

Crying shit tests.

3 upvotes | 10 May, 2015 | by theultmatecad

I am curious how the more experienced men handle these bouts of water works. I usually ignore them, just pretend I didn't see it. Maybe there is a better way.

Example. Wife sick with a bad cold. I have an overnight trip later in week planned and I'll come home to see tears. The expectation is that I cancel my trip. Because life is harder with me around. Pure attempt to manipulate

All of this unspoken. I usually just ignore the tears and go. Things always work out.

How do you guys handle this?

Edit. I won't respond to any mangina who suggests I need to provide SOME beta in an LTR. Women use tears to get their way and if you don't know this then you have ALOT to learn

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Comments

Coolbeans024ptf • 5 points • 11 May, 2015 12:26 AM [\[recovered\]](#)

A mans got to do what a mans got to do. Be firm, hold frame. Tell her the facts to move on. Men think if a woman is crying it has meaning, women know that a woman crying means nothing. Don't coddle her.

[deleted] • 1 point • 11 May, 2015 12:34 AM

I've been holding frame by ignoring the tears and just plowing ahead.

BluepillProfessor • 8 points • 11 May, 2015 12:44 AM*

Well call me a mangina because I say a crying woman can be comforted without you breaking frame or losing your IDGAF attitude. It is called Amused Mastery.

In this case you are pissed because of the obvious manipulation but since I am already a mangina :) let me cry NAWALT.

Ignoring attempts at manipulation is good but in general, ignoring tears is not. You already know, but for the new guys, if you do it to much you will fail comfort tests and she will check out emotionally. Then it is game over.

Of course if you do it to much it is /r/deadbedrooms.

Still, taking your crying wife into your arms and kissing her lightly before assuring her you will also miss her (when you leave on your trip which was never in doubt) would not have been so bad- would it?

[deleted] • 1 point • 11 May, 2015 12:53 AM*

Hi Mangina

In this example the tears are a blatant attempt at manipulation:

I have a sore throat and watching kids by myself for two days is harder then if you don't go.

I see taking the wife into arms with amused mastery as a reward for bad behavior.

Still...these alternative viewpoints are interesting and that is why I asked

strategos_autokrator • 7 points • 11 May, 2015 07:06 AM*

the tears are a blatant attempt at manipulation:

So the tears are the means to get you to cancel the trip, with the implication being: She is sad, therefore you should feel guilty and do what she wants. As long as you don't cancel the trip or DEER about it, you aren't giving in. The trick to teach her is to separate the tears from the the issue about the trip. You understand she is sad. You manage that however you want, some sort of Oak Move, strong alpha, with some minor comfort is the normal good way. Both Amused Mastery or Command Respect (both from the point of view of Father Knows Best) are good ways to get to this.

What is manipulative is not the tears. Women cry, and there is nothing wrong with that. What is bad behavior is that she uses the tears to make you feel guilty to THEN ask for something. She is putting those things together, all you have to do is reject that coupling.

You show you care about the tears, but don't bring up the trip at all. Just deal with the tears, to see if she will verbalize the unspoken premise. You can reveal her covert contract this way. If she says it out loud, THEN, you withdraw attention to not reward the behavior. This makes it clear that tears are ok, but

manipulative tears are NOT ok. Just like a dog, it is better to catch them at the moment. If she doesn't mention explicitly the trip, carry on as if you didn't know what she wanted you to do.

tl;dr: The key is to split up the tears from the demands to teach her to not manipulate. You don't want to penalize the tears, you want to penalize using the tears for manipulation. For this, you need to draw her out to reveal her covert contract. Otherwise, just ignore the covert contract.

[deleted] • 3 points • 11 May, 2015 10:34 AM

I like this separation of tears from manipulation and will try it. And yes..It's a covert contract on her part so I always felt fine with ignoring the unsaid

Thanks

alpha_n3rd • 3 points • 11 May, 2015 11:42 AM

For me I usually look at WHY she is crying.

In this case I might go for some beta comfort.

If she's crying because she's pissed at me over some stupid bullshit thing then I ignore with great prejudice.

strategos_autokrator • 3 points • 11 May, 2015 11:52 AM

Or just focus on the crying, and not bring it up. Wait for her to bring it up, if she wants to. Asking "Why" might feed her hamster anyway. Also, it might be a trap, because she hasn't officially spelled out the reason, and by you assuming the reason, in the eyes of her hamster, you are assuming responsibility too. Sometimes they cry so you ask Why and then they use that question to attack you (for not knowing or not caring).

It is the same with little children. Sometimes they are crying, and if you ask them too much about why they cry, they just get more emotional. THEY can't explain it well. It is better to bring comfort and when they are calmed, they will tell you the reason.

As men, we think that if we know the Why of the tears, and fix the Why, then the tears will stop. However, that is not how women operate.

alpha_n3rd • 3 points • 11 May, 2015 03:04 PM

I don't ASK HER why. I evaluate the situation and decide "is she crying b/c she is really emotional or is she crying to manipulate me".

The child analogy is perfect.

[deleted] • 1 point • 12 May, 2015 05:02 PM

I used to get upset at obvious attempts at manipulation... then I realized a couple of things: 1) getting upset about it is STILL losing frame and honestly giving her what she wants (emotional reaction - she wins) oh and being upset puts a damper on my day 2) I was over here blaming *her* for this shit but really AWALT and it would be any female I was with so ignoring it is the way to go.

I don't feel the need to take attention away because that is still losing frame... I eventually decided to just go on with my day as I was planning to anyway because changing my day based on her at all is still slipping out of my frame.

Anyway, in these situations I'd comfort the tears... if she brings up the trip "I know you're going to miss me" and just tell her she knows you have to go. This isn't as big a deal as you're thinking it

is... she's being emotional and that's just how women are.. unless she's re bringing this shit up day after day even when you get home like "something needs to change" you can just chalk this up to her having a little overflow of emotions that she will forget about as quick as she came up with it and it need not bother you in the slightest.

[deleted] • 1 point • 12 May, 2015 06:30 PM

Yea..It's not about missing me. It's about a lazy woman who wants help with kids bed times and hw

[deleted] • 1 point • 12 May, 2015 06:38 PM

Doesn't Red Pill say she doesn't love YOU she loves what you are / do... so in RP terms she misses you lol

but anyway i'd still phrase it as "i know you're going to miss me" either way, you should expect to be missed... why wouldn't your wife miss you?

[deleted] • 2 points • 12 May, 2015 06:39 PM

She loves how you make her FEEL.

[deleted] • 1 point • 12 May, 2015 06:54 PM

good correction there... anyway my advice still stands i wouldn't care if i think she's manipulating... i'd just ignore that (or leave her if you don't want to be with someone like that) because you're not going to suddenly make her a non manipulative person

[deleted] • 2 points • 12 May, 2015 07:30 PM

They are all manipulative

[deleted] • 5 points • 11 May, 2015 12:18 AM

Your Edit was unnecessary.

My Advice Tell her you thought she was strong enough to handle the work you had to put in.

This forces her to see her weakness as well as how she is disappointing you, leads to change in behavior.

I left for several deployments and my wife learned after the first one that tears are useless. They don't change the looming departure, so they're wasteful and pointless.

Maybe she'll get over it after a while. Either way, the tears aren't *always* a dramatic touch, you have to read each interaction from an unbiased stance so you can tell the difference from when you need to comfort and when you need to leave it be.

[deleted] • 1 point • 11 May, 2015 12:21 AM

Thanks but your advice means I first have to ask why she is crying right?

[deleted] • 1 point • 11 May, 2015 12:30 AM

No, I think you will find out the reason once you let her speak.

She'll hamster away about this, then that, then this, then finally the point of the convo.

Once you listen then actually *hear* what she means vice what she's saying you can make the call of comforting her, ignoring her, or confronting her.

strategos_autokrator • 1 point • 11 May, 2015 07:50 AM

I first have to ask why she is crying right?

My wife does this crying before my work trip thing always, especially if she has a cold or something. I never ask why is she crying, it doesn't matter. Asking why is she crying is just engaging her hamster. You can provide comfort and if she wants to talk, she will. The more comfort you provide before saying anything about "the why", the more you break her manipulation.

Hamilton950B • 2 points • 11 May, 2015 12:57 AM

I used to try to reason with my wife. "Honey you know if I don't go I'll get fired and we'll be sleeping in the gutter." I'm sure you already know how effective that was.

Then I would ignore her, but still count on her for a ride to the airport. She'd think up some last minute reason why she couldn't drive me and I'd be scrambling for a cab.

I have finally reached the point where she knows the tears won't work and that I expect that ride to the airport. But it sure took a long time to get here.

I don't really have any good suggestions beyond what you're doing. Stick it out.

[deleted] • 2 points • 11 May, 2015 12:59 AM

Yea....explanations to women don't work. This implies you are equals and she may have some responsibility for her actions and we know she don't want that

[deleted] • 1 point • 11 May, 2015 12:38 AM

Yup. Learn to shut out tears or learn to understand how they can manipulate you. Identifying how you're being manipulated is important. Good life skill to know how to use it to your advantage. Its harsh but true.

rediscover03 • 1 point • 11 May, 2015 01:46 PM

I think the answer is buried in your post. You already noticed there's some covert requests and attempts at changing your behavior in there. So my approach: 1. Acknowledge feelings, bring tissues, be supportive as much as you can without altering your path and goals 2. If things are really bad (you rationally evaluate them to be so) then consider making changes so that ship doesn't fall apart because FO sick. 3. If she asks you (overt communication) and it's obvious she needs extra care or you to change plans, consider it.

Otherwise the tears are just noise and par for course. Reminder how women are ... Uh what's the word .emotional.

[deleted] • 1 point • 11 May, 2015 03:00 PM

Im more iron fisted than this

alphabet49 • 1 point • 12 May, 2015 06:27 PM

Isn't it interesting how she uses her tears as a weapon? She might genuinely be upset about your trip, but when you don't cater to her emotions suddenly you don't *care* about her emotions, which means you don't *care* about her, "*why are you being so mean to me you don't love me anymore*".

If she could only be upset **and** accept the reality of the trip. "I have this emotion, but xyz must still take place." Instead its, "I have this emotion, and emotions trump everything, therefore xyz must change."

AWALT, man. I feel ya.