

1st FR: Not looking good

August 1, 2016 | 7 upvotes | by [bowhunter6](#)

Hello brothers. I have been lurking here since mid-June after another nasty altercation (verbal) with my wife upon returning from military duty (I am in the Army National Guard), and have been slowly learning what I can and attempting to internalize the concepts presented here (very difficult to unlearn your entire worldview in just a few weeks, so it is slow-going for me). I'd like to start by defining myself and my wife before getting into my story.

Myself:

- 38, married for 12 years, 3 kids, one on the way
- Come from a divorced household, former blue pill father (now somewhat red pill without knowing it, maybe more MGTOW); manipulative and CC riding mother pre and post divorce (seriously fucked up childhood that obviously contributed)
- Good career (engineer working in construction), struggled for many years after the 2008 crash but now junior partner in a small firm and finally making 6 figures
- Part-time soldier, combat vet (infantry), very good at this portion of my life, very physically fit (not huge, but lifting hard since June, previously alternated crossfit and starting strength for a few years but mostly built like a strong runner)
- Formerly Alpha prior to marriage (or at least less beta), fucked lots of chicks (well, if 40-50 counts as a lot), used to play guitar in some metal bands and DJ'ed for a while (chicks love to fuck guys that pretend to create music, lol, WTF?), but mostly HB 5-7's I'd guess
- was friends with wife for many years prior to hooking up (she had a long term boyfriend, I was still banging randoms and breaking ugly sluts hearts). We did not like each other prior to hooking up. She was a cunt, I was a purple pill playboy.
- we hooked up as I was training up to go to Iraq in 04. Married her right before I left (what a faggot) because I was in LUUUUV and so she would be covered on my insurance
- Problems began immediately and have only gotten worse over time (she is a fucking spectacular alpha, lol)
- Sex began hot as fuck (first night she was blowing me in my buddy's bathroom with people waiting outside); now we have sex once a year if that, and only to create kids.
- I have cheated on her numerous times since 2010 (I think around 10, some were hookers though)
- became Catholic after marrying her, try to be pretty serious about it (obviously failing); I would and will still be when she's gone, and will raise the kids that way

Wife:

- 42, former HB 7.5-ish, kinda chub now, extremely Catholic now
- N count somewhere around 4-10 as best I can tell
- Fucked up family (father alcoholic, originally a fucking super Alpha who slowly became beta with time and his wife's happiness increased, he died of cancer a few years ago; mother super passive aggressive, hypochondriac, and generally awful person to be around most of the time, also has chronic illness (Lyme's Disease); sister rode CC and is late thirties with no man, super liberal and

partial misandrist)

- She is a good but overbearing mother, homeschools the kids, very hard worker, shitty caretaker of the home, which causes lots of angst on my part
- loves to start new renovation projects and never finish them, without asking me first, and then I clean them up
- Originally purchased the 60 year-old house we live in, but I have been paying for it since 2005. This is a big and weird deal; It seems to limit her ability to follow my lead in regard to home issues since “she” bought it originally
- Had horses when we married (5), now down to 3, but we also have a menagerie of goats, dogs, chickens, guinea hens, and cats
- Mostly prudish when it comes to sex, in the beginning was a little more adventurous, but obviously now it’s like fucking a nun, and an old one at that
- She formerly controlled all finances (she has her MBA and is very good with them, I can’t lie), but since choking the pill down a bit, I have been wrestling them back with mixed results (may have gone full bore too soon)
- She thinks I have serious PTSD from the war; I think I am just an asshole, a sensitive butthurt faggot, and too beta for my own good

Story:

My marriage has been shit for years. Got married very hastily, went to war, didn’t die, came back and when back to work. We fucked ok for a few months, then took a break so that we could have a catholic wedding and “pretend” to be virgins (I am a faggot, yes) as the church wants you to if you are already married by justice of the peace. We get married, there is already a lot of arguing because of the amount of time I devote to work, the Army, and working out. This increases slowly for a few years until I leave for several months of military training (Ranger school). My neglect of her “emotionally” prior to this is fodder for many arguments. I come back from school, not giving a fuck because I am a (so I think) semi-badass again, and the shit just goes downhill. She always wants to bang late at night; I tell her no b/c I have work (total fucking retard), and then it becomes a cold war. I want to bang in the AM; she does not. So we go months without banging. When we do, it sucks. No kids yet; we think we can’t have any. We have a huge dustup at Christmas in 2008; the next day we find out she’s pregs. Things get better for a while during the pregnancy, but I am out of pocket with training the whole year (deploying again 2010) plus studying to get my professional license for 6 months, so it gets rough at the end. First son is born, 4 months later I am gone. In Iraq, we talk on the phone when I can, but I’m pretty fucking busy so it’s like a once a week call. Other fags call home every day; this is held against me still. Fuck you bitch, I’m busy, lol.

Anyway, meet this broad other there that totally digs me, and shit starts happening. We don’t fuck (it all happened at the end, plus I was a large pussy about it), but we had serious feelz going on and then I had to bounce. I come home, wife’s dad has cancer and is dying, and wife is totally preoccupied. I try to bang a few times, but it sucks (starfish), she cries a lot, and I get tired of begin told I am a shit lover. So I say fuck it, I will never initiate again and start going on the prowl elsewhere. I do, and bang some sluts here and there. Wife continues to want kids, as do I, so occasionally we have boring starfish to conceive. She is now convinced I withhold sex (I do not, but told her about the non-initiating thing like a faggot).

Our arguments are fairly formulaic. She starts with some shit she thinks I’m doing wrong, I get all butthurt about it and tell her to go fuck herself, she calls me immature and a terrible husband, I just freeze

her out for a while until I don't want to smash her face in with a bat. I try not to do it in front of the kids, but she chases me all over to continue fights and talk about our "relationship". I formerly did not want to be a pussy and would not leave. I can see the effect this is having on my babies and it really hurts.

I stumbled upon this sub and started reading the sidebar. Read NMMNG (reading again because it hasn't sunk in yet), partially through WISNIFG, and read this sub and Ask MRP and Ask TRP daily. The last few altercations I have tried AM, fogging, broken record, negative inquiry, with mixed results. She thinks I am using some psycho mumbo-jumbo and am acting like a teenager. I try my best to STFU but she will needle me until I have to say something, or go apeshit. I have done well restraining my anger and have only popped off with a fuck you or go fuck yourself twice since then. The other day I bought her a new van, then the day after continued painting the trim in my bathroom. It was coming out a little rough because of the heat (I live in the deep south) and she just went off on me about it. I tried to STFU, but she kept nagging, so that's when the "go fuck yourself" came out. That escalated the situation, so I left for 4 hours to shop for my son's b-day present and drink beer with my little brother. He is actually pretty red pill and non-judgmental, and an all around good person to talk to. I go home and everything is ok for a while. Kids ask why I left and was I still mad at mom, so obviously the butthurt was obvious when I rolled out. She brought that shit up again that night, I STFU as best I could and just said I won't put up with crappy treatment. She said the usual "you are so immature and this is not a real relationship" bullshit. Since then we've had radio silence.

Things I have concluded:

- I am the reason shit is this way
- I need to continue to lift, read, and STFU
- I need to seriously work toward OI, AM, and controlling my anger
- I am very angry but not sure at whom (mostly her when I should be angry at myself). I am so angry that I do not want to initiate kino because of my lingering butthurt and probable rejection.
- I think I went so beta so fast in the beginning that it will be very difficult to get back to being an Alpha that she will respect (she said she can never respect me acting this way now)
- I somewhat hate her and don't really want to be married anymore, but am very reluctant to leave with small kids 6 and under, plus another one coming soon, plus family and church fallout, but have the strength to do it when I finally call time
- I have some game and can get laid, but I need much improvement in my cold approaches and not going blue pill once they show interest
- I do not have a MAP yet and I really am not sure where I want to go with regard to her (as in stay with her dumb ass or kick her to the curb)
- My one-itis isn't as bad as some others; I find myself dreaming about her untimely demise and it gives me joy

So, if you made it this far, awesome. You have seen that I am fucking retarded and need to do a lot of work to progress. I am sure I left some things out, but I'm trying to cram this in between shit I need to be doing at work.

I love this site, and it has been helping me out so much. It is blowing up my marriage, lol, but it is slowly pulling me out of my funk and helping me work toward being the man I want (and somewhat used) to be. I am very grateful for your insight and contributions, and look forward to hearing what you have to say. Thanks.

Comments

anythinginc • 6 points • 1 August, 2016 10:03 PM

So you can legit have sex with women hotter than your wife? Why is that you think? Because you're more charming than you are with your wife? Because you're not desperate for sex and validation from a random woman? Because you can pretend to have your shit together for one night? Because they don't know your shit? But in time they would just like she does.

I'm a redneck too and I feel like you're just an average good-ol boy with poor impulse control who lets his woman run shit while he's tinkering with some random shit, out at the beer joint gaming hoes, and going off to play soldier occasionally. Any place where you can keep guinea fowl and goats is probably small enough for her to know all about all the shit you're getting into bro. Maybe she's too Catholic to divorce you but not too holy to not torture your ass.

When you were 26 you married a 30 year old woman (#ephiphanyphase) to start a family? You always take the easy way out bro? The 22 year olds take too much work?

She's preggers so you're fucked for a year. Best case scenario is be just beta enough to avoid divorce and use this time to work on yourself and position yourself to be more authoritative once the baby comes. Horses need to go (#horsechicks). You need to be in a house building equity that has your name attached or renting and not working your ass off putting lipstick on her disintegrating pig. You need to be more proactive about prepping for her when you do your weekend a month and two weeks a year. Kids need to be in a real school. She's wasting her MBA while setting up her "primary caregiver" act. She rules the house and the kids so she de facto rules your whole fucking world. What the fuck are you going to do about it?

Anyway, lookup "drunk captain" here.

I will never initiate again

Butthurt faggot, everything has to be easy huh? I believe you are good at the combat vet (infantry) portion of your life, you fucking grunt, you need rigid structure and organization in your life and somebody yelling at you 24/7 to get something done or risk disciplinary action. Why am I not surprised you married a woman to do that for you in your civilian life? Why am I not surprised she doesn't want to fuck you?

bowhunter6 • 1 point • 1 August, 2016 10:50 PM

LOL, you are correct on so many points. Yes, it's probably because they don't know yet that I suck that these chicks like to bang for a while. Only two have been hotter than my wife, so I obviously have work to do in that regard (high enough SMV to attract higher quality women).

Spot on with the impulse control, though I don't really go out to bars to game chicks (usually day game or the interwebs) and only drink occasionally (1 or 2 beers every couple of weeks, or a little bourbon). Also, I work about 90 miles away from where I live, and keep that stuff away from home when it happens. She suspects but hasn't seen any physical proof.

I don't know what I was thinking when I got married; she seemed like she'd be a good mother to my kids and faithful while I was gone. I think I was beta bux for her with a sprinkling of alpha. Now it just comes across as butthurt or childish when I "act out" because her perceived SMV is higher than mine.

I don't know if I can be beta enough to avoid divorce. I can't go back to that. I am just trying to keep distance and continue working on myself. It is only partially working; she likes confrontation. We actually have decent equity in the house, and we got a notarized donation from her to me for the house signed a few

months ago but never spent the \$250.00 to finalize. Now, I think if I pushed the issue it would send up major red flags, and I'm still debating if/when the time is right for that.

I just realized you meant get in a newer house. I will think on that one.

The homeschool deal is a time bomb. One one hand, I like that she does it because I have chosen the curriculum and it is not feminized and common core (old school reading, writing, arithmetic, etc.) and catholic. On the other, I'm not sure that she should be their sole teacher until high school (which is when we had agreed they would enter public or private school). Spot on with the primary caregiver deal; she is, and there's not much I can do about that at present (Work the two jobs to pay for our shit, and we are pretty frugal as it is, she's not a big spender and neither am I). I will have to really think on this one. She does basically rule the house, though like I said, I have been attempting to wrest control away, but results are varied (did manage to force her to give me all passwords to all accounts and dictate what is paid to each bill, though she pays some and I pay others). I think it is acceptable for the present.

Drunk captain is very very appropriate and I am slowly sobering up.

Yeah, I know what you're saying about the military. In the beginning I did need her to provide structure (when it should have been the other way around). Things have changed the last few years since babies were born and I have spent all waking hours either at work or working on this fucking money pit of a house. The problem is that a lot of it was her idea or at her plea/request/insistence, and not because I had a decent fucking plan or anything. I had become like her fucking mule, but the mule is starting to get ornery.

Like I said, I think the main issue I'm facing is my butthurt. I am a sensitive person deep down unfortunately, and so even though I'm getting better at NGAF about her insults, they still cut and I have not mastered hiding that pain. I am still butthurt deep down that she is not falling on my cock constantly; I need to internalize NMMNG. So I usually overdo it (well prior to June) and go apeshit on her, which clearly dries the pussy up when you emote all over the place. Since June I have been improving my ability to hide my emotions and STFU. I'm also using the "oldest teenager in the house" trick when talking to her and it is definitely helping.

Thanks for the insight, I have a lot to think about. I kind of feel like I'm all over the place right now with all of this red pill information and wielding it like a haji kid with an AK47. My wife is highly intelligent and used to getting her way, even by manipulation, though she would never call it that. I'm not capable of going toe to toe with her yet, and so I'm trying to STFU and fog or AM when I can, but she can see through my shit and is like a shark with blood in the water. I know I have a long road to hoe.

anythinginc • 1 point • 2 August, 2016 08:46 PM

My wife is highly intelligent...manipulation...not capable of going toe to toe with her yet...

You never will be. This a woman's expertise and we're outgunned bro. Your SMV and value have to be higher than hers so she submits, so she plays the loving feminine wife, that is the key. You can't play at AM, you can't get your way, you can't get the sex and life you want...until your SMV is higher. That's why the first few months are STFU, lift, add value, work on yourself and your frame and your outcome independence, handling YOUR shit...the shit that YOU can control. You can't control your wife, but you can control your life and make sure it is good enough that she willingly and lovingly does what every sane woman knows she needs to do to be a part of it. Right now it is HER life and you're just paying for it, potentially going to the desert and dying for it even.

What is not made explicitly clear around here enough (or early enough in BBP's book IMO) is that ideally the first few months of unplugging are just like a frog in a pot. You're slowly adding heat (value/SMV/frame) but they don't know what the fuck is happening until they are cooked (a loving sexy wife in your frame).

sensitive...emote

You need to kill that beta bro. Swallowing TRP means you don't believe in that shit anymore.

[deleted] • 2 points • 2 August, 2016 02:14 PM*

Welcome brother! So much of your post is about her and how to deal with her bullshit. Fuck that....

If she just disappeared tomorrow what would you do with the rest of your life?

Figure that shit out first and start working towards that vision. Over time she'll either decide to fit into your life or she won't. I love this mindset because it deduces a very complex emotional issue down to a simplified yes or no decision at some unknown point in the future. It could be 6 mos or 6 years but eventually you look around at your life and you just know what you need to do.

Salvation Lies Within!

Your post makes you seem like you're still a bit lost to me. I know that feeling of drifting and I've come to absolutely hate it. I've found that my deepest happiness and satisfaction comes from knowing my plan, working my plan, and seeing the results of that plan materialize.

From your post it is clear that you are in no place to make that decision

If you start into beast mode today and have 0 fuck ups along the way it will take you at least 12-24 mos to get yourself where you want to be. Reality is that your progression will not be linear and you'll destroy some of that progress along the way and have to rebuild. This extends your time line.

The simple truth is that your wife is treating you exactly like you have taught her to treat you. Women despise Bitch-ass men and treat them accordingly.

Why are you so angry and resentful towards her? She is only acting out thousands of years of evolutionary biological and sexual response towards what she sees as an inferior man.

You've been a drunk, beta captain for a long time and a few weeks or months of alpha sprinkling hasn't even dented her still accurate perception of you. Over time she may respond to the type of man you should be and become the wife you desire or maybe she won't and the decision to shit-can her becomes easy.

Any man can have a beautiful life if he is willing to do what it takes to achieve one. Take the time, do the work, and make the call.

bowhunter6 • 1 point • 2 August, 2016 06:00 PM

I do feel kind of lost. I do not have a concrete plan yet for my life and my family as of yet and need to create one. I've been reacting and not being proactive for a long time.

I really appreciate the rest of your thoughts, and will definitely keep them in mind while I'm slogging my way through the sidebar readings.

[deleted] • 1 point • 2 August, 2016 06:07 PM

I've been there man...That plan will take time to develop and will change as you go but starting with attainable shorter term goals to build momentum will get you going in the right direction.

[deleted] • 1 point • 1 August, 2016 10:51 PM

You remember SMESC?

You made it all the way to s. I'm not going to lie, I didn't read any of it, since the first few paras were you looking to blame parents, and a little bit of non committed ownership.

Will see if there's work behind this declaration

bowhunter6 • 1 point • 1 August, 2016 11:01 PM

I sure do. I absolutely agree; I have no clear mission WRT my family right now and need to figure my shit out. I'm waffling because I'm not sure I can be the best father I can be while still married to this woman. I have a feeling that I would be a better role model if I wasn't battling their mother so much and having my parenting be questioned in front of them (as it is now). Plus I want to fuck, and fucking ain't happening at home. I'm not positive I can get that to where I'd like it to be.

I absolutely do not blame my parents (not consciously anyway), just wanted to give some background and maybe could have clarified better. My dad is my best friend and my mother and I have a neutral relationship. I totally own that things are the way they are because I have fucked it up along the way.

I am looking forward to more insight into what I've relayed here; I know there is so much I still have to learn and internalize before I can really move forward.

[deleted] • 1 point • 1 August, 2016 11:43 PM

Then stop eating everyone's time, go do something, then post.

Jesus, it's like people just like to talk

bogeyd6 • 1 point • 2 August, 2016 12:55 AM

So how was your day? Mine was pretty good. Had some great Guatemalan coffee this morning. Highly recommend. How about them Leafs?

[deleted] • 2 points • 2 August, 2016 01:35 AM

I don't watch hockey, even I know they are a joke.

4 blowies in a weekend... It's no coffee, but it'll do.

[deleted] • 1 point • 2 August, 2016 12:50 PM

4 blowies

That shit is going to wreck your gainz

[deleted] • 1 point • 2 August, 2016 12:49 PM

Hey man, don't forget to have fun.

For everything else, you know what to do, fucking do it.

[deleted] • 1 point • 2 August, 2016 01:33 PM

Our arguments are fairly formulaic.

I.e. she pushes all your buttons and you react impulsively. She sucks you into her frame to construct drama for herself and to antagonize you because she doesn't respect you. The "formula" is that you're doing the wrong thing, every time. You're letting both your lack of frame and your build-up anger come through every time she starts this up.

All of your post sounds like you have a pretty good handle on what's going on and why. Good. Keep working through the books and decide what your frame is, then hold fast to it.

red_blue_and_hot • 1 point • 2 August, 2016 02:55 PM

On this point, he'll know he's "made it" when he laughs at her bitchiness instead of being drawn into an

argument.

OP, you are giving way to many fucks to what she's thinking or how she's feeling. You need to look at her like you would a six-year-old who just got told she couldn't have ice cream.

Also, a thought... some women just need to get fucked. If she's both being bitchy and accusing you of withholding sex, those two facts might be related.

bowhunter6 • 1 point • 2 August, 2016 05:36 PM

I care way too much about her opinion/feelings/everything. It is way harder than I thought to change that part of myself, but I'm working on it. And yes, she needs to get fucked badly. She's so mad at me that if I even start any kind of kino (which I have to force myself to do; I am so closed off to her), I get the "oh no you didn't!" treatment. This is going to be difficult to overcome.

bowhunter6 • 1 point • 2 August, 2016 05:32 PM

That is exactly what happens. I usually fold like a house of cards, now I fold just slightly less easily. Still not close to good enough.

I will keep reading and lifting and figuring my shit out. Thank you.

Aechzen • 1 point • 5 August, 2016 01:55 AM

I somewhat hate her and don't really want to be married anymore, but am very reluctant to leave with small kids 6 and under, plus another one coming soon, plus family and church fallout, but have the strength to do it when I finally call time

I think you need to, in order:

1) make a MAP. Even a rough draft would be better than having nothing. Seriously, before next week's OYS, come up with something.

Do you have guy friends? Spend more time with them, or make new ones. Do you have something you want to do before you turn 50 or die? Write it the fuck down and make a plan how it would plausibly happen.

Don't worry about your wife for a few minutes. See if you can go entire hours without thinking about her. Your biggest problem is one of frame. You need to make your own goals, determine they are worthy, and pursue them. She will follow you or she won't. That part is fully out of your control.

2) vow to stop making children with her. I don't know if this is a catholic thing, or what, but stop renewing an 18 year lease with a woman who is making you so fucking miserable. Shit started going sideways on me after kid one. We got oops pregnant with number two and then I got a vasectomy. I also recommend this because of your extracurricular sex. Do not knock anybody up anymore, especially your wife.

bowhunter6 • 1 point • 5 August, 2016 07:52 PM

1) I will get cracking. I am just getting to that part in the MMSLP as we speak. Most of my original guy friends I have lost touch with, and newer ones I became semi-friends with through our wives, and the wives had been the ones previously setting up social engagements (kids playing, going out to eat, etc.). I am developing a plan to change that, though, and figuring out who will help me along in this quest or is too consumed by the blue pill and may hold me back. I get the sense that there are lots of blue pill bros out there that would totally pull the crabs in a bucket move.

2) We are absolutely, positively, no longer having any more kids. And I am not knocking up anyone else, and am trying to go into monk mode for a while but still do some cold approaches and get numbers for the practice. Some of these current or developing plates can't take a hint and won't leave me alone, though.

