

# Calibrating your Time, Attention and Commitment

44 upvotes | 20 July, 2017 | by JDRoedell

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As a member who's been around here for a while, I don't post much. I do a lot of reading while making small, calculated improvements and occasionally chiming in about them. But I want to share some of my observations regarding conditioning your wife's behavior. I've noticed a common theme on MRP from new guys (to include myself from over a year ago). That theme is a struggle to successfully grasp when and how to employ the praxeology of Dread level 4 (DL4: Condition your time and attention to her sexual availability and pleasant personality). See this post I made almost year ago called ["The Gift" of Genuine Desire and Balancing RP Strategies](#)

In this post I tried to understand this dynamic and got some good feedback from members and mods. Below are a few things to keep in mind for those starting into DL4. But most importantly go forth with the frame that you are the prize. This mentality will both; 1. get you to a place where you are worthy of using proper conditioning/DL4 skills and 2. allow you to pull it off like a man who makes himself his mental point of origin and a man she perceives as being higher value.

For those new guys or those not done with the sidebar (and why aren't you?) look up the /u/bluepillprofessor's 12 levels of dread for context.

## **Improve yourself first for the sexual strategy to have any teeth:**

This is nothing new yet still many seem to miss it. MRP is about improving the man and not the marriage, but we have to remember at it's core Red Pill is a sexual strategy. It's why most men end up here. As Rollo says, for one gender's sexual strategy to prevail, the other must fail. It's arguable that just by being married we've already ceded the advantage to the woman but that's another discussion. When Rollo talks about how to get the "upper hand" in an LTR, he's essentially talking about DL4. MRP is about how to be a more masculine, happy man within the confines of Marriage 2.0. How to make the best of the situation, live life with minimal compromises to your mission and **be prepared for all eventualities**. Trying to implement DL4 before making yourself a man worth fucking just makes you look like a faggot.

DL4 is such an important lynch-pin for a successful "Red-pill marriage" because it's the level where the man is actively changing his behavior in a manner that begins to make his frame and his strategy the priority. Even if you aren't going to spin plates, to be successful you need to be able to ACT like the man who would. Many mods and flaired men here contend that the pinnacle of a healthy LTR exists when dread levels are kept around 4-5. You've improved your physical, social and intellectual self but you're not "in her face" about it, now it's time to condition her.

## **Find the balance of Push/Pull:**

This is where DL4 is made or failed. So what does this balance look like for the men of MRP? At it's core, it's a macro-level push/pull balance. Unlike the single PUA guy who is making judgments and balancing this dynamic literally in minutes or hours, married men need to look at DL4 and push/pull with the long game in mind. Some guys come in here and say, "my wife rejected me and so I went silent for two weeks and ghosted all texts." You're wrong. Or, "the wife rejected me and I went in the other room for two hours and came back and tried again." You're wrong. The right answer is in between these two extreme, aspie reactions and the real answer probably has more to do with calibrating the value you provide her on a **Long-term consistent basis**, rather than a day to day basis.

For example, say you've been consistently leading, being fun, flirty and in your frame. You try to initiate sex on Sunday - Hard No. You try again Monday - Hard No. If she's making **excuses** instead of **exceptions** for you, then you need to revisit DL 1-3 to shore up leaky joints in your ship. Are you lifting

enough? Are you spilling feelz and worries to her? Are you leading? Are you displaying other unattractive behavior? Is your fashion on point? If you've got all this locked down, then you need to look at how your DL4 game is. But how do you adjust your treatment of her at this point?

Some recommend to always be initiating (when you feel like it) and to have a positive attitude when she rejects you. Others say, "why continue to give her the 'good husband' treatment when she isn't providing value to you (even after you've improved consistently over months or even years)?" If it's been two or three weeks of rejections then continuing to be Mr. fun/flirty/kino is being autistic. This will only condition her to continue to see you as a provider of resources and good feels who she doesn't have to put out for. Some women "get it" pretty quickly. Others need it spelled out more clearly. For those women, it probably goes something like this;

The wife's internal monologue could be:

"Ugh, he wants sex AGAIN."

Your subcommunication via actions should convey: "Yes princess, I do, and there's many other women out there who'd be happy to oblige."

If she is only rarely sexually unavailable then simply go on your merry way. Do you feel like watching TV with her or listening to her talk about her day? Then do so. Do you feel like heading out with buddies or working on a hobby, then do that. But do it without butthurt.

Is her sexual availability akin to the availability of bread and eggs in Russia during the height of the Cold War? Then your actions at this point need to be OI, but they don't necessarily have to be rainbows and sunshine. At this point, you should start withdrawing for more than just a day or so. Over a longer time frame your new focus needs to be YOU. If you get verbally challenged about why you are "distant" or "gone all the time" (and your DL1-3 game is on point) it's ok to explain that physical intimacy is something that you value. At this point, it's ok to openly verbalize that. This is essentially advanced WISNIFG stuff.

### **Calibrate your conditioning: Know your woman:**

I see new guys here get frustrated with their "progress", try to remove time and attention for a few weeks or months, see no result and move right to DL 7 or higher. This is the definition of Rambo. Depending on the woman, a few weeks of reduced time/attention/affection is not enough. Remember, that 1,000 foot rope may not even be taut yet. For some women that rope may be 2,000 feet. You have to calibrate your conditioning behavior not only to the "length of your woman's rope" but also to the pattern of her good behavior. The longer you were a useless unattractive fuck, the longer that rope tends to be.

My wife does not require constant kino and attention, even when all is well. In fact, too much attention has the opposite effect on her. It took me a long time to realize this. Sometimes I'll go days without even initiating conversation now to keep her guessing. I'm not sulky or retributive, I just don't seek her out for anything beyond logistics. It also helps reinforce the reality that I don't need her. When she starts to feel "neglected" she'll come to me. Your wife may be different and you have to figure out that balance of attention vs. aloofness that works best in both the short, day to day, and the long game. Trial and error will be the game at first.

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# Comments

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• points • 1 January, 1970 12:00 AM

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JDRoedell[S] • 3 points • 20 July, 2017 04:03 PM

Yep. It really should be that levels 1-3 (passive dread through bettering yourself) take as long as necessary before thinking about anything else.

• points • 1 January, 1970 12:00 AM

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Persaeus • 1 point • 21 July, 2017 01:05 PM

I'd go as far to move 4 back past 5, 6, & 7

that's how i did it. of course 3 has you withdrawing because you are "getting busy"; but yes i did not start withdrawing attention/affection as a REACTION to her behaviour until i was 9 months in and had been lifting/dieting (again) for almost two years.

Poofysmoof • 3 points • 20 July, 2017 10:25 PM

I've read some guys expect changes within the first couple months but shit if you've lifted for years gentlemen know it takes months before any gains are realized. Especially if you've been out of it for a couple years and then there are new guys who have never lifted, they want a cookie for attempting fitness when women are like anyone else in life results count. Be honest with yourself, get results first then expect cookies.

What\_is\_real\_anymore • 2 points • 20 July, 2017 04:00 PM\*

Rambo's autistic brother - surly, pouty, STFU/DGAF guy

Rambo's a fun dude.

PurpleVeteran • 2 points • 21 July, 2017 02:50 AM

DL4 = demonstrating that you value your own time/attention/needs. This is putting WISNIFG into practice, and trading the "nice guy" mentality for one that recenters on yourself again. More importantly, you do this for yourself, not her, to establish your own frame and self-worth.

In month 4, the 1000' rope is still playing out. This isn't about withdrawing or punishing her, but at most to show her that you are reevaluating your role and responsibilities in the relationship, and begin to condition her that pouting, sniping, withholding, etc, are no longer effective levers against you.

It's at this point where the rubber meets the road -- suddenly small defiances may turn into full blown confrontations, silent treatments last for days, and you get to proudly claim the title of "asshole."

• points • 1 January, 1970 12:00 AM

[permanently deleted]

JDRoedell[S] • 1 point • 21 July, 2017 04:52 PM

Trial and error and adjusting course is a key to success.

That's basically my point. Some women will require varying levels and speed of change

BluepillProfessor • 2 points • 22 July, 2017 03:22 AM

put 4 after 6 & 7

I spent several nights considering this but read and re-read "Children With Dynamite" and had to put "begin conditioning your time" (level 4) before "practicing PUA" (level 6 & 7).

I see your point that it is more effective later but you don't abandon the previous levels as you move up. Just like you are STILL working on Shit Tests all the way to 12, you are STILL working on conditioning your time and attention when you gain that confidence (and you have several months of practice to make it really count).

Obviously I can see guys going straight to PUA but I bet the way I laid it out provides a better chance for the marriage.

red\_blue\_and\_hot • 5 points • 21 July, 2017 02:02 AM

I've become more and more convinced it'd be better to change "withdraw attention" to "redirect attention" when talking about this.

"Withdraw attention" is what you do when you are butthurt and want to punish her. It's all about *not* giving her attention, but as a result, your still in her frame. You are basing your actions on her actions. As a result, it's picked up as Rambo by newbies and their wives.

What's implied (or even outright said) by the levels of dread is that you have a social life and a mission, and you prioritize those above your woman. So, it's less that you withdraw attention from her as it's that you spend your attention elsewhere. This is missed by a lot of people both when they go into the other room for two hours and when they go comms-silent for two weeks.

Remember boredom is death to a relationship. You don't want her to see you stewing and butthurt, but just in a different room. You don't want it to be: you made me mad, so now I'm ignoring your texts tonight. You really want it to be: I was having too much fun to notice the phone vibrating. *That's* the thing that gets her hamster running why you are having fun and why she isn't included and what she can do to get in on the fun. That's the thing that shows her pussy is less important to you than your fun, or your social life, or your mission. That's the thing that subcomms to her that you don't have oneitis, and that you don't have her pussy on a pedestal.

BluepillProfessor • 2 points • 22 July, 2017 03:38 AM

I drew a detailed map and distinguished between removing your

--time --attention --affection --presence

This is on a continuum and increasing order of severity:

You withhold "Affection" and "Presence" by leaving and not taking your phone and by acting cold and aloof and by actively demonstrating your displeasure. You withhold your "Time" and "Attention" by leaving and/or ignoring because you are busy. These are two very different tactics so be aware and pay attention to what you are doing.

I think you can withhold time and attention for any behavior that displeases you, but I think you ONLY withhold affection and presence for hard sexual denials, and ONLY for sexual denials, not for Shit Testing, being bitchy, rude, or things like refusing to go on a diet, refusing to get an abortion (yes, that happened) or for just about any other reason.

[deleted] • 1 point • 23 July, 2017 09:31 PM

Yes, There is a lot packed in this. It is easy to get knocked sideways in my thinking when reading some of the angry rants on the subs. This lays it out, and overdoing does not work well. IMO from my first-hand mistakes.

bogeyd6 • 1 point • 25 July, 2017 03:07 AM

Goes against the old adage "anything worth doing is worth over doing"

[deleted] • 1 point • 25 July, 2017 03:46 AM

yes an old adage

JDRoedell[S] • 1 point • 21 July, 2017 02:12 AM

Good distinction

Soberskipper • 2 points • 20 July, 2017 04:38 PM

Fantastic breakdown, excellent examples and you opened my eyes to a few mistakes I've made on the journey and are probably still making from time to time eventhough I'm almost 2 years in. I keep expecting my ltr to "get it" and follow, but it just doesn't happen and leaves me frustrated. She actually said she doesn't like me, I'm an arrogant prick and she wants us to have a break. I treat it as a shittest laughed in her face and told her that I hope she enjoys the taste of another womans pussy on my cock. No she didn't laugh.

Withdrawing time and attention has brought me the biggest shit tests of all, bat shit crazy ones, tears and ultimatums.

But I've applied dngaf and amused mastery when she flips out(once a fortnight minimum). However it hasn't had the desired effect (unless ovulating)instead of cracking a smile and gradually reducing the shit tests, she's gone the other way rolls her eyes and becomes more verbally disrespectful, even nasty/abusive a few times to really try shake my frame. I then stfu.

Over the next couple of days I tell her nothing of my logistics and keep her in the dark from everything I plan. I don't act butthurt but just busy. Eventually she wants to know about this and that and I just say I'm handling it, she'll go down the route of I never tell her anything yadda yadda. Couple of days later she'll apologise....and then the viscous cycle starts again.

JDRoedell[S] • 4 points • 20 July, 2017 04:48 PM\*

If you are truly becoming a high value man and she still isn't responding well, it may be she never will. It's a reality we all have to consider and be prepared for. Re-examine the mistakes you reference, fix them, calibrate accordingly and stay in your frame. I'm always finding new little unattractive behaviors and trying to correct them. Even after 1.5 years RP aware.

Soberskipper • 3 points • 21 July, 2017 05:57 AM

To be honest I think deep down that is reality for me. She responds well in bursts and then reverts back to harpy by default after 10 days of good wife behaviour. It's not genuine in my opinion

IamNotaBeeOK • 2 points • 21 July, 2017 04:48 PM

I have worked out for 3 days straight and each day she has rejected me? What am I doing wrong? Should I be doing dread level 4?

JDRoedell[S] • 4 points • 21 July, 2017 04:56 PM

Should my sarcasm meter be spiking here?

• points • 1 January, 1970 12:00 AM

[permanently deleted]

JDRoedell[S] • 1 point • 21 July, 2017 04:55 PM

That's the idea. Spoiler alert... she probably won't make the correlation right away.

I have another post in the works that discusses this removal of presence and time for general unpleasantness. Stay tuned.

Persaeus • 2 points • 21 July, 2017 06:28 PM

You've improved your physical, social and intellectual self but you're not "in her face" about it

it is worth noting that you do not need to be "in her face" to demonstrate secondary selection. if you're jacked, got some hygiene and style, and carry yourself with presence; random women will stop what they are doing to stare at you as you walk around with your wife. SHE WILL NOTICE. when this is occurring routinely; then it is time to deploy DL4.

Find the balance of Push/Pull & Calibrate your conditioning: Know your woman:

absolutely. this is a consistent piece of advice I hear from old timers that never heard of redpill. "you're spending too much time at home or with your wife" in the olden days dudes had to be out killing it in order to survive. you and i have discussed this relative to cuddles. **You need to titrate your wife by slowly pulling away WHEN THINGS ARE GOOD/OK until she starts pulling you back in** this is her entering your frame; and then you back-titrate a little to the sweetspot. it is from this sweetspot that you modulate DL4.

The wife's internal monologue could be: "Ugh, he wants sex AGAIN." Your subcommunication via actions should convey: "Yes princess, I do, and there's many other women out there who'd be happy to oblige."

nah, my actions are "no thanks and step off" and my subcomication "somebody out there WANTS to suck my dick". subtle difference, but fuck the starfish and seahorse she rode in on.

If you get verbally challenged about why you are "distant" or "gone all the time" (and your DL1-3 game is on point) it's ok to explain that physical intimacy is something that you value.

better to agree and amplify. i don't NEED her and it is imperative to vaginal wetness that she understand that.

JDRoedell[S] • 1 point • 24 July, 2017 02:21 AM

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I agree with this. Both are a response to her unavailability, which we can only do so much to influence. You're absolutely right though that sexual compliance out of obligation is not the goal. Your addition completes what the sub communications need to be.

And thanks for compelling me to google the meaning of a word for the first time in a long time: Titrate

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alphabet49 • 1 point • 20 July, 2017 11:28 PM

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Absence makes the heart grow hornier.

MindfulStoic • 1 point • 21 July, 2017 08:37 PM

Your wife may be different and you have to figure out that balance of attention vs. aloofness that works best in both the short, day to day, and the long game. Trial and error will be the game at first.

This reminds me of lifting. There are certain core fundamentals that you adhere to at first. Then with experience and trial and error you learn methods that better suit your schedule, genetics and personal preference. Never deviating too far from the fundamentals...but tweaking to more optimally fit your particular situation.

[deleted] • 1 point • 23 July, 2017 09:13 PM

This post made me think a lot more than I thought it would. I'm not sure if this post is forethought as you act at DL4 or afterthought as you've passed DL4. I have a question for you:

What did/do you hope to accomplish while at DL4?

JDRoedell[S] • 1 point • 24 July, 2017 01:10 AM\*

I wrote it as someone who has had a lot of experience with DL4 ( meaning I had a lot of trial and error, which inspired this post). It is also where I struggled the most so I wanted to impart my thoughts for those who are just starting to dabble here.

For me, proper implementation of DL4 does two things that enable you to develop true NGAF: it forces you to get good at OI and it allows you to understand, if you are ready, that you don't need her. Second, it makes you realize she doesn't owe you shit but that goes both ways. You don't owe her shit either (time, attention, commitment).

That's what I wanted to get out of it, and to a further degree, I wanted the realization that I'll be OK no matter what does or does NOT happen.

[deleted] • 1 point • 25 July, 2017 12:28 PM

See "internal game" and it's thoughts on balance portion of my OYS for the thought path this took me down. Because while you do need to find a balance of push/pull...we need to make sure it's OUR balance. It's not a calibration of our behavior based on her...it's a balance of what we're satisfied with doing when she misbehaves. We must control when and how we push and when and how we pull based on our goals outside of her. We must be the force acting on the scales. We must not react and tailor the intensity of our push pull to her behavior. As a recent post put it, think of your time as money...we are not taking away an appropriate amount of money from her for bad behavior...because thats still her controlling the

money...we are spending our money somewhere else...where we want to...instead.

Not sure if the distinction is coming through, but from what you wrote I think we agree.