

# Conditioning your wife: associating sex with \_\_\_\_.

July 11, 2017 | 47 upvotes | by [alphabet49](#)

---

A comment in drtypr's recent post brought my thoughts to the permanence and permeance of conditioning. The non-sexual part of RP's idea of "Frame" concerns manipulating the world, rather than the world manipulating you. \*Blue pill guys and newbies: this means eliciting your misogynistic, dark triad monster enough to turn the power dynamic around.

Either my wife is conditioning me or I'm conditioning my wife. There's always give and take, but someone always has more power than the other in a relationship. Because she now looks to me for the status of the relationship, I can be as creative as I want in designing my - and our - life as her benevolent dictator. And it's a ton of fun. I don't have the desire to spin plates at this point, because she is so willing to satisfy me. And ironically, she's more satisfied.

I know. I'm a terrible shitlord.

Here are two ways I've recently conditioned my wife to think of sex more.

---

**Setting the stage:** by making sex about myself, I've been less nervous about pleasing her and have been able to all but eliminate my premature ejaculation problem. The result has been much more satisfying sessions for her. Even the quickies have been nice and fulfilling. She thanks me for taking care of her and directing my sexual energy towards her.

**Linking:** sometimes she gets stressed with her really tough and overwhelming SAHM duties. I have said things like "you just need a good fucking" with a wink and a smirk, or "sounds like a massage is in order tonight". Not pushing the topic, just dropping the line as an afterthought, almost like I don't even take it seriously. But it plants the thought. And she knows its not just a massage.

So, because sex has actually become more satisfying for her, and because I plant the seeds, **she now independently asks for sex when she's stressed**. Sex has become her go-to therapy. Sex is a mini-vacation, an escape. Remember, women don't want to be responsible. They want to enjoy the ride. Yes, a pun.

Things like DEVI, caveman, [coconut massages](#), and manhandling her are all angles to incorporate.

## Are you making sex fun/relaxing/fulfilling/varied enough to be her escape?

---

**Setting the stage:** we say that the most important part of DEVI is Dominance. Whether or not you're officially turned on by BDSM, it's a great tool to use for other purposes. Learn some shibari, buy handcuffs, tease her with vibrators, throw her around. Fuck, just spank her and finger her asshole. When you're advanced, you can choke, string up, burn with wax... whatever helps you further explore your role as master.

**Linking:** let's say she's talking back. Getting out of line. Being harsh with the kids. Gossiping too much. Being petty and emotional. Ignoring you. Berating you. Shit testing you. Flirting with other guys. The offense doesn't even have to affect you. [But reminding her](#) (either offhand or directly) of your dominance behind closed doors immediately lets her know she's out of line, and there will be consequences. Fortunately, you both enjoy the "consequences".

So, because rough sex can be used as mock-punishment, **she associates her behavior with how I treat**

**her sexually.** Sometimes I think she's bratty intentionally, with how fast she goes from testy bitch to blushing kitten.

## **Are you tying her bad moments to how you dominate her in bed?**

---

Either she's conditioning you...

| I can't have sex with a dirty house.

| Happy birthday! You get a blowjob!

| Why don't you ever just want to cuddle/hang out/talk?

Or you're conditioning her. Which is it?

---

Don't know about anyone else here, but I like being chased. I don't mind initiating, but when my wife jumps my bones because I've laid the groundwork, I know I've done good.

---

Disclaimer: to the social autists out there, this isn't an opportunity to become some evil lab scientist pulling strings on a puppet. All of this advice is predicated on the assumption that you are already an awesome, fun, fit leader. This should be something you play with, not a task that the guys over at MRP gave you or a way to conquer the world. It's just fun.

---

Archived from [theredarchive.com](http://theredarchive.com)

---

## Comments

---

CanQuitRedditAnytime • 8 points • 11 July, 2017 07:31 PM

How do you flip the "I can't have sex while \_\_\_\_\_" excuses?

anythinginc • 22 points • 11 July, 2017 09:02 PM

Remember when you were young and made out in your bedroom with your parents next door?

Remember in college when you fucked with your roommate "asleep" across the room?

Remember fucking in your car in the driveway when you were dating?

Girls are *still* like that. They make excuses to not fuck dudes they don't want to, while going along with every plausible scenario where they get to fuck someone they *do* want to. If your girl is making excuses:

Be more attractive

Be more valuable

Give her more feelz

Get a new girl

That simple.

If she is just resisting a little due to mental blocks from to not being turned on enough yet then don't be autistic and use some game/flirt/foreplay. If your logistics are bad don't be autistic either, make high percentage plays you can score on.

For me, "no" is usually "some bullshit has me not feeling sexy" or "I'm not turned on enough yet." If I come at her with good game, good logistics, and some genuine desire I can usually overcome that. If I'm hungry and my cock is hard it is a lot more difficult for her to resist and not get caught up in the moment than if I'm just pawing around trying to get something started.

anythinginc • 4 points • 11 July, 2017 09:09 PM\*

If I'm hungry and my cock is hard it is a lot more difficult for her to resist and not get caught up in the moment than if I'm just pawing around trying to get something started.

This reminds me I've always wanted to take this train of thought somewhere:

Success ratios of initiating with an obvious hard cock versus being flaccid and needing some kissing/titties/wet vagina to get hard.

Assuming decent logistics, I bet I'm over 90% from a fresh set with an erection, morning wood not included. Responsive desire right?

470\_2\_700\_nm • 10 points • 12 July, 2017 02:39 PM

I agree as well. I no longer fap. She gets 100% of my sexual energy when it is not being transmuted.

If she doesn't respond, it naturally ratchets up.

And no woman who values a man's time and attention will leave that go for long lest she lose that sexual energy to another female.

This has been a fundamental change in my sexuality over the last year, and IMO with great success.

alphabet49[S] • 7 points • 11 July, 2017 10:15 PM

I would agree with that theory based on experience. Leadership and all that. If I'm leading with my arousal, she'll follow with hers.

[deleted] • 1 point • 12 July, 2017 11:21 AM

Yup

[deleted] • 1 point • 16 July, 2017 07:03 PM

Full frontal hard cock, wins the day 90%.

The\_Litz • 2 points • 12 July, 2017 11:13 AM

If I'm hungry and my cock is hard it is a lot more difficult for her to resist and not get caught up in the moment than if I'm just pawing around trying to get something started.

Direct vs. Indirect approach. I've noted a difference with this. Initiating face to face rather than pawing her from behind has given a much better success ratio for me.

alphabet49[S] • 7 points • 11 July, 2017 10:21 PM

Sometimes it's her own blocks, and sometimes it's your laziness. Maybe she just thinks that married people don't do "crazy" stuff like that anymore? Maybe the precedent you set has allowed her to believe that married people must have boring, planned, proper sex.

I've had to **reteach** my wife to have sex that doesn't always happen at home, in our bed, under the sheets, with the lights out, missionary style.

How? Just doing it, with a healthy dose of A&A. Not much talking, but lots of confident smirking. Fake it til you make it. Failing miserably, and shrugging it off and laughing at myself.

Can't have sex with dirty laundry? Do it on the pile of clothes. Can't have sex when the kids are awake? Drag her into the bedroom during cartoons and lock the door.

\*This part isn't so advanced. Every new guy should be initiating whenever he wants, whether the stars are aligned or not.

straius5 points 11 July, 2017 11:55 PM\* **[recovered]**

Seconding the "reteach" part. Especially after kids when she has settled into her mom identity, it's on you to pull her sexuality back out.

My wife loves the quickies with the door open straining to hear if the toddler is still on the couch while she's getting railed from behind trying not to make enough noise to distract the kiddo from youtube.

Tingles and fuzzies for a day at the least.

Just break the rules. But it ain't gonna fly if you're still in a DB.

alphabet49[S] • 3 points • 12 July, 2017 12:03 AM

it's on you to pull her sexuality back out.

I love being in charge.

mostimprovedguy79 • 2 points • 28 July, 2017 04:19 PM

Last time my wife said this to me I casually remarked that the 22 year old barista at our local Peet's probably

doesn't have a "headache" when her bf wants to fuck. She didn't speak to me for a few days but the power definitely shifted to me.

[deleted] • 1 point • 13 July, 2017 02:38 AM

Dread

RedishPill • 5 points • 12 July, 2017 08:13 PM

Other 'linking' terms that work for me: gooey. She is my Gooey girl, and I refer to that way often both in and out of the bedroom, because she is always so wet for me. The other day she was talking about something she wanted to make for dinner and I said "That almost sounds as gooey as you"... You should have heard the fit she threw! "I am WAY more gooey than xyz! Don't you remember this morning! etc."

The same goes for dessert. She is my dessert, and I frequently refer to her as such. Last night I was eating a chocolate after dinner and said how much I appreciate when she brings home dessert for us, again she goes off "But I'M dessert!!". It was a total slip of the tongue on my part, but her reaction showed me how strongly she associates herself with the names I use to refer to her as, and how much fun I can have with them.

gundamfan83 • 3 points • 11 July, 2017 09:00 PM

Very good ideas- I really like the ideas of dropping hints, and then letting the "vacuum" effect kick in (I think this was a Juggler thing back in classic PUA days).

Love8Death • 2 points • 11 July, 2017 10:36 PM

The non RP term is simply, Insinuation.

[deleted] • 1 point • 12 July, 2017 11:22 AM

Insinuation doesn't really capture the lingering and growing effects he's talking about though.

[deleted] • 3 points • 16 July, 2017 07:23 PM\*

I really like this post. Nothing more fun to read than a great success story, your success story.

It is interesting to me your progress, as you and I have followed some similar crossing paths and progression over the last couple of years.

My question to you is: can you distill what brought you from where you were 7 months ago, when you said this....?

My wife is old news to me. Sorta like she's off my radar. Its tough to be attracted to and game someone who is a non-sexual being in my eyes. Probably like women have no interest in sex with a man they're not attracted to.

..and now you are sounding more like TFA does, and did in that same old post? The change is striking.

Explaining your journey, rather than your current destination, would be more valuable to me, maybe others.

alphabet49[S] • 2 points • 17 July, 2017 04:16 PM

Patience. Patience is all I needed to get here.

I'm currently starting a business. Or trying to. Funding is not easy to get, due mostly to some prior credit mistakes in my past. I'm having to repair my record, and that takes time. In the meantime I'm chomping at the bit and considering giving up and switching careers altogether. It'll be at least 5 months from now before I can try again. I can wait that long, right?

I realized I'm not the type to see something through to the absolute end. If something isn't working out, I'll ditch it and move on so fast.

BUT.

The reason I managed to stick it out so long with my wife was because I decided, very consciously and painfully, to continue giving my kids a whole family, at least for now. I did give up on my wife back then, which was ironically the attitude that she picked up on and responded to (I assume). Then when we would have sex, she *wanted* better and better sex. I didn't have to push, prod, beg, demand, cajole, or manipulate. Or at least, manipulate overtly. She was hornier, pursuing me more, asking for more variety and dominance, etc. There was one night a couple weeks ago that would replace anyone's favorite jacking off fantasy.

I read something in a bullshit personality quiz a couple years ago that I'm the type of guy who isn't the life of the party and doesn't cold approach people. But when I just do my thing and do it well, people are attracted to me and will cold approach me. That seems to be working. But again, that requires patience.

Funny thing, I didn't hunker down with this idea of patience consciously. I put the desired result out of my mind, gave up on it, and just did the self improvement work because it needed to be done.

Outcome independence only scratches the surface of this detachment from results I've developed.

I sound more like TFA? Uh oh.

I kid. I'm not completely jaded, but I'm way past the point of believing that life is full of joy and daisies and rainbows. Life is full of work and rewards, actions and consequences. You go through the pain, you'll get the gain. Eventually. Just wait.

Don't know if that flow made sense. Lots of disjointed thoughts thrown together.

[deleted] • 2 points • 17 July, 2017 04:47 PM

I did give up on my wife back then, which was ironically the attitude that she picked up on and responded to (I assume)

I didn't hunker down with this idea of patience consciously. I put the desired result out of my mind, gave up on it, and just did the self improvement work because it needed to be done.

In February, my wife said in anger, "why don't we just divorce?"

I said, "I have a lot of resentment, maybe that is best". I had given up on her and she knew it. I felt a relief at the idea of ending it and it showed. Things have improved exponentially since.

Outcome independence only scratches the surface of this detachment from results I've developed

Yes. I understand. Thanks for your reply.

alphabet49[S] • 1 point • 17 July, 2017 04:53 PM

Cheers, old man.

[deleted] • 1 point • 17 July, 2017 04:55 PM

And you also.

thunderbeyond • 2 points • 13 July, 2017 06:42 AM

Quality post. Makes me realise how beta I have been even in the damn bedroom...

It goes to show your leadership has to show in every area and every room of the house.

RightNeedsMight • 2 points • 16 July, 2017 05:10 PM

This is great real world advice. My lady used to take a lot of revving to get the engine warm. This year I have been working on just this and have seen good results.

Just taking advantage of opportunities to turn the mundane into a play on sexy time has helped.

For me, learning to be disengaged and "too busy for bullshit" also moved things forward.

The conditioning is key, and you are 100% right, SOMEONE is always winning the game. There is never NOT a game being played.

bigOlBeta • 1 point • 12 July, 2017 01:26 AM

Been dealing with the premature thing as well. It's a real hang up. Focusing on you tends to help, huh?

Soberskipper • 4 points • 12 July, 2017 11:28 AM

90% of premature ejaculation is mental nerves. So if your pedestooling your wife and think her pussy is some sort of rare goldmine, dying to be the man that gives her leg shaking orgasms and totally focusing on her pleasure then your brains gunna give way. Focus on you. What feels good for you. And your pleasure. Use her pussy. Shell love it. And your pre mature ejaculation may go...if not look at physical exercises like kegals etc.

Chinchilla\_the\_Hun • 2 points • 12 July, 2017 03:36 AM

Of course. And there probably are other mrpers here who can attest that focusing on /u/alphabeta49 helped cure their PE.

alphabeta49[S] • 6 points • 12 July, 2017 03:05 PM

If it helps, I'm 5'9", 175lbs, caucasian with striking hazel eyes, long flowing hair, and hands that soothe.

straius • 1 point • 12 July, 2017 02:52 AM

I saw others in an older thread mention that clenching your butt can cause it as well. Something to research, saw people mention that being aware of that helped or ended their problem. I don't know a whole lot about it myself, rare for me, for no special reason.

alphabeta49[S] • 1 point • 12 July, 2017 03:07 PM

It's half mental, half physical. The mental is focusing on me, not being scared that I'll have PE, and not fapping as much/fapping for the enjoyment not for the climax. The physical is something along these lines. It's something I'm working toward.

[deleted] • 1 point • 12 July, 2017 11:16 AM

Awesome comments. You could say setting the stage is inner game. And linking is outer game. Both are inportant. Sex as mock punishment. Ha! I didn't see the connection but yeah I admit if she's being bad I'll be a little rougher.

It's just fun.

The ideal state. You're conditioning her. Maybe shes even conditioning you (if i act bad he'll make it rough later). You're both having fun. This is how relationships should be. Positive forces pushing back and forth toward a common goal.

sh0ckley • 1 point • 12 July, 2017 12:05 PM

Ha! This is awesome. I've been doing it but never realized it could be put into words like this; that it was part of sexual strategy.

There are several outside activities that I have made synonymous with sex by association, and the association is strong enough now that just mentioning the activity, even if it never happened, can result in sexual acts.