

FR: "None for me, Thanks"

April 8, 2017 | 126 upvotes | by [creating_my_life](#)

The biggest piece of advice I've taken to heart is to not rambo MRP. I've been reading, planning, and acting slowly. Over time, I've seen myself respond MUCH better to shit tests, and it is completely changing the dynamic of the relationship.

A few things happened this week that were interesting. I got the standard "get me a drink" shit test. I've read enough MRP now to recognize this for what it is. I ignore the first request. She mentions it again a few minutes later and I quip, "Busy. Are your legs broken?" She huffs, and then gets up to go get her own drink. I push my luck with a smile and immediately say, "While you're up...". Pure confidence. Deep down inside the woman inside her was pleased I passed that shit test. There's been a lot of "man servant" tests lately, or maybe I'm just observing them finally.

I've stopped asking to do things with her. All my phrases are now, "I'm doing X, you're welcome to join me." It's not "Do you want to do X?" "How 'bout X?". It's flat out, "I'm doing X." Many of these things are things I know she'd enjoy. Some are for me. I don't care. Here's the trick though: you have to say this because you want to do them. She will test you and say "no" sometimes to see if you're serious. You MUST do activity X ON YOUR OWN if you suggest this. If you don't follow through you'll look weak and lose huge amounts of progress.

I'm giving out more hard "no"s about life. She's constantly testing me. I'm eating more healthy and giving up restaurants for a month. She noticed I've stopped talking about going out, and asks me about it. A week later we're out running errands, and we go to one of our regular stops. I recognize this as a test. We sit down, smile, laugh, she orders her food, I pleasantly look at the waitress with a smile and say, "none for me, thanks." Wife says, "I thought you were hungry?" I say, "I am, I'll make something when I get home." I'm not angry, I'm simply holding true to a promise I made for myself. Test passed. There's several other examples of "No" not worth going into.

Finally Saturday morning, we're up doing our morning thing, and she comes into the bedroom with, "can you rub my calf for a bit?" (She's had a nagging running injury). Again, I finally recognize this for what it is: this is as forward as a woman asks for sex. She gets a good calf massage, one thing leads to another. She's happy, I'm happy.

tl; dr: came from deadbedrooms and hard nos. had sex 3 times this week alone. Passing shit tests and recognizing minor clues leads to sex when I want.

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Comments

innominating • 41 points • 8 April, 2017 06:07 PM

This is a solid, positive field report that shows examples of a man who has internalized enough of the sidebar to pass shit tests AND to lead a woman AND to get the sex he wants.

You can't go from nice guy deadbedroom to that quickly. It takes time for your women's perception of you and her mental model of you to catch up to the improvements you've made. Slow and methodical is the way of MRP. Take it from a guy who Rambo'd himself and thanks to feedback was able to pull back and correct.

ex_addict_bro • 1 point • 13 April, 2017 12:19 AM

This is a solid, positive field report
and, sadly, still a man who overvalues pussy.

notthesnooyouthink • 12 points • 8 April, 2017 06:21 PM

As a new lurker here, this is just the kind of story that shows me the way.

BobbyPeru • 9 points • 8 April, 2017 08:59 PM*

get me a drink" shit test.

One of the most common early recognizable shit tests. For me, it was shocking when I realized how much little crap I was doing for her that she could easily do herself.

FailingBillionaire • 3 points • 8 April, 2017 10:19 PM

I am fairly new. Would you say that "bring the trash out" is also something, that shouldn't be done?

sexyshoulderdevil • 18 points • 9 April, 2017 05:33 AM

Just ask yourself, "would the trash need to be taken out if I was single?" Why yes...yes it would. So say...good idea sweet cheeks and happily take it out.

BobbyPeru • 6 points • 9 April, 2017 01:39 AM*

You should do it if it needs to be done and because you want to.

Being proactive in your life is key

[deleted] • 2 points • 10 April, 2017 12:29 PM

Being proactive in your life is key

This. If the trash is your responsibility, you want to be on it so she never has to ask. Not because you want to please her, but because it is your responsibility, and you are that kind of man.

Thirtysomethink • 16 points • 9 April, 2017 09:35 AM

I have a "taking out the trash" shit test story:

About six months into my relationship with my (highly alpha) man, he had spent two nights in a row at my place for the first time, which was a victory for me since I was always begging him to stay longer and making his time with me as delicious as I could, and finally he had given in to temptation. Probably for

that reason, when when he was leaving and his hand was on the doorknob, I innocently asked him to bring out the trash (he would be passing the container on his way out so it would not be out of his way). He looked me in the eye and said, 'Is that where we are at?' I instantly knew what he meant and sheepishly protested, 'No, no, that's not where we're at!' and simultaneously felt gratified that he immediately perceived, and called me out on, the dynamics of the situation and upset with myself for punctuating the wonderful weekend by asking him to do something so mundane and unsexy. He made himself slightly less available for a while after that and to my knowledge it was a long time before I gave him another shit test.

Of course it was not his own home, so the "would you take out the trash if you were single?" argument does not apply, but I'm sharing this story in case someone might find it inspiring to hear how a man with a lot of alpha traits has handled a situation where a seemingly reasonable request to take out the trash is actually a shit test. If my interest level in him had been lower, I have no doubt I would have upped the ante and picked a fight about how he was being unreasonable for not complying with my request, but because I was crazy about him, I could admit to him as well as to myself that it was not about the trash but about testing him, and I was all the happier for it.

creating_my_life[S] • 3 points • 9 April, 2017 06:39 PM

Thanks for sharing. Sincerely.

If my interest level in him had been lower,

Rule 0: Be attractive, don't be unattractive.

simultaneously felt gratified that he immediately perceived, and called me out on

Women WANT men to pass their shit tests, to show they're worthy of their pussy, time, affection, and sex.

[deleted] • 3 points • 10 April, 2017 02:36 PM

If you did an AMA on here, it could be very successful with good topics like this

Thirtysomethink • 1 point • 10 April, 2017 03:24 PM

I would be happy to do an AMA (not today though, but I could manage another day soon) and share what I know of how my partner behaves with women (both me and others); he really is a natural and does a lot of stuff that I think could be inspirational, and I would love to contribute something to the community here. (I know it would be better if my partner were to become a contributing member of the community, but alas he doesn't have the motivation.) I'm not sure if the mods agree that it would be worthwhile for me to do an AMA though. Try asking them?

Chump_No_More • 4 points • 10 April, 2017 04:08 PM

To add some context to /u/sexyshoulderdevil 's comment...

When it comes to the mundane life tasks that any functional adult is required to do, "live like you're single". Trash, dishes, laundry, vacuuming, yard, home maintenance. If something needs to be done, you do it, as if you were alone.

This accomplishes two things:

1. It kills one-itis and internalizes abundance and confidence. You need her for one thing. If she's not doing that one thing then she's not adding value. If she's not adding value for you then... you get

the point.

2. At first, she's going to be ecstatic that you've picked up all her slack. But as you continue to withdraw your most precious resource (your time), she will start freaking out... because, see #1 above.

Is this an extreme interpretation of how a spouse adds value? Absolutely, it's meant to be. The sooner you internalize abundance, the quicker your frame and MPoO will develop.

jacksarmy • 3 points • 9 April, 2017 09:55 PM

You should take care of the trash, so she doesn't get to ask, and if she does ask you will already know if it needs to be done and can act accordingly

[deleted] • 2 points • 10 April, 2017 02:33 PM

Lightbulb

Dawning realization right now about all the little things I do for her. Anytime I'm home it's like she's ringing a bell for the butler (granted she keeps busy at home, rarely lounging). Those were shit tests?? I'm blind.

crimson_chris • 5 points • 8 April, 2017 10:29 PM

Nice FR. One of the hardest things for me to learn has to be to realize that you have to ignore most of the shit that women say. My wife always gives me shit about being romantic - yet being romantic with her almost always = friend zone. Yet if I tell her how I am going to fuck her tonight she complains about me not being "romantic" enough but it's typically a great night of sex. And learning the subtle ways she asks for sex among other things.

Ditto on inviting her to join you. I wanted to see a movie a couple of weeks ago. I got a babysitter and told my wife I was going to the movies and asked if she wanted to be my +1. She gave me a shit test..."oh, so you have options"...my reply..."we both have options but choose to be together". That shut her right up. And a nice outing was had.

creating_my_life[S] • 14 points • 8 April, 2017 10:54 PM*

"oh, so you have options"

I've gotten more aggressive about tests like this. I've A&A'd it up to, "Hey, can you make a decision quick? My other girlfriend gets out of class shortly and wants to meet." (knowing I'm in my 40s and implying my other girlfriend is in college). I say it with a wink and a smile. :)

When my wife has plans one night, she now leads with, "I'm busy Friday, you should let your girlfriend know you're free." And I say, "which one?"

Beastmode411 • -1 points • 9 April, 2017 09:21 AM

Can you help me understand being too romantic, please and thank you

drty_pr • 3 points • 9 April, 2017 01:38 PM

IDGAF, when you truly don't, is an amazing feeling. Great stuff man.

I would add though, "I'm doing X, you're welcome to join me" isn't the approach I would take. I would say "we are going to do X at Y time. Be ready". That way you're making the decisions she doesn't want to make. Even if she says she is going to stay home, you have made that decision considerably easier for her. In reality, she is going to go everytime.

I'm giving out more hard "no"s about life. She's constantly testing me. I'm eating more healthy and giving up restaurants for a month. She noticed I've stopped talking about going out, and asks me about it. A week later we're out running errands, and we go to one of our regular stops. I recognize this as a test. We sit down, smile, laugh, she orders her food, I pleasantly look at the waitress with a smile and say, "none for me, thanks." Wife says, "I thought you were hungry?" I say, "I am, I'll make something when I get home." I'm not angry, I'm simply holding true to a promise I made for myself. Test passed. There's several other examples of "No" not worth going into.

I understand what you did here in theory. But want to throw this out there:

Does anyone else feel this is passive-aggressive? Also, I feel as though overly-meticulous dietary restriction in social situations comes off a bit feminine? I am disciplined enough to enjoy an occasional meal out with my wife without it derailing my whole diet and progress plan. I am meticulous about my diet when I eat alone (eating to live), so that I can allow myself to enjoy food and drink in social situations. I feel bad for dudes who can't enjoy themselves in these situations AND hit their physique goals (and I cringe when I hear men ask waiters for healthy substitutions and/or low carb options).

Granted I understand the larger test that you passed here...but to me you don't come off looking good with the "none for me" shtick.

weakandsensitive • 1 point • 11 April, 2017 04:01 AM

Does anyone else feel this is passive-aggressive?

Not me.

Also, I feel as though overly-meticulous dietary restriction in social situations comes off a bit feminine?

The fuck?

I am disciplined enough to enjoy an occasional meal out with my wife without it derailing my whole diet and progress plan.

You do you.

I feel bad for dudes who can't enjoy themselves in these situations AND hit their physique goals

Okay.

Who are you to judge? Who are you letting judge you? These two things are so prevalent in your post.

MindfulStoic • 1 point • 11 April, 2017 10:44 AM

Brilliant analysis

[deleted] • 5 points • 8 April, 2017 06:16 PM

Looks like jacks argument of not going rambo, vs mine of not eating paint is over

Jack won.

creating_my_life[S] • 6 points • 8 April, 2017 07:15 PM

Truthfully, I probably could have moved MRP faster than I have. Oh well, I have shit to do and my marriage was just boring, not at risk of divorce. But I guess that's part of what I learned from MRP, "I have shit to do."

I also spent a lot of time reading and absorbing the materials, and just WATCHING the behavior at home

and with other women. I didn't immediately start taking action. As more and more of the theories showed themselves to be true, I would mentally start running scenarios like, "Would would MRP do in this situation?"

After a bit, I started testing things out when I was more confident, and all it all snowballed and started to become a lot easier. Now it's nearly instinct and I laugh at it.

[deleted] • 2 points • 8 April, 2017 07:22 PM

Calibration i notice is the big problem with rambo.

capn_barnacles • 1 point • 10 April, 2017 05:50 PM

I'm glad to hear this, as this is the approach that I think fits well for me. Only 1.5 months in, still doing pre-req reading. I don't really feel ready to starting bold actions until I've learned and internalized more of the material. I want to avoid a band-aid approach and built a solid foundation when I think I'm ready.

RuleZeroDAD • 5 points • 8 April, 2017 06:52 PM

Not true. Not Ramboing can lead to "paralysis of analysis." Deliberate and purposeful action is the meaningful thread that runs through both theories.

Some guys need to slow down, others get off their ass and out of their head.

[deleted] • 2 points • 8 April, 2017 07:08 PM

Funny aside. Ive been scaping his comments, putting together for a pdf.

160k words, and im half done

RuleZeroDAD • 2 points • 8 April, 2017 07:23 PM

At least it's educational. But why?

[deleted] • 2 points • 8 April, 2017 07:25 PM

Writing slump, so have been cloudsearching and reading through trp/mrp from the beginning.

And everyone waxes on about him, it just ballooned up.

It was how pook and solomon 2 were done, figure itll be good sidebar material. The editing will be killer thougj

RuleZeroDAD • 1 point • 8 April, 2017 07:34 PM

Extrapolate what he didn't finish. You're well versed. His ladders stuff holds the most promise.

Socrates and Plato are rendered by a single author, so why not?

[deleted] • 2 points • 8 April, 2017 07:37 PM

Luckily, unlike cad, tfa and them, at least you can username search him.

RuleZeroDAD • 1 point • 8 April, 2017 07:54 PM

They are mostly exploits and bravura. The theorists use them as exemplars, and archetypes. The characters are not the writers.

innominating • 1 point • 8 April, 2017 08:16 PM

I guess mods can't pinpoint a deleted user's posts.

[deleted] • 1 point • 8 April, 2017 08:19 PM

Mods dont have better search powers than anyone else.

The only thing i could see that you cant is moderator deleted content.

[deleted] • 1 point • 10 April, 2017 02:42 PM

didn't realize theultimatecad deleted his username, he had some good stuff.

innominating • 1 point • 8 April, 2017 08:14 PM

I want this for UltimateCad. I arrived here, read a few posts, and then he disappeared.

sexyshoulderdevil • 3 points • 9 April, 2017 05:30 AM

If you're playing the long game, search for jacktenofhears like Stoney mentions. He's far more balanced. The light side of the force. Your very own Yoda...just proper grammar and very long form.

Cad knows Red Pill...no doubt...but he's playing the short game and it's all powered by latent anger. It's the dark side of the force. But still plenty powerful.

bogeyd6 • 1 point • 12 April, 2017 07:26 AM

There are plenty of way better posts by way better people than jacktenofhearts. Jack was purple pill and not even a participator. The guy just like to come around and write really long shit to refute others.

sexyshoulderdevil • 1 point • 12 April, 2017 02:17 PM

Hot damn, I didn't know you were anti-Jack.

Anywho, some of the shit that dude wrote made a huge impact on me. And keep in mind he tore the crap out of my Verbal Intercourse Is Optional post...so I could easily have had a grudge...if I were a little bitch. But he made solid points and added nuance to our sometimes black/white mythology. And the Devil is always in the details...

bogeyd6 • 1 point • 12 April, 2017 03:05 PM

I wouldn't say anti-jack, or anti-TFA. Just not in agreeance with their purple tinge. Jack matured his red pill concepts in the end and cemented his legend in the threads but his earlier writing involved alot of negotiating attraction and discussing things with your wife. Every single person who I have ever read has some value to them. Sometimes the value is small like "don't be that guy" and sometimes value is large and has actual impact to your life to implement. Also everything in between. I'm watching 88will disintegrate under the w&s pressure and even tho they are shitting up the thread. There is value in realizing I was once that guy you get all pissy and start internet fighting. When frame has a crack, w&s has a knack for attacking it.

I consider myself hardcore red and pretty old school for this sub anyways. I tend to draw the line pretty clearly.

[deleted] • 1 point • 12 April, 2017 03:35 PM

Yeah, we need more HC flairs. Get on the train already.

I still laugh at the wife, held out of the Coach store, like there was a force field in

front...

then I cried, when my SOs first comment (ugh, Coach is for plebs). Realized my materialista is like yours, only in a different flavour.

bogeyd6 • 1 point • 12 April, 2017 03:41 PM

The great purse debate of 2016! I learned alot about purses in that thread lol.

Also learned, women hate other womens choices in purses. She has a new

M&F purse now too and the collection of shoes she decides to keep.

Materlistas, you can't win. You remember the old comment where we were on about cars. The wife is about to get the shock of her life.

sexyshoulderdevil • 1 point • 12 April, 2017 04:27 PM

I like to draw lines in the sand too...with my penis.

Yeah, I took us all down this analysis by paralysis path once before...you even poked fun at Jack10:

https://www.reddit.com/r/marriedredpill/comments/4agyuw/battle_of_who_could_care_less/

Oh...it's "a lot" not "alot." Penis line drawn.

bogeyd6 • 1 point • 12 April, 2017 05:00 PM

I'm alot sorry alot but alot my alot penis alot is alot not alot long alot enough

alot to alot draw alot a alot line. Think alot about alot a alot baby's alot pinkie

alot finger alot with alot a alot peppercorn alot on alot top.

[deleted] • 1 point • 12 April, 2017 02:21 PM

He himself admitted to me how chagrined he found himself when a poster deleted, thereby dimming his brilliance by restricting the audience. Insightful guy but clearly not "red pill as fuck" if I might borrow the parlance du jour.

[deleted] • 1 point • 12 April, 2017 03:09 PM

I'm almost positive that's when his hate on for me started.

The day I suggested he was a great sober second thought, *often wrong, but if you don't have your shit together, forces you to do due diligence to say why.*

That and most of his critiques against me centered around 'metrics of success' like viewer count, or upvotes.

IrateMD is the one I'm most sad deleted his account, there was a lot to unpack in there. Still like the guy, wish he'd get back already and shit on me some more.

That and I'm waiting to see how /u/ex_addict_bro second year gives him insight. He's been one of my favourite MAPs to watch. Hit the ground running, trial by fire, owned his shit more than I've seen others (accepting that his kids were going to be outside his control, I doubt many fathers have the strength to accept that).

[deleted] • 1 point • 12 April, 2017 03:18 PM

Yes I recall asking him outright why he had such a hard on for you. I must say for a minute I enjoyed watching him flail as he tried to formulate an answer. No matter

how brilliant a man, not every word can be a proverb.

He certainly shit on me enough about my taste in women. Good times.

[deleted] • 1 point • 12 April, 2017 03:28 PM

His CAD fights remind me of the current 88/WMP one going on right now

ex_addict_bro • 1 point • 12 April, 2017 10:53 PM

No matter how brilliant a man, not every word can be a proverb.

I see what you did there.

ex_addict_bro • 1 point • 12 April, 2017 11:04 PM

That and I'm waiting to see how /u/ex_addict_bro second year gives him insight.

Yesterday there was a 1 year anniversary when I moved out, with tremendous support from MRP.

I moved out because I realised I am living in wife's frame. And, I realised, that living with an unfaithful, controlling, possibly borderline cunt is not the way I want to catch an STD. I know way, way, way better ways now.

I've got a fuckton of support from u/alphabeta49 by that time, God bless him.

Last month insights... I've sold a lot of shit recently ("use it or loose it", thanks, Athol, but also thanks u/abdada and your coloured sub). I've bought a foldable kayak. I've installed some hi-quality apps on my son's iPad for spelling and maths. We actually did some fractions even before they started those in school. I'm reading some shit in order to improve professionally, whatever profession of choice it may be (I've got 2).

Basically, everything works as advertised. You need to STFU and lift and improve, if your LTR is not with you with the changes, you give it up to N months and leave (or start the ultimate cad lifestyle) and accept the consequences. Nothing to see here, really. Nothing to get overly excited about, I'm just one guy of millions of divorced fathers living on our beautiful planet.

People play victim here and there (TRP, MRP, whatever-RP) like it is going out of fashion. Guess what. Nobody fucking cares. Universe does not give a shit.

So, quoting Redman, if you got to be a monkey... be a fucking gorilla.

Godspeed.

bogeyd6 • 1 point • 12 April, 2017 03:17 PM

Definitely a very good writer.

[deleted] • 1 point • 8 April, 2017 08:15 PM

Lol, nothing stopping you from cloudsearchin his year

innominating • 1 point • 8 April, 2017 08:58 PM

Unless he is referenced by name in a thread, you can't find them.

bogeyd6 • 1 point • 12 April, 2017 07:24 AM

Once you recognize his writing style it's pretty easy to find the posts. The guy was literally posting in every damn thread lol so I think you look for the guy who hates women and you found him.

innominating • 1 point • 12 April, 2017 10:04 AM

That's about what I remember.

sexyshoulderdevil • 1 point • 9 April, 2017 05:16 AM

Sign me up for a read when you're done. I go back and read through his comments now and then too. It's relaxes me.

yallapapi • 2 points • 8 April, 2017 08:56 PM

Good work. Good post

Beastmode411 • 2 points • 9 April, 2017 09:19 AM

Thank you.

Single guy here, love this sub!

WisdomTangoFoxtrot • 2 points • 10 April, 2017 03:42 PM

Solid FR. My experience echos this. "I'm doing X, you're welcome to join me." I didn't quite arrive at this realization all at once, but had to comfort/shit test pass my way to that statement. It is empowering.

Regarding the drinks and minor things, the real magic happened for me when it flipped. She was asking me if she could get me a drink and is pleased to do so. I felt much more inclined to reciprocate out of abundance on other items. Total marriage dynamic flip...but the need to remain vigilant and heart checked haunts me. Love OYS for this.

failberry • 1 point • 9 April, 2017 06:19 AM

Loved it. Will share mine asap.

JDRoedell • 1 point • 9 April, 2017 03:28 PM

My wife likes to make crepes on Saturday morning. As I'm trying to cut carb intake and eat cleaner I've started telling her not to make any for me. The first time I did this she was really testing me. She was overtly annoyed at my reluctance to eat them. Kept making snide comments about it all morning. I actually found it all very funny. In my house it's the "crepe shit test."

The_Litz • 1 point • 10 April, 2017 12:37 PM

"none for me, thanks."

That is what happens when you read WISNIFG.

This ties in nicely with week 2 of 60 DOD, good job.

[deleted] • 1 point • 10 April, 2017 12:43 PM

The big win here is he is doing it for him, not to impress her or to get teh sex. Good for you. Clearly huge gainz. As long as the calf thing doesn't become a covert contract, I say onward and upwards, bro.

En_sigma • 1 point • 10 April, 2017 09:24 PM

"can you rub my calf for me?"

"sure, let me just drape it over my elbow...and just for symmetry, let's just get that other one over my other elbow...."

wn36 • 1 point • 12 April, 2017 02:26 PM

It took me a sec, but lmfaao

bogeyd6 • 1 point • 12 April, 2017 07:22 AM

There was a guy who used to post around here that simply believed women like to be told No and then enforcing it. Something about a daddy complex but it's not the whole picture. I think you are finally beginning to figure out this whole MRP thing.

[deleted] • 1 point • 15 April, 2017 05:59 PM

Great FR

Many comment how holding frame and passing shit tests leads to *instant success*.

Now push the self improvement and work the long game. Passive dread cant be beat

maybe_tom_cruise • 1 point • 3 July, 2017 10:06 PM

I love that this post got me more excited than i've ever been to move forward in MRP, but at the same time it had the advice not to "rambo" it.

I know i'm coming in late, but thanks, this was great.