2018 08:01 PM

To be fair, there's still value in periodic reviews of where the money goes and things like that. I have an accountant who manages my company's finances but I still check his work and have him brief me on where things are going and make sure I'm on board with his approach.

Persaeus • 2 points • 6 January, 2018 12:39 PM

MRP Mullah who will issue a Fatwa

stone the MeRP, can he have one of the long red beards

JDRoedell • 1 point • 6 January, 2018 03:28 PM

Strategic vs tactical

snatch_haggis • 1 point • 6 January, 2018 07:58 PM

Aye. Around here I've always said CEO vs COO. Glad to hear nobody thinks my wife has my balls in her purse because she set up autopay for the gas bill.

rashnull • 3 points • 6 January, 2018 09:44 PM

You already know you've been behaving BP and the butthurt is real. Finger the fuck out of her, if she's fine with that, tower over her and cum on her tits! Watch porn on your phone in front of her if you need to. When she says no to your advances, let her know that you understand that she's not feeling it and you'll be back in a bit. Go to your living room, put on some porn and jack off. Care not for a second about the fact that she hears it. When you don't need her for your pleasure, she'll know her sex has no power over you.

Right now, all your actions show that you NEED her. Improve yourself and your situation from within. Some day, you may even decide that you don't really want to be with her and that's fine too.

JDRoedell • 2 points • 6 January, 2018 03:26 PM*

1. There's nothing wrong with valuing her for sex.. Doesn't mean it's the ONLY thing you value her for but if it's important to you, and it obviously is as is with most men, don't be shamed for that.
2. You're new to this. One month per year. You know this.

3. You are limiting your options by saying or acting like you won't divorce over something that you value highly. That's fine if you draw the line at leaving, that's your decision and you have your reasons. But know you cripple what little power you have in getting what you want out of marriage 2.0 by taking that option off the table.

Edit: you have to at least act and subcommunicate that you would leave to get what you value.

screechhater • 2 points • 6 January, 2018 07:29 PM

Here we go again with a fag and his "covert contract making machine" in the garage.

When in the fuck do you learn to give a massage because you want to massage and then be done with the massage ?

Just when when in the fuck do you learn to initiate when you want sex ?

Exactly what is it with your head being so far up your SO's ass, that you think you can just initiate when the kids go down ? IS this a rule she wrote ? Or, did you hamster it out of your ass ?

So how often are you touching her (kino) ?

And, fucking almighty why do you get into a match about her going on about you just wanting her for sex ?

You are so fucking deep in her frame, you talk too much and fir fucks sake she is not a 7 with three kids. Take the fucking wife goggles off. My wife is fucking beautiful, she really is, men stare, but at 50 and three kids ? Do you think I am proclaiming a 7 ? 6 ? Maybe a fat professor or bank president fag might write bad checks for, but do you think a McChad Thundercock is ?

Get your head out of your wife's ass and quit living in her frame. Dick

crimson_chris • 3 points • 9 January, 2018 12:11 AM

I fucked my wife Sunday morning while the kids were up playing and watching morning cartoons. Once she came into the shower to give me a hand job while the kids ate breakfast. A woman that wants to please you will find a way to please you.

becoming_alpha[S] • 1 point • 6 January, 2018 09:07 PM

When in the fuck do you learn to give a massage because you want to massage and then be done with the massage? Just when when in the fuck do you learn to initiate when you want sex?

Right now.

So how often are you touching her (kino) ?

Multiple times a day.

And, fucking almighty why do you get into a match about her going on about you just wanting her for sex ?

Yeah, that was a bonehead move I'm not planning to repeat. Developing my OI and not being butthurt over rejection should help.

Get your head out of your wife's ass and quit living in her frame.

Working on it.

sillymallard • 2 points • 8 January, 2018 03:39 PM

"One month in, after she had turned my initiations about 5 days in a row, she asked what was going on, why I was acting so strange. I said I was just improving myself and pursuing my goals. She asked me to stop initiating as much and I said no. She wants once a week, but if it was up to her it'd be once a month to never. I said I'll initiate when I want to, and I'm totally fine with a no. She said I was being cocky, and was joking about her concerns, and not giving her enough attention. She said I'm always physical and touching her and she thinks I only value her for sex."

Everything in your post seemed fine until this point. A better option would be to agree verbally, but continue to be physically sexual with her. If she doesn't respond well to the physical either, then just wait a little while. She might be having some stress about something and needs a little space.

You made a mistake with the massage, not in how you reacted, but in how you decided to give it. You gave with expecting something in return. The highest form of giving is to give without expecting or wanting anything in return. This is love: to give unconditionally.

If you love your wife, love her, give to her. If your wife loves you, trust that she too will give to you, not because you've done or said something, but just because she loves you.

I can explain more if any of this makes sense.

dcapt46 • 2 points • 8 January, 2018 03:48 PM

Massage only when you are happy to only massage. Don't use it as a covert contract to sex. Initiate hard when you want sex and keep pushing until she is the one who give a clear no. That way there is no butt hurt because you massage when you want to massage and sometimes it doesn't lead to sex. Also you are not pushing her away but she is as she holds you off (she should have the sense you can't keep your hands off her).

red-sfpplus • 1 point • 6 January, 2018 02:06 AM

because it's always after 9 pm when then kids are to bed that I have her alone to initiate

Forget the butthurt and fix this line of thinking. Things will fall in place if you do.

becoming_alpha[S] • 1 point • 6 January, 2018 03:33 AM

Any suggestions how to keep the kids at bay so we have some privacy?

outlawrp • 1 points • 6 January, 2018 04:15 AM **[recovered]**

So you're just waiting around until kids are in bed to initiate? Initiation starts way before that. You have to flirt in front of the kids, then the strong initiation after they are in bed. You will get used to doing this and she will eventually. Your kids can't be "kept at bay", they're fuckin kids, just ignore them for 5 seconds and grab her ass. Wake up call, they're always there and it doesn't go away for a while. You have years of this so decide on boldness or let them decide for you. They will see it, and they'll get used to it. Also it gives me a kick to gross out the older kids. Don't forget to be fun. You're Dad, that's the perk.

My 3 year old is in bed at 8pm, 12 and 10 year old at 9 pm. And I also need to go to bed probably at 10 or 11 to get up early as well. So if my wife is busy, I already have something planned to do (usually reading or some work around the house, not TV, not house cleaning, and not in the same room as her) and I will pause that for a moment to initiate.

At that point I've been present with the kids and wife during bedtime routine, not zoning out on my phone, handling my shit, and being a general awesome Dad with solid kid frame (toddlers up to age 6 are great for frame practice because they CONSTANTLY test, then you apply those techniques to mom and take mental notes).

So I'm taking a break from my important shit to give her a chance for my attention, then immediately resume my important shit afterwards. My time is **important to me** and I'll spend it doing what I want. If she wants my attention she'll eventually learn that she earns it by giving me something I want.

Maybe this is wrong, but it's what I do, and my butthurt has decreased to basically zero.

becoming_alpha[S] • 1 point • 6 January, 2018 05:50 AM

No, I'm not waiting around trying to go 0-60 once the kids are in bed. I'm flirting and kinoing in front of the kids. Was playing a duet on the piano earlier that night laughing and having a good time with my arm around her, then I was tickling the kids and roughhousing with them.

What I was talking about actually initiating sex and privacy is necessary for that.

I like your "my time is important to me" thought and I've been much busier lately owning my shit. Wife feels a little neglected because of that. This experience taught me to not immediately resume my important stuff I'm doing, but pretty soon after a rejection.

rocknrollchuck • 2 points • 6 January, 2018 03:08 PM

Don't you have a lock on your bedroom door? Take her in there during the day, lock the door, and escalate. Change it up some, don't be boring. Sometimes a midday quickie can be really hot!

becoming_alpha[S] • 1 point • 6 January, 2018 09:07 PM

Good call.

red-sfpplus • 1 point • 8 January, 2018 12:29 AM

Thanks for this ;)

outlawrp • 1 point • 8 January, 2018 04:30 PM

Sometimes people say things on here and I'm not sure if it's "here's an example of how not to approach things" so if it's that please point out my flawed thinking. I'm only here to improve.

red-sfpplus • 1 point • 8 January, 2018 04:32 PM

No, I literally mean thank you. Your point was well written and saved me the effort to respond to that OP's question in response to my post.

outlawrp • 1 point • 8 January, 2018 04:41 PM

Wow, my validation-seeking ass just got some validation. I think I'm starting to "just get it". You're welcome bud.

juliusstreicher • 1 point • 7 February, 2018 09:09 PM

Wow, my validation-seeking ass just got some validation.

Don't just believe him-we're ALL on your side! You're smart enough, you're good enough, and Doggone it! People like you!

bogeyd6 • 1 point • 8 January, 2018 03:53 AM

Those who initiate at bed time are those who have the highest rejection rate.

outlawrp • 1 point • 8 January, 2018 04:02 PM

My rejection rate is high because I'm a fat shit. I initiate at bed time, that's when it feasible, because at this point attraction is low (her attraction to me, she cites low desire, I have swallowed the bitter pill that it's because I'm not physically attractive, my main focus right now). I still make attempts during the day but at the very least I don't give a shit if she says no anymore. And that's my approach to butthurt. Honest assessment of "this is the best I deserve and it's my fault, so get better".

jcrrpta • 1 point • 6 January, 2018 09:19 PM

I've seen this advice elsewhere, and FWIW I think there's some sound logic to it:

Do NOT try and initiate last thing at night while you're both in bed.

Why?

Because it is more-or-less impossible to fuck off and do your own thing without coming across as butthurt. It's nearly midnight; you've got to be up at 05:00 and you're massaging her arse? Let's face it, you're only doing that for one thing and if you're not getting it, there isn't a way to say "Oh well. Never mind" without coming across as butthurt.

jigglyp33n • 1 points • 6 January, 2018 11:14 PM [recovered]

Stronglifts doesn't make any goddamn sense.

Why would you DECREASE volume as time goes on?

Run SS for a 3-6 months then taper to one heavy working set followed by 4 sets of 5 @90%. Then switch to a lower level intermediate program.

Or do literally anything besides Stronglifts lol. That guy is small af.

bogeyd6 • 4 points • 8 January, 2018 03:54 AM

You need to get your head in the game and out of crossfit.

jigglyp33n • 1 points • 8 January, 2018 05:26 AM [recovered]

Man, I have to say I have no idea how you linked my post to Crossfit. Sensei, can you teach me your mental gymnastics style?

bogeyd6 • 1 point • 8 January, 2018 09:52 PM

Maybe it was the 4 @90%, maybe it was the increasing volume. Cross fitters prefer to get jacked, but you know that power lifting gives people confidence without the unnecessary injuries to us old timers.

Besides, SL5x5 might be the best beginner program in existence. Maybe ever invented.

jigglyp33n • 1 points • 9 January, 2018 12:19 AM [recovered]

You're talking to a nationally ranked USAPL lifter.

4@90% works for upper novices at 6-12 months. I personally ran 2@95% on my novice taper, but I was doing way more accessories than SL recommends.

Maybe it's too much? Okay run 4@85%. I'm assuming OP isn't stupid.

Have you actually read the stronglifts program? the recommendation is 5x5->3x5->3x3, etc.

Tapering volume as experience goes up is stupid. Volume has to be driven up as you go to intermediacy, not down. Running a top set @ww then switching to backoff sets keeps the volume

and peak intensity up. Only thing that goes down is average intensity, which is exactly right for a lifter gaining experience.

Relative to SS, SL absolutely looks like crossfit. 5x5 forces short rest times, which means peak intensity gets clamped, which means the trainee doesn't get used to moving heavy things. This is why SS is much better.

bogeyd6 • 3 points • 9 January, 2018 01:47 AM*

Well you are talking to a guy who once bought gas station jerky. The kind you pick up with tongs.

Edit:

In all seriousness, don't DEER and don't qualify yourself to someone. I myself ran the 5x5 for 1 full year, and for new guys who can gain a PR every single day in the gym that means something. We don't have people stopping programs because its too hard here. We recommend certain things just to literally get the guy in the gym regularly. After 3-6 months he can choose his own program. As long as we can get them off the couch, into a routine, that's all the matters in the beginning.

jigglyp33n • 1 points • 9 January, 2018 02:50 AM [recovered]

None of this is a counterargument to the point that SL doesn't make any sense as a beginner program (or as a program, for that matter).

Starting at 3x5 for three exercises is easier than 5x5, or am I missing something?

Also, if we're giving out advice here, I recommend that if you completely fuck up by making a stupid assumption then you might as well just apologize. This thread makes you look like an idiot. You're a moderator though, why not just spez the whole thing?

bogeyd6 • 2 points • 9 January, 2018 01:55 PM

Meh.

weakandsensitive • 2 points • 10 January, 2018 05:17 AM

You're talking to a nationally ranked USAPL lifter.

Wait.. you think he looks like the idiot? You think anyone cares? Did you know GLO posts photo of himself on twitter?

Q: Why do you do stronglifts?

A: Because there's an app for that.

jigglyp33n • 1 points • 10 January, 2018 05:28 PM [recovered]

Q: Does SS also have an app? A: Yes.

weakandsensitive • 1 point • 10 January, 2018 06:07 PM

And?

If you're into getting off circle jerking about weightlifting programs, be my guest and have a ton of fun.