

A woman's attraction in an LTR is based on.....

February 26, 2015 | 23 upvotes | by [theultmatecad](#)

RESPECT.

It's not your kindness. Not your money. Not how well you change your kids diaper. Her attraction is 100percent correlated to her respect for you as a man.

Last night I wrote about lifting. Fuck yea it's important. Lots of reasons why but the most important....You showing yourself love.

We talk about dread. It's primary utility is to fool your woman's SMV radar. If other women want you... You must be a man to respect.

Holding rock solid frame. How can a woman whose emotions throw even HER for violent loops trust and respect a man who "gets upset" that she is cranky. May as well tatoo "I am a supplication homo" on your forehead.

If you are new here. Read our stories. Lift weights and transform yourself. Read these books.

Know that the type of frame that a woman will absolutely submit to takes months. Maybe a year. More.

You have been living a lie. Your ego is reflexively trying to protect you from the awful truth that the red pill brings.

I see men write " I swallowed the pill on Tuesday and on Friday I couldn't get her to fuck me...why? Should I take her to dinner and buy her shoes?"

Take a month and JUST lurk. And read. If you are doing it right then you will wake up with sudden realization why your prom date fucked your best friend. You will realize that girl that invited you over to watch a movie on her vcr wanted to fuck. You just didn't take her because you thought jerks do that.

Women want to seek a strong man's approval. Make her earn it. Don't give your validation and time to her until she works for it with her girl game. Girl game is het being sweet and submissive. Aiming to please you. The new guys here are afraid to pull back because she will "get angry".

Hear me now. If you want your girl to be crazy about you, then you cannot be afraid to make her angry. Women want a real man so-so bad. This is how you begin

Rant over

Archived from theredarchive.com

Comments

[deleted] • 11 points • 26 February, 2015 09:00 AM*

Bingo. This is a great post.

How many posts have we had recently that said something along the lines of "I'm well educated and make mid six figure salary."?

Congratu-fucking-lations. Also, doesn't-fucking-matter when it comes to women and their attraction for you. Good job buddy, you've just demonstrated you're a blue pill mentality leaning beta provider.

If a woman came in and said "I'm well educated and make mid six figure salary." No one would give a fuck, because that literally does not matter.

You've got these new guys coming in after anywhere from 1 day to 3 weeks going, "Why isn't this working?" and it's like man... your wife has lost respect for you over the last 10 years, and if you had any brains, you would've lost respect for yourself too. These guys think that they can squish out all that blue pill beta behavior and mentalities over the course of a week. Are you fucking kidding me? You've barely opened your eyes, you can't even crawl yet.

Your women don't respect you because for the past 10 years, they haven't needed to respect you at all. You haven't respected yourself. That's why they shit test you. That's why they nag. That's why she thinks it's okay to be pissy. That's why you're being second guessed, not getting laid enough, etc. etc. etc. Because **YOU** have allowed and conditioned her to think that shitty behavior and shitty attitudes are an acceptable part of your relationship.

So, BOOM, out of the blue, you're now trying to establish boundaries and foundations without any frame or context. 10 years of conditioning and all of a sudden you're gonna be a fucking oak who has concrete boundaries? I'd laugh at your pathetic attempts too. You have this well established status quo and now you're trying to shift it. Weak-willed men will fail -- they will fail fucking hard (you can see this theme over and over again in these posts on MRP). Changing the status quo is the hardest fucking thing you can do. Welcome to hard mode.

The second part, and probably more important part, is if she's not respecting you, why should she give a fuck what you want? No other women want you as far as she's concerned, and you literally can't do better because 1) you're bought into the blue pill, I'm committed to my marriage no matter how much I hate it and how little appreciation I get or 2) you're pathetic. I'm actually not quite sure which one is worse. Your wife has absolutely no reason to give a two shits about your pathetic attempts to reclaim your manhood. Yes, your attempts are pathetic until you get good at it.

This is why TRP is for yourself -- not for your wife, not for your mother, family, job, etc. It is for you. To develop a spine. To demonstrate to yourself that other women want you (because if they don't, you're stuck with your harpy wife anyway in your exact same condition). To recognize that you've made your choice and you want to continue putting the effort into giving value to your marriage. But no self respecting man is going to stay in a situation where his efforts are unappreciated.

Once you recognize this, and internalize this, and your situation doesn't change (i.e. your wife still doesn't respect you and still doesn't add value to your life), you have exactly one choice - leave her ass. Because at first if you don't respect yourself, she won't either, naturally. But once you do, and she still doesn't, what the fuck are you doing?

Couple of sidenotes.

1. Kill your male hamster. Men have it too. It exists to protect the ego like theultmatecad said. You will need to embrace the realities of the situation. If you are a beta bux/bitch, recognize that and address the issue. How many self proclaimed alphas come here and post about their situations? Defining yourself according to alpha/beta divide is silly as shit.
2. Abundance mentality. Embrace it. How many times have we had guys come in and post about "not being able to leave/divorce/etc. because of x/y/z reason"? It's complete bullshit. You're a man. You have a choice. Those choices have consequences and may you don't like them, but to claim you don't have a choice is weak. We had the guy who posted just yesterday about how his wife stopped taking the pill -- he had zero response to what is the epitome of shitty, selfish behavior "can't divorce because 2 other kids, blah blah". Great, that guy has just demonstrated there are 0 consequences to appalling behavior.
3. That leads to this. Give your wife a reason to step up her girl game. If you know you're going to be stuck with her forever, she knows you're going to be stuck with her forever. So what reason does she actually have to put in any effort to improve and keep you around if you're not going anywhere in the first place?

tl;dr -- in order to expect value, you have to be a man deserving of it.

strategos_autokrator • 5 points • 26 February, 2015 10:30 AM

You've got these new guys coming in after anywhere from 1 day to 3 weeks going, "Why isn't this working?" and it's like man... your wife has lost respect for you over the last 10 years, and if you had any brains, you would've lost respect for yourself too. These guys think that they can squish out all that blue pill beta behavior and mentalities over the course of a week. Are you fucking kidding me? You've barely opened your eyes, you can't even crawl yet.

There should be a bot that tells this warning to everyone that comes here for the first time frustrated that things haven't changed after days of finding TRP. The bot should end up saying "Bro, do you even lift?"

[deleted] • 2 points • 26 February, 2015 11:51 AM

I really like a couple of your points

TRP is for yourself.

And when you "know" you won't leave a marriage then you can bet your ass that she knows too. Now there is zero incentive for her to change.

And BEFORE some bluepill troll tells me how mean this sounds:

Women want to earn a quality man. They a're innately happier when they are seeking his approval.

alphabet49 • 1 point • 26 February, 2015 06:29 PM

Yes, your attempts are pathetic until you get good at it.

Bit of humble pie does the man good.

[deleted] • 4 points • 26 February, 2015 03:24 PM

Sex and respect.

2 things from your wife you can't increase the value of through negotiation or barter.

You can only increase them through action and behavior. Good post.

strategos_autokrator • 4 points • 26 February, 2015 10:16 AM

And the only way for her to respect you is for you to respect yourself so much you don't care about her opinion

of you, but instead, only about getting what you know you want. It is very strange, but it works.

Demanding respect is weak and pathetic. Respecting yourself so much you get what you want independent of what others think IS how others respect you. You don't need their respect, you just need what you want, and they will feel your strength and desire to be part of that, and will follow you.

A big mistake many of us have done at the beginning of the transition is to have resentment from their lack of respect, and then act like angry teenagers demanding respect, or going "nuclear", thinking this is what alphas do. NO. What alphas do is they don't waste time with people with disrespectful behavior and take action to remove those behaviors from their lives *independent* of what the others decide to do. Asking for respect to your wife gives her the power to hurt you when she doesn't respect you, and it makes you weak to her eyes. Act because you respect yourself, this is what gains respect. If she doesn't respect you, it is because you don't respect yourself enough yet.

[deleted] • 3 points • 26 February, 2015 11:54 AM

Yes. She needs to see you respecting self.

You can't ask. All she hears is whining

strategos_autokrator • 4 points • 26 February, 2015 12:03 PM

I've seen so many posts of people that just found TRP claiming they demand respect from her, saying they say it from frame. The thing is that this is a very weak position because it tells her she has power over you, and she *will* use it to see if you are strong. I'm glad I never said this overtly, but I sure know I thought of it many times as well, and even if I didn't say it, my lack of frame communicated it.

The message to send is with your actions demonstrate you respect yourself so much that you don't waste time or energy with disrespectful behaviors and act swiftly to do what it takes to stop it and remove it. Not out of "hurt" but out of driven commitment to your vision. It isn't that your ego cares about their lack of respect. It is that you don't have time to waste on this crap, because your vision is too important, and you respect it too much. No need to argue, no need to demand anything, just act to your vision.

When you do, as OP says, you *will* rock the boat, and she will get angry. This is just her way of understanding if you really respect yourself and your vision, it is her way of understanding. Don't be afraid of it, but accept her emotional craziness and demonstrate to yourself with action that you don't have time for such crap. Once you internalizes this, she will start believing it, and will *want* to respect you.

[deleted] • 3 points • 26 February, 2015 03:37 AM*

Man the waiting is the hardest part. I am off to the races so fucking hard with this. It feels like years since I swallowed the pill and it has been like 5 weeks maybe? I really feel for poor girlfriend. Engaged for 2.5 years and no date, I just called off the engagement. Her head is spinning from the changes but she's trying so hard. She's coming from a feminist background and is so used to taking control and bucking any male advice and the men in her life so far have proven that point. I just gotta slow it down and solidify these changes and she'll follow suit even more.

[deleted] • 2 points • 26 February, 2015 04:42 PM

I think patience is the second hardest thing to swallow. The first being, you might lose your wife or LTR in this process. It looks like you got me beat on that.

strategos_autokrator • 1 point • 27 February, 2015 12:59 PM

In The Matrix, Neo swallows the pill, and wakes up in the real world. He is a fucking wimp there. Then they

download martial arts programs and he becomes a badass right away, and THEN he goes back into the Matrix, and after many bad ass things and experiences, eventually, he internalizes it.

Here we can't download the sidebar books into our brain in an instant. It takes time. We can't increase SMV by downloading stuff into our brain. We have to take time and work out and diet and do a lot of stuff. It takes time. And then, even then, we have to go to the matrix world and apply all that shit until we internalize it.

Remember, Neo doesn't take the pill and becomes the one. Even he had to have patience and work hard.

RBuddDwyer • 3 points • 26 February, 2015 11:55 AM

We talk about dread. It's primary utility is to fool your woman's SMV radar.

I disagree that it fools her radar. It is more *indirect* proof of SMV, not really fooling it.

If other women want you... You must be a man to respect.

That is it right there.

[deleted] • 3 points • 26 February, 2015 11:58 AM

Ok then. It doesn't fool her radar (game sure does though)

It reminds her. Women absolutely forget her man's SMV if he lets her

strategos_autokrator • 2 points • 26 February, 2015 03:22 PM

This is a gift of women to men. It is what forces us to always become better men. We can never stop this. It is what makes us men, and frankly it is an essential prerequisite for us becoming leaders. Women are so nice to remind us that *all* the fucking time.

[deleted] • 3 points • 27 February, 2015 02:03 AM

Spoken like a born again red pill man.

When you realize you can be fired and divorced and worthless then you will work hard to keep that from happening

nopbeentheredonethat • 3 points • 26 February, 2015 12:42 PM*

From women in love from the RedPill side bar

we ought to realized that a woman's love is contingent upon our capacity to maintain that love in spite of a woman's hypergamy. By order of degrees, hypergamy will define who a woman loves and who she will not, depending upon her own opportunities and capacity to attract it.

To sum this up, two thing. She has to see you as the best she can do for herself, and she as to like it in order for herself to be happy.