

Said no thanks to the starfish last night

March 29, 2015 | 57 upvotes | by [theultmatecad](#)

It's been many months, maybe a year since my wife said no to sex. Rarely has she been fucking me out of "obligation". As last night proves, nothing is permanent. A man can never relax, no matter how tempting.

She insisted on a back massage first. Complained she was tired. I granted the massage but let my hands roam and then she would pull away and tell me she needed more back rub. When she did lie on her back she had a nasty look on her face as she really was more interested in herself then pleasing me.

So I rolled over, put my clothes on, and told her I changed my mind and didn't want to have sex with her after all.

She lit into me " I'm tired (yea right), I didn't go to gym like YOU did, I needed more foreplay and when you can't have what you want when you want it and get so ANGRY..."

Side note----I frequently am shit tested and am accused of being angry when I know I'm ice cold and in frame. Or when I put my foot down then I am told I am "arguing". Both cases are untrue. My wife hammers her inability to "get what she wants" with me being an MAD and ARGUMENTATIVE.

Truth is we haven't had an actual argument in months. I've also been much more on the indifferent side than upset/angry. I see these accusations as a provocation. She wants me to lose temper so she has "something to work with".

anyway back to last night..

I told her I wasn't angry at all. Said "your not turning me on. I don't want to have sex with you. Maybe some other time"

Within two minutes of her watching tv and waiting for me to say or do something (I flipped open laptop to espn.com) she asked if we "could cuddle".

Said sure. I matched her new disposition with a cheery, happy attitude of my own. Then I ripped off her PJs and fucked her hard for ten mins. ZERO foreplay She was moaning and running hands all over me. Best sex in a month.

Don't ever whine, beg, plead, argue for sex

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Comments

BluepillProfessor • 20 points • 29 March, 2015 03:37 PM

Gratz and the way it is done.

1. Dealt with Last Minute Resistance in the classic way- do a take away, ignore, go do something more interesting than fucking a starfish.
2. Did NOT act butthurt despite the accusations. Did NOT rise to the bait but withdrew his attention.
3. Did NOT act butthurt when she follows him and seeks him out. A woman would have still been 'hurt' and would have probably needed hours of talking therapy to get her over it. A man shrugs his shoulders, reminds himself this is the way women behave- AWALT.
4. Fucks her good- no foreplay even though she said that is what she needed (watch what they DO, not what they SAY).

BluepillProfessor • 5 points • 29 March, 2015 03:45 PM

I should post on how to give a sensual backrub:

1. Find the triggers points (occipitals at the base of the skull, top-center of shoulder on the top at the level of the 7th cervical vertebrae, and either side of the spine at the top of the shoulder blades). Rub these in circles, stopping for a time at each of them as you rub long lines down the spine.
2. Go down the entire length of the spine at the sides and rub the latisimis dorsi (sic) muscle with knuckles or fingers.
3. Spread her legs and then rub down the outside of the legs.
4. Come up SLOWLY on the inside of the legs with lubricated fingers, eventually reaching the upper inner thigh at the inside hip. This will lightly brush the pussy lips.
5. Then go back down SLOWLY on the outside of the legs.

If you use light, feathery touches in step 4 she will be squirming in a couple minutes.

Don't forget to choke her and give a hard ass slap before you raise her hips up and plunge inside.

strategos_autokrator • 1 point • 30 March, 2015 06:47 AM

Any references on this subject?

BluepillProfessor • 5 points • 30 March, 2015 07:16 PM

The Tao of Sexual Massage by Stephen Rustle

The Art of Sensual Massage by Gordan Inkeles

Any good muscle diagram of the trigger points.

The Art of Seduction (Robert Green) and Way of the Superior Male (David Dieda) set the mental framework for prepping a massage.

strategos_autokrator • 2 points • 30 March, 2015 07:29 PM

Thanks. This is an activity that we both enjoy very much, but I realized I've been playing by ear, and it would be fun to read more on the subject.

I'm not a big fan of Green, and found his book on seduction to be the weakest of his. I'm reading Deida now, it just takes me a long time because it is very dense, and I prefer to take it a bit at a time.

DanG3 • 1 point • 5 April, 2015 05:33 PM

1-3 work great with her laying on top of you.

[deleted] • 6 points • 29 March, 2015 03:26 PM

Sort of similar:

A few nights ago, she asked for a foot rub. I told her I didn't want to give her a foot rub because the last two times I gave one I didn't get anything rubbed. I kept working towards sex but she was starfishing. (I should have left but I was in the classic conundrum of new RPs: don't deny sex but we don't want starfish sex. (See end for my realization on this.). The end resulted in sex after some physical A&A of her starfish. (I looked confused as touched her awkwardly, on purpose and said "I don't know what I'm doing." I basically negotiated her desire. 15 years of marriage gives this ability, but it's a weak move and poor form.

A couple nights later she says, can you rub my foot? I looked at her with a, *are fucking serious?* look. She replied, "you said if you rubbed my feet sex was definitely going to happen."

So I ignored the foot rub request, for now, and went to foreplay. Ended up fucking her with requests for "harder, harder, right there... Do it *harder*."

Afterwards, I gave her a motioned foot rub. She has plantar fasciitis in one foot from running so the foot rubs give her some comfort for it, but I'm not a physical therapist, so foot rubbing is foot rubbing.

From above: refusing starfish sex isn't denying sex. Denying sex is when she *wants* sex and you don't fuck her. Starfish isn't a desire for sex, it's *heres sex because this is better than no sex*; it's the lowest form of maintenance sex. Starfishing is basically a form of temper tantrum.

I decided that I'm going to do what you did here, "I've changed my mind. I don't want to have sex tonight."

KyfhoMyoba • 6 points • 30 March, 2015 01:00 AM

I told her I didn't want to give her a foot rub because the last two times I gave one I didn't get anything rubbed.

Desire cannot be negotiated. Negotiated desire only leads to obligated compliance. - Rollo Tomassi

[deleted] • 1 point • 30 March, 2015 02:04 AM

Please explain how this reply pertains to me. Who was negotiating, me or her?

strategos_autokrator • 1 point • 30 March, 2015 01:37 PM

You were butt hurt about her previos sex denials and brought that up to excuse your current massage denial. It comes of as pleading.

MRP9 • 1 point • 29 March, 2015 03:48 PM*

Nice job OP. I'm not turning down starfish yet (I think I'm getting close), but my god OI is such a powerful thing. I wish I knew about it years ago.

Last night got a hard no when initiating. Immediate stop followed by watching the rest of the UK/ND game (great game) then going to sleep. Next thing I know I'm being woken up with a blowjob from a dripping wet wife who cums after less than a minute.

[deleted] • 1 point • 30 March, 2015 09:30 AM

Good reminder. i tend to mis read her requests for cuddles to be exactly that.

Libertarian_hardline • 1 points • 8 July, 2015 05:03 AM [recovered]

Amazing way of handling it. I'm new to MRP, and stories like this prove that it's a million times better than giving in, as scary as turning her down is at first. Thank you man.

[deleted] • 1 point • 8 July, 2015 10:22 AM [recovered]

Sex with wife got much much better after I started doing things like this

alpha_n3rd • 0 points • 29 March, 2015 02:20 PM

Thanks for posting this and congrats on defeating the starfish. One of these days I have to bail out on bad sex and see what happens. It's tough b/c part of me wants to think that bad sex is better than no sex. Also we have a nursing infant cockblocker so our opportunities are limited.

[deleted] • 2 points • 29 March, 2015 03:11 PM

My understand is that nursing is an extension of pregnancy. Tread lightly with that.

alpha_n3rd • 2 points • 29 March, 2015 04:33 PM

Dude, it's WORSE then pregnancy. Everybody around here is like "TIPTOE AROUND PREGNANT WOMEN". Bullshit. At least pregnant bitches be horny. well let me tell you postpartum is x10. All that prolactin is making her super NOT horny. She can't even get off with her magic wand, although I've gotten her off a couple times. Dude, you better fucking be red as hell if you want to survive it with your balls intact. This isn't my first time to the rodeo, and I'll tell you right now that this postpartum is 10x better thanks to TRP. My stoic upbeat attitude, game, and soft dread have helped her stay happier and hornier than any of our previous postpartums. And regular proper fucking is a big part of that too. She needs her vitamin D. And that once or twice a week when we do have sex? I expect her fat lazy ass to put SOMETHING into it. It doesn't have to blow my mind but starfish is unfucking acceptable.

RBuddDwyer • 2 points • 29 March, 2015 05:44 PM

The prolactin levels caused by the nursing are what kill her drive. Pregnant women can be quite horny. Post natal nursing women are not.

alphabet49 • 2 points • 30 March, 2015 05:16 PM

Gonna provide an alternative experience.

My wife was pretty neutral when it came to her breasts before pregnancy. Now, licking her nipples is the best way to escalate her to an orgasm, whether it be clitoral or vaginal. As long as we don't have sex right after she nurses... And even then, now that I think about it, it just doesn't matter. When immersion is high, she even lactates when she orgasms.

Just wanted to say that women's chemicals aren't all the same. My wife is 10-25% hornier postpartum than she was while pregnant.

[deleted] • 1 point • 29 March, 2015 04:42 PM*

No one said tiptoe... Just don't try dread with pregnant or nursing wives.

Edit: "or"

alpha_n3rd • 1 point • 29 March, 2015 05:28 PM

soft dread is fine. necessary even.

[deleted] • 2 points • 29 March, 2015 05:45 PM

If you aren't running dread 3 at all times I think you're doing sonethin wrong.

RBuddDwyer • 1 point • 29 March, 2015 05:46 PM

pregnant nursing wives

Fortunately that will not last very long, as pregnancy will tend to dry up the milk supply.

[deleted] • 1 point • 29 March, 2015 06:15 PM

Forgot "or"

[deleted] • 0 points • 29 March, 2015 03:28 PM

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I decided that I'm going to do what you did here, "you're not turning me on. I don't want to have sex with you. Maybe some other time."

[deleted] • 2 points • 29 March, 2015 05:02 PM

It works well if she knows you love sex and she thinks other women are willing to provide it

[deleted] • 1 point • 29 March, 2015 05:45 PM

She knows I love sex and she knows others are. One in particular she is most fixated on.