

Swallowing the pill is only the beginning. This is a years-long process. Internalize that NOW.

April 13, 2015 | 63 upvotes | by [Shackmeister](#)

Gentlemen, this sub has a patience problem.

Many among us seem to have forgotten that "LT" in "LTR" stands for *Long Term*. You are in this for the long haul. There are no shortcuts here and you should not be seeking them.

I bring this up because there have been an awful lot of posts containing phrases such as "I swallowed the pill two weeks ago" or "I have been hitting the gym for a month" or "Since I began asserting myself these past ten days." Let's be extremely clear:

ONE MONTH IS NOT ENOUGH TIME TO EXPECT RESULTS.

If you are escalating to level 7 or 8 dread after hitting the gym ten times in a month and saying "no" every now and then, you are going to blow up your relationship very quickly. That might work just fine for single guys or plate spinners because they can Next a girl when she gets pissed that they are changing and find one that only knows the new them. This does not work for us, we carry the baggage of years of plugged-in behavior that our women have witnessed, become accustomed to, and now expect from us.

Consider this from her perspective. She has been with a sweet nice guy for years and all of a sudden he hit the gym and became a bit of an asshole. She is not going to think, "Oh, goodie, a whole new him!" She is going to think it is a phase, a mid-life crisis, or that you are ill. It will take a LOT of time before she gets used to the new you even if you are very consistent with RP behavior. I've been back in the gym regularly for 4-5 months and my wife still asks if I am off to the gym in a tone that suggests she feels I can't be all that serious about it. *Months* and it has not sunk in that it is more than a phase. These are the timetables with which we are dealing.

Because your actions and newfound balls are going to be a jolt to her worldview, *you need to slow down*. A lot. Frustrated that you have not seen results a month after manning up? No shit, we all are. Stay the course. Do not go upping your dread game hastily, as you WILL destroy your marriage.

The ideal scenario for you is that she does not notice a change in you. It was so subtle and took place over such an extended period that one day she wakes up and realizes she has the tingles for you again and cannot figure out why. It's because you have been working your ass off to be a better man for months on end, but you won't be sharing that with her.

So do yourselves a favor. The next time you want to post and ask for advice, take a careful assessment of your progress so far. Step back, breathe, and remind yourself... This shit is LONG TERM.

EDIT: Per /u/TheGreasyPole's suggestion below, I'll add this tidbit:

Another huge reason to take your time with internalizing TRP before applying its concepts within an LTR is that the anger phase is NOT the time to be applying higher-level dread or other hard TRP concepts. When you are still in the anger phase you may feel spiteful, resentful, and distrustful of your wife (and/or all women). These feelings will very likely present themselves in your behavior whether you like it or not. Fomenting the main event while still in the anger phase is a terrible idea and you risk being heated in any discussion. You need to be prepared to deal with it in a sanguine state.

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Comments

NSA_web_spider • 10 points • 13 April, 2015 07:48 PM

This is something that isn't said enough. Good on you for saying it.

Making changes to your relationship as a result of TRP is something that you need to do gradually, or the shock of it can ruin things, and worse, make you question your resolve.

It's a gradual process, and one that you have to apply to consistently every single day.

This is one of the best posts in the sub today. Thank you.

TheGreasyPole • 8 points • 13 April, 2015 08:03 PM

I agree. I learnt *at least 1 month RP Improvement per year of marriage* before high level dread from my first sidebar book. Had always thought of it that way.

Early dread levels are just MAPing, so that fine early on... But loads of guys seem to leap straight for the high level dread. This can be counterproductive, especially if yours SMV/Lifting/Frame gainz are weeks, months or years in the future.

I guess if you're in an emergency... But I too keep seeing posts saying

Discovered RP on Monday, Lifted on Tuesday, read some posts on Wednesday, did some thinking Thursday, was slapping the waitresses arse and flirting with the checkout girl Friday. Why she mad ? She shit testing me ?

Get your act together first, then force her into your frame with dread if you still need to. It's easy then, and there's every chance with 6 months MAPing you won't even need to (although you might still want to, for shits and giggles)

[deleted] • 4 points • 13 April, 2015 08:09 PM

I discovered the lies of feminism about 15 years ago, when I read some of the early Men's Rights books. I've been Red-Pilling along in my marriage for over four years now, since I found the manosphere, although I don't read those blogs anymore. Every six months or so my RP marriage process gets refined noticeably.

The problem is the frustration in the earlier times, because when married men find TRP they are usually near the end of their ropes. Then they have to wait until it actually starts to work in their marriage. The main thing you should be doing is to work on your life and allow your wife to mostly move towards you organically, but it's really hard not to want to give her a few firm pushes. Unfortunately, that can have the opposite effect. Plants do not grow faster for pulling at them. You just have to ensure the conditions are right.

bismarck8888 • 3 points • 14 April, 2015 01:18 PM

As someone who is new here, I agree your general point is correct, but you must also understand there are several different stories of how folks got here.

Some people got here because they are desperate. These people may have a way lower SMV than their LTR partner, are likely out of shape, and have no backbone. These people discovered this place as a last resort, read up, start to work out and get a backbone for the first time in a long time. For them patience and perseverance is of the utmost importance and your point of slow down should be heard loud and clear.

However, there are other of us who came here because we had already stared down this road through trial and error and just didn't know what it was called. Some have equal to greater SMV than their LTR partner, are in decent shape (but might not have started lifting), are Alphas in other areas in their life, and just discovered this

information and are putting it all together. These people may be able to escalate at a faster rate, but still must realize they must implement these strategies for the long run.

Finally, if you are in the second category, the best bet might be to actually give her a clue that change is happening. Actions speak louder than words, but words can send the mind in a complimentary direction.

(As a personal note, as someone in the second category, I have seen great results in a very short period of time, but also great resistance to the changes being made. I have given vague spoken tells of my new direction in life and most importantly realize this is for the long term).

Shackmeister[S] • 2 points • 14 April, 2015 01:28 PM

I grant you that there exists a wide spectrum of situations. If you start from the midpoint the race goes more quickly. My post is indeed aimed at the first type, those who have been married for years and have been lifting for weeks. It just does not work well that way and there have been a number of posts on here where guys were unprepared for the blowback after they pushed too hard, too fast.

We all need to evaluate our own situations and act accordingly. Each is different. But when in doubt, draw it out.

BluepillProfessor • 5 points • 14 April, 2015 01:01 AM

OP describes the process EXACTLY right. We have talked about "The Main Event" and other issues but if you do this GRADUALLY over months, not days or weeks, you may never reach a "crisis point." It just gradually starts getting better.

I think there is a bimodal distribution of improvement in most cases. So if you graph the "improvement in your marriage following TRP/MRP you will have two distinct curves.

The first is when you man up and start taking charge and it can be a steep curve. In other words, you can see RAPID improvement over just a few days. You may see amazing improvement very quickly if your wife is naturally submissive and has been waiting for you to step up to the plate or if you have been the Drunk Captain who decides to take up his responsibilities again. In these cases, your wife may be your biggest ally.

The second improvement line is more gradual and increases over months, not days or weeks. This is a slightly sloping line that climbs with your muscles, your intellectual improvement, your increasing dominance, and your increasing abilities as a "Sex God."

TheGreasyPole • 1 point • 14 April, 2015 08:52 AM

I agree, bi-modal distribution... Two tracks.

I lucked out with the easy track, but even guys on the hard track need to *give themselves time to improve*. It's easier to get her to treat you as she should treat a better man once you've put the hard yards in *being that better man* and then *giving her plenty of time to get used to the new you*.

It's a LOT more difficult to pull off without the rock solid personal improvements under your belt.

Shackmeister[S] • 1 point • 14 April, 2015 01:37 PM

Thanks, BPP, and you nailed it with the bimodal distribution. The steep early curve comes from low-hanging fruit like fixing your posture, grooming, clothes, etc. The longer term fixes come from MAPing, leading more, owning your domain, etc.

It is also after this initial pop that people tend to feel stalled. Just remember, you are changing years of her perceptions and your habits. It is a process after the easy stuff.

Finally, one giant pitfall that I had not mentioned in the post is that early on in this process you are in the

anger phase. This is not the time to go hard dread. You need to internalize the sidebar and become OK with the concepts before proceeding.

TheGreasyPole • 2 points • 14 April, 2015 09:47 PM

Finally, one giant pitfall that I had not mentioned in the post is that early on in this process you are in the anger phase. This is not the time to go hard dread.

That's an awesome point, never thought of that.

It's got to make a big difference in applying dread... The temptation to go very hard must be immense.

Why don't you edit it into your OP ?

You're post is in "top" now, and may be forever.

If you put this info in the OP newbs who read "top", but skip the comments, will see it.

Shackmeister[S] • 1 point • 15 April, 2015 04:33 PM

Will do. Thanks for the suggestion.

[deleted] • 2 points • 14 April, 2015 03:06 AM

I have always felt there is learning of the existence of TRP and actually swallowing TRP.

alpha_n3rd • 2 points • 14 April, 2015 03:31 PM

It's a marathon, not a sprint. When I swallowed TRP I put myself on a 1 year plan. Every time I get impatient or frustrated I just remind myself about my 1 year plan. During the year I am

Building muscle

Losing fat

working up to dread level 8

talking to a lawyer and drafting a settlement just in case

Working on having the best possible sexy time

etc TRP stuff

At the end of the year I'm going to reevaluate my marriage and decide what to do next, e.g. stay the course, divorce, or take a mistress. But I don't have to worry about those decisions now which helps me get over the ups and downs.

jerseyone • 1 point • 13 April, 2015 09:18 PM

Just by happenstance (being diagnosed with type 2 diabeetus. Ive been lifting on rippletoes program for about a year, but only discovered trp about a month ago, in my case results were pretty fast....i just had to fix a few things to really up my smv.

GC0W30 • 2 points • 14 April, 2015 11:54 AM

You had the money in your bank account to write the check AND cash it.

The guys the OP is talking about didn't have the money to write the check to begin with; they didn't have the fitness, personality or social status needed to do what you did.

If you're a broke fat married man with no social skills or hobbies besides Call of Duty who comes across TRP you can start changing yourself, but you'll still need 6-24 months before you have any chips to bargain with.

jerseyone • 5 points • 14 April, 2015 01:47 PM

The lifting and looking my best part was pretty easy. Im balding and I use to let it get me down. I just shaved and stopped giving a fuck. Tightened up my facial hair and came right out and told her I need more sex. I also took some shit off of her plate that I should have been doing anyhow (finances and bill paying being more active in my childrens life with homework and shit). Knocked out a few things around the house that I have been putting off. Its like shes been wanting me to take the lead and Ive just been living life on cruise control and shes been the captain, but didnt want to be. She actually asked me if were having sex enough, while I was titty fucking her last nite lol. (period)

real-boethius • 1 point • 14 April, 2015 12:34 AM*

It also takes time to internalize the RP way of thinking and behaving. People think that they swallow the pill and they will change overnight.

In reality habits take time to be replaced. It takes time to work through the implications.

So give yourself some time.

BTW I found a good way too introduce RP ideas is when talking about other relationships. Point out how her brother is under the thumb of his wife and the more he tries to please her the more she loathes him. And they never have sex...

BluepillProfessor • 3 points • 14 April, 2015 01:04 AM

If you are going to be Red Knighting you need to read The Red Pill Room: Have Yourself a Very Red Pill Christmas from /u/IanIronwood.

real-boethius • 1 point • 14 April, 2015 12:02 PM

Thanks good material is there.

sampson1581 points 13 April, 2015 07:56 PM* **[recovered]**

agreed, I personally think using dread on your wife is a delicate and dangerous powderkeg to smoke around. the best things to introduce first are upping your SMV, assertiveness, and for the love of god, dont beg for sex. Dont forget to be the leader, the advise about proactive leadership, and her shit test's being a shit test to prod you into doing somethig instead of being lazy was a great way of pointing out the difference between the 2 kinds of shit tests. but using dread on your wife can result in bed endings. the process of change is a slow one. This article is spot on.

alpha_n3rd • -2 points • 14 April, 2015 03:24 PM

upping your SMV

That IS dreading her

Jesus go back to PPD