

[FR] The Emotional Rollercoaster

February 1, 2017 | 36 upvotes | by [resolutions316](#)

TLDR: Wall of emotional english-major text. Had a major blow out with the wife that took everything I had to maintain the small amount of frame I could. Afterwards, had intense sex. What I took away from it? She is intense need of emotional stimulation, and up till now I have been stable, pleasant, and boring as fuck.

Context:

I've been pursuing MRP/MAP since around November of last year. Hitting the gym regularly, dieting, reading everything I can get my hands on, coming here every day, etc.

Someone on here once called me a "100% Pushover Prince," and that's exactly what I've been. I've had a massive covert contract with the world that if I helped everyone and was nice, and pleasant, and put their needs above my own, people would love me back and I would get my needs met.

You probably have some idea how that turned out.

By the time I found MRP, my wife and I hadn't had sex in 1.5 years, since my first son was born. Even before then, we were at most once a month, a slow and steady decline over our 6 year relationship. I had and (let's be honest, still kind of have) a major case of oneitis for my wife, and spent my days doing everything I could to please her, be more agreeable, more affable, etc, etc.

I've come to realize that frame is by far my biggest weakness. Hers is strong, mine is weak. Even though she's a SAHM, I make extremely good money running my own business, only work 4 days a week so I can help with the kids, wake up early to make everyone breakfast and feed the kids so she can sleep in, do all the dishes at night, pay her each week so she has spending money, etc, etc, etc - somehow *she* is always the one sacrificing, and I am the one who "has it easy."

Her Depression, Her FB addiction, lack of sex - all these things came between us, and I blamed her for them. I was getting more and more hurt, more and more rejected, more and more bitter.

Only MRP was willing to tell me that it wasn't her fault - but mine. It wasn't that she was a sexless harpy; it was that I somehow expected that I could make everyone love me by playing doormat. She needed a leader and I was acting like a butler.

The Shit Test:

I actually posted about this before the event - [you can read my original question here](#).

Suffice to say, one night out of many I simply decided not to do all the dishes. This prompted angry silence and, the next morning, a flurry of texts letting me know she was incredibly pissed, and that we needed to "have a talk" about it that night.

(Note that something very similar had happened a few weeks before - refused to do something, angry texts requesting a talk, which led to me simply ignoring it when I got home, on MRP advice. That evening, she cried in bed and we had sex for the first time in 1.5 years.)

I got a ton of great advice from folks on here, and so went into that conversation in a completely different frame.

- Before coming here, any disturbance in her emotional reality was a serious issue that needed to be addressed, and her emotional reality was my responsibility. *Is she unhappy? I must be a bad husband!*
- After coming here, I went into the conversation with a mindset of: *I can't control how you feel. I*

haven't done anything wrong and don't need to feel guilty.

She had requested that I initiate the conversation, so I did, comfortable in my frame and approach.

What followed was a 2.5 hour long rant about how depressed she is, about how leaving the dishes in the sink in the morning causes a domino effect that ruins her entire day and makes it so she can never catch up or be happy (direct quote), how I don't care about her or her feelings, etc, etc.

The sheer intensity caught me completely off guard. I struggled to maintain my frame - and so kept coming back to WISNIFG-style replies.

**"I understand that you feel that way. I don't want you to be sad. But...."*

*"What about my going to the gym makes you upset?"**

Etc, etc. Eventually, she caught on to what I was doing.

"Stop talking to me like a fucking therapist. Show some fucking emotion, show me some fucking empathy!"

Oh no! I thought. I'm being autistic MRP new guy. Don't be autistic MRP new guy! Say something not autistic!

"I understand that you're upset that I'm not showing you empathy. What about..."

Yeesh.

She kept escalating, trying to break my weird pseudo-frame. Eventually, she crossed a red-line for me: she spoke to me in insulting and derogatory terms, tone of voice, etc.

I had decided when I started the MRP journey that this was one of my hard boundaries: I will not let anyone speak to me this way. I never insult my wife - ever. I always show her respect, even when we disagree, and I expect the same.

Hearing the insult, I let her finish, then stood up.

"I can see you're upset. I get it. But I do not accept the way you're speaking with me. I want to talk with you, but only if you can treat me with respect. I'm going to go upstairs now. If you want to continue this conversation, I'm here for you - but only if you can speak to me respectfully."

I moved to walk up the stairs. Her face looked shocked - then quickly flushed, her face transformed.

I was halfway up the stairs...

"Don't you dare fucking walk away from me. Don't you fucking dare. I swear to god, if you walk away from me right now I'm going to LOSE MY SHIT and get in the car and drive it into a fucking...I..."

I stopped. I backed up and looked at her. We had both heard it - a line being crossed.

And now, I was pissed. Angry. Upset. I had almost killed myself, once. And I couldn't believe she would utter those words in our house - where our kids play.

I came down and sat straight in front of her. She had been holding a book in front of her, facing away from me this whole time - I made her look me in the eyes, put the book down.

I told her: *"I understand that you're upset. I understand you feel depressed. But you will never, ever, threaten something like that again. If you ever did something to yourself, the effect that would have on the kids? On me? I would never forgive you."*

At this point, I was tearing up. My voice was shaking. My hands were balled into tight fists. I felt energy surge through me - all that anger, that rejection, that fear of her responses, that love - This was my house my family, and I wouldn't stand for anyone threatening it. Not even her.

.....

So. Pulled into her frame? Yes. We kept talking. I treated her problems like legitimate problems. I talked way more than I needed to (if you've read this far, I'm sure you recognize this behavior). I over-explained, I DEERd.

But. I didn't offer to solve her problems for her. And I didn't let her cross my hard boundaries.

We went upstairs, and we made intense, passionate love. We were both shaking. I was more dominant. She was more submissive. It was good.

Lessons Learned:

For me, the big takeaway - besides the importance of holding frame - is about how this all feels to her.

To me, this is a fight - a needless emotional blowout over problems that are easily solved. it's about playing defense, not letting my guard down and my bad habits take over. She's the *adversary*.

For her, it's a huge adrenaline rush - dopamine flooding her brain as she hits intense emotional highs and lows. Her sexuality is deeply attuned to her emotional reality, and even though, from my perspective, the emotions are predominantly negative, they're still exciting to her. Creating any reaction in her is better than sitting on the couch and calmly watching TV for the millionth time.

I've initiated several times since, but only had sex once. Why? Because I'm not doing a good job of giving her those emotional highs and lows when we're not in a huge blowout.

She's bored out of her mind. That's on me. Just like everything else, attraction-wise, has been on me this whole time. Only this experience really drove that point home for me.

The more I put her on a pedestal and make her happiness the point of all this, the less happy she is. She isn't my adversary - I am.

I still have so far to go. I must ignore 40-50 MRP best practices every day. But pattern recognition is starting to take hold, and I'm starting to see subtleties where before I saw none.

Anyway, a long story. Still processing. But I wanted to share here in case any one else has a similar experience. I hope some of you can find some value in it, the way I've gotten so much value from the comments, questions, stories, and insults here.

Cheers.

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Comments

anythinginc • 19 points • 1 February, 2017 10:34 PM

u/thefamilyalpha has a good post about "keeping her on her toes."

That is half the benefit of AA and AM and cocky/funny, it gives you the opportunity to create 100 little emotional spikes throughout the day.

A) If you are unlikable and low value then those are just microaggressions that will piss her off. B) Without frame and charisma you won't be able to hold your own in the little mini-emotional-whirlwinds they can create and blow the winds in your favour.

That's why the usual advice is lift, become valuable, become attractive, build a frame, STFU at first, and at some point your feet are just going to slide right in those AA/AM/cocky-funny shoes, and then a little while later you post here amazed about the first time she called you an "asshole" with a smile on her face and a gleam in her eyes and still fucked you an hour later.

Protip: Something I've been doing once or twice a week recently...

I walk up to her and do a martial arts type thing where I sweep her legs out from under her and gently lead her to the floor, ending up on top of her. While doing this I yell something in an announcer's voice like "SWEEP THE LEGS!" or "She's in trouble now Steve, the champ has her down!" or right before I initiate I say "baby, there is something I have to do" and she gets to say "NO!" and halfheartedly protest on the way down.

She's a little annoyed, and she kinda wants to be pissed, but she's smiling, and she can't help it, she's amused. I steal a kiss, pull her to her feet, and give her an attaboy butt slap while telling her she needs to work on her ground game.

Anyway, keep it up bro. Twice in two weeks after 1.5 years has to be feeling pretty good. It's a long road, she might not be worth it, but you are.

[deleted] • 7 points • 1 February, 2017 11:34 PM

Smooth man, I'll try this one out.

Now it's a waiting game to see which one of us has too much to drink or the floor is wet and we take her ass out lol.

BluepillProfessor • 13 points • 1 February, 2017 10:56 PM

This was my house my family, and I wouldn't stand for anyone threatening it.

Death before dishonor.

you will never, ever, threaten something like that again.

Where is the DEER in this exchange? I like the direct talk. Not so much the choking up but it is nice to see a man find his balls once in a while.

I'm not doing a good job of giving her those emotional highs and lows when we're not in a huge blowout.

Maybe. Or maybe you just need to work more on seduction. It sounds like you have her attention and it sounds like your providing plenty of drama.

She's bored out of her mind. That's on me.

Dance, monkey, dance. Why is her being bored your fault and even your responsibility? You are her husband, not her paid entertainment.

GongShanks • 3 points • 4 February, 2017 12:51 PM

Great post. I agree with all of it. I think the way to induce those emotional spikes is to find fun shit you want to do and invite her. You want to go drive your Harley, invite her. You want to play softball? Invite her to watch. You want to rock climb, bring her. Display your super powers.

ParadoxThatDrivesUs • 17 points • 2 February, 2017 01:48 AM

I'm seeing so many attaboy responses here and now it's pissing me off. Can no one else see the blatant manipulation here?

OP once tried to kill himself. Wife knows this and doubtless knows that it's a sensitive topic. OP dares to not do the dishes one morning. Wife erupts into a text shit storm, demands that OP bring up the topic for discussion himself that evening (power move by her). He obeys. She launches into two hours of ranting - which he listens to - before finally deciding that he's had enough and tells her he's leaving And she chooses that point to threaten to kill herself, know full well that will push his buttons. OP immediately changes his mind and returns to her, confirms to her by his emotional response that she pushed the right button, and then OP rewards her with yet more emotional tampons. There's nothing positive about any of this.

OP, she's got you on a string. Next time, just walk out of the room.

anythinginc • 6 points • 2 February, 2017 03:16 PM

I 100% agree, but the silver lining is that OPs frame is getting better.

She had to go to the big guns, a suicide threat/recalling his suicide attempt, to get him back in her frame, and get him to tampon with her. And then she did some relationship building by consenting to sex.

She's not going to be able to pull out the big guns with every frame grab...and a couple more times and its effectiveness is going to be reduced to zero.

Once that doesn't work all she is going to have is sex. As OPs frame and SMV get better she's going to go from fucking him after every couple failed frame grab to fucking him because she's IN his frame.

I mean, at least that is the playbook, best of luck to OP.

GonzoAnalyst • points • 2 February, 2017 05:48 PM **[recovered]**

I was thinking the same. She knows the codes to finish him off and has no problem using them.

It's good your frame is progressing OP, but try to keep perspective and realize just how stupid all this is. She's throwing a tantrum like a child. All started because of dishes you left? And she's a SAHM!? It's stupid. DNGAF is your goal.

I know it's hard when you're bloods pumping and you're new to standing up to your wife, but try to focus on the absurdity of your wife's emotions. That helps you keep frame and be able to use AA or just walk away. That has helped me a lot of times.

There are families dealing with real crisis all over the world, death and suffering, lack of food or jobs, serious shit. Your princesses fit because dishes threw off her day is a joke. Treat it as such.

The suicide talk is last resort to reel you in.

GongShanks • 2 points • 4 February, 2017 12:55 PM

True. She basically said she was going to kill herself if you don't do the dishes. Absurd. Recognize the

manipulation. See it coming and have a counter ready. Best to laugh at her and leave the house.

[deleted] • 2 points • 2 February, 2017 01:56 PM

fuck... good snipe.

resolutions316[S] • 2 points • 2 February, 2017 02:47 AM

I think you're right in that I did get pulled back into her frame by the threat, yes.

I could have wife goggles on, but I don't think in the moment she was using my past as a trigger with the threat, though. She was just desperate to pull me back.

ParadoxThatDrivesUs • 4 points • 2 February, 2017 04:31 AM

Well, your watching for it now, so if she is it'll become clear to you in time. Good luck.

PurpleVeteran • 3 points • 2 February, 2017 04:15 PM

Paradox is right on here. Right now, you are both playing emotional poker. You are trying to pull away and build your own frame, and she's using emotion and sex to keep you in hers. Worse still, you seem to think that stirring her up this way is making things better -- but it's not sustainable at all. If you were to read her diary or hear what she said to her GF, I'm betting it would sound like a main event. She's basically threw everything at you to get you to engage.

Maybe you did make progress with the followup discussion, so that things are now headed on a better track and this won't happen again. The point is, you still need to keep working on your frame. Not doing dishes may lead to hurt feelings again, but those are not your responsibility. Per WISNIFG, you shouldn't stop enforcing boundaries just because she *may* have another meltdown.

I still suggest you read the J10 advice, because you still need to *understand* what's motivating her emotions... as long as you avoid getting sucked into them. More importantly, she's played this card once; she doesn't get to cross this boundary again. The next time, you need to continue leaving the room, or give her the number of a suicide hotline because you won't be threatened that way. Don't give in to emotional blackmail.

2ndal • 8 points • 1 February, 2017 10:18 PM

Good FR.

I resonate a lot with this. Our wives sound very, very similar.

She's bored out of her mind. That's on me.

This exactly what I am dealing with: I am a boring fuck and my wife is bored out of her fucking mind, so she creates drama for entertainment. In the past, I couldn't resist and would entertain the fuck out of her by falling so deeply into her frame during these arguments which entertained her but fucking gutted me--with the bonus of also distancing her attraction for me! Now I am drawn into her frame less, which is better for me but less entertaining for her. I also get a similar version of the "stop talking to me like a fucking therapist" line from time to time.

resolutions316[S] • 5 points • 1 February, 2017 10:20 PM

I think the "therapist" thing comes from too strictly adhering to the "script." Ideally we'd internalize the concept and be able to go Off script while still attaining the same thing.

welshmin • 5 points • 1 February, 2017 11:06 PM

Takes time, but it's still better than nothing. I end up being very therapist-y too. Doesn't help I went deep into psychology either.

Been reading how to win friends and influence people, old and I know it gets recommended alot. Finally got around to it and can honestly see how many principles apply to MRP as well.

Hard part is pulling these principles off while being sincere, but not seeming condescending. E.g. lead with a compliment before discussing a flaw. Mine always seems condescending...

Ned_Beaumont • 2 points • 2 February, 2017 06:56 PM

Problem: "Stop talking to me like a fucking therapist" Interpretation: "I don't know how to manipulate you when you do that, so I'll order you to stop." Solution: "I'll talk any way that I want (chuckle)."

Be sure to add the real life equivalent of an LOL, like her anger is not fazing you.

uwotm891 • 1 point • 7 February, 2017 04:22 PM

It seems to me that displaying amused mastery, if done correctly, will certainly keep her "entertained". The whole idea is to show her that you see through her little games through attitude and frame. Don't take her petty, made up problems as absolute truth. Tease her, evade questions and be cheeky. She'll have so much emotion pent up that, at the very least, she'll NEED to hate fuck you to release it ha.

I'm not married btw, but I've had relationships like the marriages in this thread. My biggest mistake was taking their complaints seriously, and even when I wasn't emotionally invested, talking to them like I was their fucking therapist ha.

[deleted] • 5 points • 1 February, 2017 11:13 PM

Dude, I like where you're going. So what if you DEER'd a bit and got choked up. I actually like that you showed genuine emotion! Let it fire you up! I see too many eunuchs walking around and, my friend, you are not going to be one of them!

[deleted] • 5 points • 2 February, 2017 03:04 AM

You're getting support because you are breaking the mold, seeing a new way. You are getting shat on because you have no control, your frame is dry tinder twigs, and you're still enabling her.

You show potential...now turn that into results.

resolutions316[S] • 3 points • 2 February, 2017 02:44 PM

Yup. I very much feel I am at the very beginning of something, not at the end.

resolutions316[S] • 4 points • 1 February, 2017 11:32 PM

I take your point - I also realize I'm very much still in her frame.

Re: your alternative, I see what you're saying, but as long as I'm married I would never take away support for either my wife or kids. I made an oath and those are my responsibilities. I'd rather just get divorced.

ParadoxThatDrivesUs • 2 points • 2 February, 2017 01:38 AM

The point of the alternative was to illustrate what a response looks like that's your frame, not hers.

Sapphire_Jizz • 5 points • 2 February, 2017 12:02 AM

Great FR and some serious progress.

I have a critique of your thinking, though:

You're still wrapped up in her frame (which is a-ok being only 2-3 months in). You're still playing the 'nice guy' / 'problem fixer' / 'captain-save-a-ho' role and I don't think you're aware that it's still coming out, despite you being aware of your life-long nice guy syndrome and having this catharsis with her.

Toward the end of your post you're taking ownership for basically everything... which is exactly what you said the problem was at the beginning of your post. Okay, maybe not everything, but you somehow arrive to these conclusions:

I've initiated several times since, but only had sex once. Why? Because I'm not doing a good job of giving her those emotional highs and lows when we're not in a huge blowout.

I think you're placing too much importance on building a daily "emotional-rollercoaster" with her, instead of simply becoming more attractive and employing the levels of dread properly. You shouldn't have to rile her dopamine receptors every time you want to fuck. Ideally, she should genuinely desire you (because you've made yourself more attractive) and she should genuinely fear losing you (because you have real dread going.) These things take time. So, yeah, you don't have to take ownership of her daily emotional ride. It's better to be a man of action and purpose, which naturally creates dread, and then her hamster does that emotional work for you. Of course, you want to push-pull with her regularly. Just don't buy into having to do it 24/7... that's in her frame and caring about her emotions essentially. You don't want to care about her emotions, you want to amuse yourself with her emotions by messing around and being fun.

Next:

She's bored out of her mind. **That's on me.** Just like everything else, attraction-wise, has been on me this whole time. Only this experience really drove that point home for me.

Yes, absolutely you must generate tingles everyday. But again, I fear that you are focusing too much on her. She's bored... yes, you can entertain her and give her tingles, but that might comprise 30 minutes to an hour of the day. Don't feel compelled to constantly be trying to turn her on to allay her boredom. Her overall well-being and sexual prowess are ultimately her responsibility. She has to work for it too, dude. It's early in your journey though, and you admit that you still have one-itis for her -- this feels like a one-itis-y train of thought, and thus a thought born of her frame. Absolutely woo her when you'd like to, but at some point she, by her own volition, is gonna have to shit or get off the pot -- keep up with you, or risk getting dropped.

As I wrote this, I realized that you probably didn't *mean* the points I made about what you wrote, but it struck me when I read it. If you get something out of this, great. Good luck.

resolutions316[S] • 2 points • 2 February, 2017 12:14 AM

No, I actually think you're dead on.

One of the best parts about writing these is seeing the more subtle/subconscious points come out in the process.

As far as I've done, it's still about doing this for her, in the end. I'm Ok with that - again, much further than when I started - but it goes to show there's still significant progress to make.

[deleted] • 5 points • 2 February, 2017 04:21 AM

Yes, OP I remember you. What I said to you before was:

OP, you are a **Total Pushover Prince**. The sooner you get past your nice guy bullshit, the better chance you have of saving yourself, and maybe even your marriage. Best

It is a slow process and you are making progress by making mistakes.

Reread my quote above; my advice to you is the same. Best

resolutions316[S] • 2 points • 2 February, 2017 02:45 PM

I still remember that quote! Think about it all the time.

HitEmWiththeHein • points • 2 February, 2017 12:15 AM **[recovered]**

There comes a point where you're using too much carrot and not enough stick. She's a SAHM. If she has a problem with doing a couple dishes she can gtfo. My main problem with the post is it sounds like you're not prepared to walk out and that means you are choking on the pill.

resolutions316[S] • 3 points • 2 February, 2017 12:38 AM

That is probably accurate. I want to save my marriage, not walk out on it.

gettingmymojoback • 5 points • 2 February, 2017 01:25 PM

You can't make any real progress unless you internalize that you are ok with burning it all to the ground. That's why you have no frame. That's why she can still push your buttons.

You have zero leverage in any negotiation where you are unwilling to leave the table.

resolutions316[S] • 2 points • 2 February, 2017 02:47 PM

True. I go back and forth on whether that's a truly acceptable outcome (or whether I'm "pumping myself up" with something I don't truly feel yet).

JDRoedell • 3 points • 3 February, 2017 05:08 PM

MRP saves the man, not the marriage. The marriage/relationship is her responsibility but she can only repair or build it with a solid man.

WHY. THE. FUCK. are you doing all dishes and breakfast for the kids when she is a SAHM? I do dishes at night after my wife makes dinner. I probably do 90% of the dishes but my wife works 3 days a week, does all kid pickup and drop offs and laundry 90% of the time. I let her know my appreciation for those duties. Also my wife sucks at cleaning pans and stuff so I do it right. She knows if she ever stopped working she would be picking up even more of the house work.

Your little princess needs a reality check. This is where dread comes in. She needs something that will give her just an inkling of what her life would be like without you. Your wife: "Shit, I have to WORK full time now AND do all chores at home? Wait, I have to do all that AND take care of the kids half the time? Ok, I'll just find another man who will do all that.... oh wait, I'm a single mom with two kids and all I can get is....". You get the idea.

resolutions316[S] • 2 points • 3 February, 2017 05:36 PM

Yes, I've created a lot of bad precedents by continuously white knighting my own wife throughout our relationship. That's become the norm now, and in turn I feel I've actually made her a less effective person.

I'm in the process of walking that back, and step one is becoming "dread-worthy." Made a lot of progress but still working.

JDRoedell • 3 points • 3 February, 2017 05:40 PM

One way to slowly ratchet down the amount of chores you are doing for her would be to get out of the house more for legitimate life-enriching hobbies for you. That way it isn't from a place of

revolt and butt hurt but from self improvement. "Sorry babe, I can't do the dishes tonight, I've got poker night."

resolutions316[S] • 1 point • 3 February, 2017 07:48 PM

True. I've started amping that up, and that's actually the "cause" (i.e., not really the cause) of many of these blow-ups/tests ("You're not around so you can't do X/Y/Z").

I'm just keeping to the plan. Focusing on ensuring that my new schedule doesn't get eroded/infringed upon, while adding a few more hang-outs/fun things a week.

Murphbah • 3 points • 1 February, 2017 10:39 PM

You've provided some great insight here. I'm not married, but these are still valuable lessons I can internalize and remember for my LTR right now and in the future.

Good shit brudda

BlackthorneSamurai • 3 points • 2 February, 2017 03:29 AM

All these comments and not one that addresses how you need to frame this from the start. You earn the money, do the dishes and it sounds like do quite a lot around the house. Why not just start with "I'm tired and the dishes are going to have to wait unless you want to help out and do them". Then if she wants to fight about it you take it to her and show her you got a set of nuts. The goal for your frame should be that you can behave how you want within reason and she is responsible for her own emotions and happiness. Help her by directing her to therapy or whatever but don't be a bitch and let her manipulate you because your nice and love her sooo much.

drty_pr • 3 points • 2 February, 2017 05:31 AM

Solid FR man. My only advice is less carez and feelz. Let it happen man naturally. It'll become your default setting after a while.

My wife can't trigger anger in me if her life depended on it. Mainly because I know her emotions will subside and she will get over it. When she does, I walk in and give her a nice kiss, hard hug, give her a look that says "I love you", and carry on. She can't admit how much she loves this.

Not saying your sex life will get fixed, but life will be far more pleasant. Keep on keeping on man.

resolutions316[S] • 2 points • 2 February, 2017 02:51 PM

Thanks! Nice to hear word from the other side.

OldRoke • 3 points • 2 February, 2017 07:51 AM

I think you might be right with the theory on this - by just following the rules, reading the lines of a sheet and doing everything to a T - you are not exciting. This post has been useful to me, because it's made me think how so far I myself have been quite robotic in my advances. If it seems like your reading off a script it must kill tingles.

Although you sound much too deep in her frame still: her telling you about the conversation and then again luring you back in with the emotional words on the stairs.

What's your plan to work on moving forward now mate?

resolutions316[S] • 2 points • 2 February, 2017 02:51 PM

What's your plan to work on moving forward now mate?

1. Continue focusing on lifting/bjj. Bigger, stronger.
2. Try to be MUCH more aware of tests or impinging on my frame throughout the day (not just during blow outs).
3. Prime myself each morning with visualization/revisiting my desired state of mind to keep me in frame throughout the day.
4. Slowly incorporate more dominance/initiations/game throughout the day, specifically with the goal of failing and being OK with it (essentially, getting over any lingering "approach anxiety").

Basically, frame is my biggest weakness, and that's what I need to zero in on.

En_sigma • 3 points • 3 February, 2017 02:23 PM

okay, this is why I don't post much. Cuz I can't see how anything you did helped.

If my wife screamed "don't you dare" about anything I was planning on doing, you can be dammed sure I would do it. If she screamed that she would be driving into a wall cuz she was mad? The bank on third looks like it has pretty solid walls, and it should be closed by now. Or maybe, no, take my car, it is almost out of gas anyway and yours is full.

Of course when the lights came on for me, I flat out told her I was done. She could act like a civilized person or GTFO and she needed to make the decision then. No tears, no regrets, no soul-to-soul conversation just "you've gone full retard and if you can't turn it off...meh...have fun with that"

weakandsensitive • 3 points • 4 February, 2017 09:42 AM*

everything I had to maintain the small amount of frame I could.

if you don't have frame, at least admit it instead of pretending you do for some bullshit sense of pride.

I can help with the kids,

guys - stop this bullshit. you don't help with the kids. it's not your role. your role is to lead, to teach, to encourage. your role isn't to change the diapers and baby them - yes you can help with that, but it's supplementary and should be on an as really needed basis, not a because it's convenient for her basis. don't believe me? try remove those duties from your wife and getting a babysitter/nanny/au pair to handle it. see how much she takes it as a personal shot. it's akin to hiring someone to clean the house - it's an insult to her point of pride.

the fact of the matter is that it does absolutely nothing to make you more attractive and has plenty of opportunity to emasculate you if you're constantly doing it. if you never do it, you're negligent, but if you're constantly doing diapers and feeding and all that other jazz - how attractive do you think that really is. compare that versus when you're throwing your child in the air, when you're teaching them how to play and explore, when you're playing around in the water and bonding with the youth.

wake up early to make everyone breakfast and feed the kids so she can sleep in, do all the dishes at night, pay her each week so she has spending money, etc, etc, etc - somehow she is always the one sacrificing, and I am the one who "has it easy."

above applies for everything else too. make enough money where you can hire for all those things as necessary and demonstrate that your wife really is optional if that's what she wants to be. be the man who can get things taken care of, not the man who has to do everything. the owner is much more attractive than the janitor.

Not gonna bother repeating myself, but you should read these two. It should cover everything you need to know about talking versus STFU.

https://www.reddit.com/r/marriedredpill/comments/51pfvj/talking_why_you_shouldnt_do_it_and_why_you/
https://www.reddit.com/r/marriedredpill/comments/5gyy3u/stfu_and_you/

resolutions316[S] • 2 points • 4 February, 2017 01:32 PM

To reply to the links you posted (which were super helpful) - the "hold the silence" advice is almost EXACTLY the same to the feedback I get from my sales mentor.

The strategy is often to simply ask questions, talk much, much less than the prospect, pause for a few seconds before speaking, pose difficult questions ("so, you say you know what to do to grow your business. So why haven't you done it by now?") and then HOLD that silence. Sometimes I'll mute the phone because the sheer awkwardness is overwhelming.

But it works. They often end up talking themselves into the sale, trying to fill the empty space where they expected you to chime in. It's the sales version of hamstering.

This connected those dots for me; thanks so much!

resolutions316[S] • 1 point • 4 February, 2017 01:24 PM

Good points in here. I would reply to the first that my comments weren't from a point of ego, just of noticing the presence of some kind of fledgling pseudo-frame, whereas there was nothing there prior.

Interestingly, I actually already pay for cleaners to do a full run through of the house once a month.

weakandsensitive • 1 point • 4 February, 2017 01:59 PM

what's your wife's value add?

resolutions316[S] • 1 point • 4 February, 2017 02:28 PM

I'd say answering that question is more or less the point of MRP for me.

She's been my oneitis for nearly 15 years now. She's beautiful, smart, funny. She's logistically minded and great at planning ahead.

Just precious little of that is directed towards me. A situation I've created, I know.

weakandsensitive • 1 point • 4 February, 2017 02:31 PM

If that's all it takes, start looking into virtual assistants.

resolutions316[S] • 1 point • 4 February, 2017 02:46 PM

Haha - oh man. Funny, but I'm such a huge VA utilizer. I outsource nearly everything.

Let me ask you, since I see where this is going. It's clear that I've accepted a certain level of contribution from her in our relationship, in exchange for very little. That's the BP mythos, writ large in my life choices.

But my feelings for her are irrationally strong, and always have been. I realize I need to kill this, or diminish it in some way, in order to treat her as an equal and actually have a healthy relationship.

But how do I actually go about doing that? Is there a method, or does it come about naturally by simply focusing on self improvement and exposing myself to these ideas over time?

weakandsensitive • 2 points • 4 February, 2017 02:52 PM

stop fighting. accept life as it is or change life to how you want it to be. stop fighting with yourself. if what you need to do is live the blue pill life, do it with gusto.

you don't kill emotions. that's not how emotions work. you don't logic emotions. embrace more, fight less. if you're emotions are going to override your boundaries anyway, stop pretending. when you actually start caring about boundaries, start working on it then - until then, stop bullshitting yourself.

there are lots of happily married blue pill men.

resolutions316[S] • 1 point • 4 February, 2017 03:11 PM

I'm sure that's true. But unfortunately I'm not one of them. In many ways, I wish that were the case. In this scenario, I'm just torn between what I feel I should be and the ingrained behaviors I've collected over time.

To be clear, I'm not looking for an easy answer. I doubt one exists. But talking it through helps me to process, and processing helps me spot where I'm betraying myself in my daily life.

weakandsensitive • 3 points • 4 February, 2017 03:15 PM

It sounds like you're set on accepting your oneitis and the consequences of having it. It sounds like you're not going to implement boundaries, consequences, or expectations. Feel free to correct me where I'm misinterpreting. It doesn't sound like you have much planning and contingency planning for when things start being executed.

ParadoxThatDrivesUs • 3 points • 1 February, 2017 11:09 PM

So much bullshit hamstering in this post, including your lessons learned. If you need more than a handful of words to describe the problem and solution, you're on the wrong track. In this case: Huge shit test; I failed it miserably by taking her shit seriously; lesson learned-STFU already.

Everything about this post is in her frame. How many paragraphs can you waste spinning out the deep emotional currents washing through her heart and spirit? It's like listening to a circle of women regarding a soap opera. None of that is real. Just hamstering.

Let me suggest a different approach to this scene. I'm not recommending it, just throwing it out to expand your view of the possible. You come home. She bitches about the dishes. You decide you've heard enough and just leave for two weeks. At first your phone blows up. She explodes on you. You ignore and stay away. After two weeks, she realizes she has no job, no skills, no support from you, no attractive future, and she realizes keeping you around is her best option. She finds an excuse to talk to you and wants to talk it through. You're friendly but you continue to play it cool. You both realize that it's in your hands where the relationship goes from here.

If that's not a realistic scenario then you need to improve yourself until it is.

[deleted] • -1 points • 2 February, 2017 12:28 AM

I have to agree: Jesus it reads like a soap opera.

OP Seems really caught up and enthralled by her drama and the sex...

askmrp30 • points • 5 February, 2017 10:56 PM **[recovered]**

Wow, your wife is just like mine. Gets bored, starts drama, very stubborn frame, lots of yelling/disrespect/threats, crumbles as soon as I demonstrate IDGAF, cries, then we have passionate make-up sex.

The drama is what gets her off, but it drains me. I want her to stop, and I'd rather have no sex if it means no drama. My problem like yours is I'm a doormat. I can never fully implement IDGAF. I always yield once the waterworks start or the death/suicide threats begin rolling. The harder IDGAF, the harder she tries to get me to yield until I finally yield.

It's really really hard to maintain frame in that situation. The part where you walk up the stairs and she yells a suicide threat is an experience I can relate to 100%. I wonder if you should have just kept walking up the stairs and ignored her? Because when you turn back and give her attention, you get wrapped into her frame, and then she knows "any time he walks away from me I just have to shout out a suicide threat and he'll come running back like a good little doggie"

resolutions316[S] • 2 points • 5 February, 2017 11:31 PM

It definitely is training her to understand where the limits are/how far she has to push me. Like any kid, really.

That was a first for us, however. If she threatens suicide again I will call 911 and have her taken to the ER. That will be the end of that. That kind of threat is not funny and I absolutely will not tolerate the manipulative exploitation of a deadly illness just to "stir the pot."

Of course, I say that now. On the internet. But it's how I feel.

[deleted] • 3 points • 1 February, 2017 11:21 PM

You found the right path and need to do some finetuning.

Stop having all these discussions that look straight out of a fogging manual. Sure, sometimes they help. Sometimes I just roll my eyes and turn on my heels and say nothing.

If you are talking alot or lecturing or arguing its wrong. Use actions as thats the language of power that bitches speak fluently.

I have given disapproving looks and simply said *Stop it*.

BobbyPeru • 2 points • 2 February, 2017 02:23 AM

I've always found fogging to be overrated. The most important take out of WISNIFG for me is STFU.

[deleted] • -1 points • 2 February, 2017 03:37 AM

I think when someone is absorbing the fact that other peoples feelings and wishes aren't HIS problem then fogging gives him something to do.

You and I now know this so we can sometimes ignore

BobbyPeru • 2 points • 2 February, 2017 03:50 AM

Yep - A lot of guys say stuff they think is "the right answer" when fogging and lose empathy in the process. It's ok to have empathy and still stay in your own frame... And then a possible eye roll when the fogging leads to a dead end. Haha

sh0ckley • 2 points • 2 February, 2017 11:38 AM*

It's ok to have empathy and still stay in your own frame...

I realized this recently and have taken corrective action. There is great power is the phrase "I understand..." - *if it's spoken with frame*.

BobbyPeru • 1 point • 2 February, 2017 10:47 PM

I'm noting your progress over the last month or 2.

[deleted] • 1 point • 1 February, 2017 11:28 PM

Yeah, but now that the curtain is pulled back, it's fun to just push some buttons back there once and while.

[deleted] • 1 point • 2 February, 2017 01:58 PM

you think OP will benefit by that?

[deleted] • 2 points • 2 February, 2017 02:19 PM

No.

[deleted] • 1 point • 2 February, 2017 02:20 PM

Having said that, poking the bear is a great pastime

ParadoxThatDrivesUs • 1 point • 2 February, 2017 01:30 AM

Right. Actions, not words. And OPs actions were telling her that he'll do exactly what she wants so long as she pushes the right button. And that his words - "I'm going upstairs until you speak to me with respect" - are meaningless and can be safely ignored. She turned him like a puppet on a string.

PurpleVeteran • 4 points • 1 February, 2017 11:29 PM

To me, this is a fight - a needless emotional blowout over problems that are easily solved. For her, it's a huge adrenaline rush - dopamine flooding her brain as she hits intense emotional highs and lows.

The problem is that you don't really understand why she's so frustrated. And maybe she doesn't either, but her emotions are real... and so is the up and down. That's why she fucked you... because she needed some comfort and connection after the fight.

But your tl;dr was that you fought and then got laid. Except that in a week or so, you'll see that nothing was really fixed here. She's still going to be frustrated, and you're still going to try to fog when she wants to communicate.

Not sure why these things come in waves, but this Jack10 post was just referenced elsewhere today. It's nearly a year old, and could have been written for you today. Please take the time to read it.

resolutions316[S] • 1 point • 1 February, 2017 11:30 PM

Hmm. This is an interesting take and one I hadn't thought of. Saved the link and will read.

ParadoxThatDrivesUs • 1 point • 2 February, 2017 01:36 AM

Give me a break. That Jack10 post is great, but it's not applicable to OP. His post was addressed to a guy who had some shit together, was in his own frame, and was leaving his wife emotionally behind. Meanwhile, OPs big act of defiance was one time not doing the dishes for his SAHM.

PurpleVeteran • 1 point • 2 February, 2017 03:53 PM

All we have is his solipsistic retelling of what happened, but his "didn't matter, had sex" either shows that he missed the entire point of the event or that he doesn't want to own up to what they discussed.

So yeah, he STFU+Fogged his way through 2.5 hours of her "discussion", until she realized that he was just nodding along and not involved. At that point, she basically went nuclear... making personal attacks, crossing boundaries, and then threatening (not divorce but) suicide. At which point, he actually engaged

her and opened up. Did it work? I dunno. OP claims to have pushed back at her, laid some boundaries, but who can say? At least he got his dick wet (or maybe mommy just rewarded him with a cookie). SPT advises OP to learn about push/pull. He could probably take lessons from his wife.

resolutions316[S] • 1 point • 4 February, 2017 03:36 PM

You're right - I don't have those plans in place. If we are being brutally honest, I have not taken any steps that ASSUME or ACCEPT that my relationship might not work out.

It's been a tough journey for me. Much of my self-identity was wrapped up in the BP "provider" role - providing for anyone other than myself.

It's a process for me, and I accept that. I never knew anything else was possible. But I am working on it every day. And I absolutely do not accept that my starting and end point are the same place.

[deleted] • 1 point • 2 February, 2017 12:16 AM

Good on you for growing a pair. Apart from the choking up part (boys don't cry is what I tell my son and what my father told me so I will say it to you as well - never do that shit again, I would rather chew off my own tongue than cry over a bitch) you did well to draw a line. Punish bad behaviour immediately and severely. Women fucking love boudaries. She wants you to stand up to her and contain her emotions. She cannot help being dramatic, when she turns into liquid and begins spilling all over the place, she wants you to scoop her back up and contain that shit. You do that by being as solid as a rock. If you need to be harsh and adjust your tone of voice, that is good, so long as you sound like the boss. Dealing with emotional behaviour with more emotion is like throwing gas onto a fire. Remember she is just a child, she needs boundaries, guidance, cuddles and fun. I treat minor bad neHAVIour with a slap on the ass and a knowing joke, I punish very bad behaviour like Negan (without the violence), I do not tolerate my boundaries being crossed. I reward good behaviour with cuddles and nice meals.

ParadoxThatDrivesUs • 5 points • 2 February, 2017 01:26 AM

Drew a line? Punish bad behavior?

He *rewarded* her behavior. He was going to leave, she "crossed a line" and he responded by stopping, going back to her, having a deep emotional conversation with her, taking her problems seriously, etc.

Why do you think she threatened to kill herself - over dishes! - in the first place? Because she knew exactly which button to push, and he responded exactly as she intended. I guarantee you this is going to turn into a recurring theme now.

Drawing a line and enforcing a boundary would be actually leaving the room and ignoring her bullshit.

[deleted] • 1 point • 2 February, 2017 01:17 PM

Yes I think you have the right of it. Let's hope he listens to you.

[deleted] • 1 point • 3 February, 2017 12:16 AM

He drew a line by saying he would not tolerate that behaviour, in every other way he failed miserably, which is why I was lecturing him on how to stand up and not take bullshit.

JDRoedell • 1 point • 3 February, 2017 04:57 PM

I like the Negan reference. That dude has frame and hard boundaries.

[deleted] • 1 point • 2 February, 2017 01:38 AM

She's controlling the drama.

Start creating your own, so you can controll it. Start learning push/pull.

And if you really want to get hard on her, when she gets all uppity, put your hand on her neck. Don't choke her, hold her in place and keep eye contact. bonus points if you can pin her to a wall and talk like a pissed off dad.

It's something primal. It's also my go to during any hate-fuck.

drty_pr • 2 points • 2 February, 2017 05:22 AM

put your hand on her neck. Don't choke her, hold her in place and keep eye contact.

I now call bullshit on your tactics.

If I did that to my wife she would lose her fuckin shit. There would be 0 sexual energy generated. She would fall asleep pissed off, hoping I would apologize. I wouldn't apologize. We'd wake up the next day like it never happened but it wouldn't accomplish anything for me. This is a fact.

Maybe with your submissive little wife. Not my mean ass bitch though. Lol

[deleted] • 1 point • 2 February, 2017 10:22 AM

k

drty_pr • 1 point • 2 February, 2017 11:57 AM

k

I was hoping for something better than that

[deleted] • 2 points • 2 February, 2017 01:37 PM

Sometimes my filter is a good thing

drty_pr • 1 point • 3 February, 2017 01:57 AM

Sometimes my filter is a good thing

I like you unfiltered man.

resolutions316[S] • 1 point • 2 February, 2017 01:44 AM

Wow man. That's some intense shit (and as you posted elsewhere, out of my comfort zone and thus something to try).

The push/pull stuff is also a big area of improvement for me. I'm working now on implementing some "game" into my life, as up till now I've been 100% focused on "just look decent and don't fuck up."

SunnyHillside • 0 points • 2 February, 2017 06:33 AM

I enjoyed reading this advice.

[deleted] • -5 points • 1 February, 2017 10:01 PM

Cool story bro.