

FR: Outcome independence and keeping frame

3 upvotes | 20 July, 2015 | by spexer

This story is one I have read many times here, so please skip if this is getting to be a broken record. There will be a **tl:dr** at the bottom.

Relaxing Sunday and it was going great. a lot of flirting and horseplay in the pool with my wife, after being out of town for a few days.

We are later chilling in the porch and she is laying there, mostly things were going good, but she was getting negative and pissy. the highlights worth noting:

- We were talking Netflix shows to watch, and I mentioned we should spend time watching them together for a change, like other folks. she complained that this would be too difficult to schedule, etc.
- She started complaining that the rum drinks were making her queasy - and I made a joke that there would be no whiskey dick from me, as I took the Viagra pill 30 minutes ago. This was the 1st time i ever took one by the way. *<--NOTE: I think this was a mistake on my part, as flirtatious comments like this are a way of asking permission for sex via putting something out there to see how she responds. I will try to not do this in the future.
- I continued flirting and kept touching her, and when I tried touching her down below, she said not to , because her bladder was full. She wouldn't go empty it, however.

So I got up, checked on the kids, and then returned and sat beside her, still presenting a good mood. After sitting there for the minute, I then built up the guts to leave. With no big show, I got up, grabbed a DVD that needed returning, and left.

Pretty quickly, my phone lit up from her, which I ignored. I returned the movie and then tried to decide what to do next. I ended up talking on the phone with a few bros, catching up and getting advice from them.

I eventually answered her call, letting her know I was on the other line, and was out taking care of things. When I got home about an hour later, she was clearly pissed. I said goodnight to the kids and laid in bed reading more MRP. When she joined me all mad, and she told me she didnt like me just leaving like that. the conversation highlights went like this:

HER: How would you like it if I just left for an hour or two?

ME: Go ahead. If you are unhappy you should leave.

HER: Is that why you left? because you are unhappy?

ME: I am fine.

HER: You are angry. Why else would you leave?

ME: nope. I just went and did something else. You didnt want to spend time with me, you didnt want me to get physical with you. I have other things to do, so that's that. No biggie.

HER: ...your angry

ME: Nope.

HER: ...if you are not angry, then kiss me.

And thus we kissed and had a wonderful session. Now I realize I likely could of pushed through her shit tests out on the porch, and ended up with the same results, but I was not wanting to. I honestly wasnt angry, I was just tired of it, and finally realized I could just go do other things.

... and Now I see how she reacts to that. Later when we were laying together in the afterglow, she said to me "So you dont need to leave like that anymore..."

tl:dr: wife resisting advances so I left for a few hours. When I returned, the conversation turned to her saying "If you are not angry, then kiss me"

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Comments

sexyshoulderdevil • 3 points • 20 July, 2015 11:19 PM

And just like that...the power shifted. Write down the date.

jons_throwaway • 3 points • 20 July, 2015 10:14 PM

I think you did a decent job. You leaving and her getting a little light dread shock her.

[deleted] • 3 points • 21 July, 2015 12:41 PM

Nice one.

"You are angry"...definitely a shit test. Betas see that as their opening to talk through the problem. Women who dont get what they want will attempt to begin an argument to make u lose frame so they can reframe the interaction as you losing your shit.

RPAternate42 • 2 points • 21 July, 2015 06:36 AM

so you don't need to leave like that anymore...

Just ignore that shit test too.

mrpCamper • 1 point • 21 July, 2015 01:04 PM

Yeah, that was a big shit test there at the end bro. Hope you handled that.

spexer[S] • 2 points • 21 July, 2015 03:10 PM

I just smiled, and went to sleep. (maybe I kissed her forehead as she was resting her head on my chest, I can't recall.)

I thought no verbal response was best - should I have said something?

mrpCamper • 1 point • 21 July, 2015 03:37 PM

You probably handled well given the situation and your newness. If you don't know what to say just shut the fuck up. This was all i did the first month until I was recognizing shit tests and could think clearly enough to answer them fast with answers that would be positive for me. Shutting the fuck up is good most of the time and is almost always better than not recognizing the test. For instance you didn't say "ok", "Thank you" or "I won't".

bogeyd6 • 1 point • 21 July, 2015 01:14 PM

Good job for your OI at the end of the encounter. Sent her hamster into ludicrous speed when you just left. While this is a good way to handle someone like your SO. She would respond better to pushing through the shit tests.

Think about it like this:

You tried to come on to her, she refused, and you went and did something else. You made the mission not her the mission. Kudos. Hamster goes into overdrive and doing back flips. She doesn't know what to do so she initiates the sex as she knows its the only thing she has to offer.

Now think about it like this:

She shit tests you and your frame on the porch while having a good time. She is checking for beta hoping to find alpha. She successfully resisted your advances. She wants the man where sex "just happened". Well of course it doesn't just happen. Power through the shit tests and deploy your kino and game. Seduce her. Thus you are cementing your role as the leader and she just got power fucked by her alpha male.

spexer[S] • 1 point • 21 July, 2015 03:14 PM

yes - definately would have been better if I just pushed through the porch shit tests and seduced like a pro. I am still a learner. Miles to go.

We also started the following morning with a 30 second kiss each day. Learning how to kiss her again is interesting.

also of note - I bought her flowers the next day (rewarding good behavior with comfort) - atleast I thought it was a good move. She immediately asked how much it cost, and complained she had no place to put it. atleast I kept my cool and dropped it - but boy can I see the negative response to beta now....

[deleted] • 1 point • 21 July, 2015 05:41 PM

Good job not getting angry but the interaction still reads as butthurt which is why she took it as such... luckily you were calm and collected by the time you got back. I'm expecting downvotes here because MRP considers this a "win" because you fucked your wife but I see it as her giving her pouty baby sex. I'm exaggerating a bit but I think the "now you don't need to leave like that anymore" is evidence to support my claims.

I think you're lying to yourself a bit on this OI. You are presenting OI, you AREN'T OI.

spexer[S] • 1 point • 21 July, 2015 06:23 PM

Still work to be done I agree. And yes, there is a bit of "fake it till you make it" but I think I am getting there.

ZeeyardSA • 1 point • 21 July, 2015 05:52 PM

Well done man