

# Reflection: women thrive on extreme emotions

February 10, 2015 | 27 upvotes | by [alphabet49](#)

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I'm going to lay out something I've recently internalized and give a brief FR. This is something that I'm sure is common knowledge to many seasoned RPer, and I'm excited to realize it personally. Somehow reading these principles on an internet website with a bunch of anonymous strangers doesn't pack as much punch as actually swallowing the truths firsthand.

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Women are emotional, we all know this. What is more difficult for beta men to swallow is that women are incapable of thinking without their emotional response being the driving force. What is even more shocking is that **women actually thrive on any emotional extreme, good or bad**. They lap it up like kittens at a bowl of milk. They are this way naturally because (1) biology/hormones, and (2) they are designed to rely upon a strong, oak-like man. Unfortunately, quasi-men have become so supplicant to women's emotions that they are assigned moral rankings: happy is good, sad is bad, mad is fight-or-flight. What hit me is the Machiavellian ability I have to use my wife's emotions for my (and by extension, our) benefit.

Assuming that I have steady momentum in self-improvement, she will see over time that the entire spectrum of her emotions can be set squarely on my shoulders, and I will weather it all with both decisiveness and comfort. When the storm calms and she sees me still standing strong, she will marvel and relax in my shade. She will realize that I have fixed myself and am now unmovable, and then - and only then - will she turn her attention to her own inner self-improvement.

By keeping this picture in mind, I have started learning to enjoy her extremes. When she is happy, I:

- reward her positively
- compliment her
- sexualize her

We usually end up in an upward spiral of joy, ending in a sort of heavenly delirium. When she is sad, I:

- help describe her sadness from all possible angles, encouraging full immersion
- show empathy while not allowing my own emotions to get involved

It is important to redirect the sadness into resolution to change. Sadness by itself is unproductive. When she is mad, I:

- hear her out, let her listen to herself, say nothing
- agree and amplify
- own any of my mistakes
- give her space to cool off

It is also important to effect change after anger. "I understand that it upsets you when x, y, and z. What can we do to change?"

*I know happy, sad, and mad are very broad, ill-defined emotional categories, but it helps me to pick a*

*tactic in the heat of the moment.*

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My wife has been giving me grief lately regarding how I've stood up and taking charge of our finances, parenting style, and marriage relationship. Usually it boils down to these symptoms:

- Crying
- Yelling
- Giving that "you just stabbed me" look
- Screaming that I'm not listening to her
- Judging my integrity for me
- Calling me an asshole
- Saying this marriage won't work if I'm going to be this way

My epiphany came when, a couple hours after a huge fight where she accused me of hating her (which I handled with the above tactics), she was rubbing her ass against me as we passed and chasing me down for sloppy, deep, french kisses. She said in that "aha" moment:

*(exasperated)* "I don't know what you're doing to me. But *(melting into me)* you drive me crazy..."

Me: "...and you like it." *spank*

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TL;DR: As I'm learning to separate myself from my woman's emotions, I'm seeing how I can use them to draw her to me. When she experiences extreme emotions, I help her work through them, knowing that the darker the storm, the brighter the sun. Calm waters are boring.

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## Comments

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BluepillProfessor • 10 points • 11 February, 2015 01:59 AM

/r/feelingsbeforelogic is a Reddit that addresses this topic.

Women love...Love....LOVE STRONG emotions. They get addicted to the VARIATION in emotions- push/pull, up/down, happy/sad, excited/calm.

Variation in emotions is why 'teasing' and 'negs' work so well. Women are the MOST addicted to fucktard losers and emotional variation explains why. Women fuck like rabbits after a fight (aka makeup sex) and emotional variation explains why. Women blow up boring marriages just for the fuck of it and emotional variation explains that as well.

I still get pissed off that they hid this from us like a State secret. I am getting over it but dammit what I could have done with this information 30 years ago! I would probably be dead of AIDS plus multiple Venereal Diseases.

strategos\_autokrator • 4 points • 11 February, 2015 09:31 AM

I just reviewed a lot of stuff that didn't make sense. I was trying to understand if me staying calm or me being angry was the key. I couldn't make sense of it until now. The key *is* the variations. My mind is blown.

alpha\_n3rd • 1 point • 11 February, 2015 03:44 PM

Emotional rollercoaster

strategos\_autokrator • 2 points • 11 February, 2015 03:49 PM

Except that before I was getting in her emotional rollercoaster, following her moods. We both hated it.

But now I just have to be in control. Not like a rollercoaster, but more like a race car driver.

alpha\_n3rd • 1 point • 11 February, 2015 03:55 PM

A race car driver, I love it

alphabet49[S] • 1 point • 11 February, 2015 06:12 PM

Have you ever been driving your kids around, and just for fun started jerkily swerving around the road? Kicks and giggles galore.

Scary? Yes.

Raised blood pressure? Yes.

Highlight of the trip? Hell yeah.

alpha\_n3rd • 2 points • 11 February, 2015 07:34 PM

I do that to my wife all the time. Blow donuts in the middle of intersections and shit. Fun times.

BluepillProfessor • 1 point • 11 February, 2015 04:14 PM

Yep! It is like a symphony. Beautiful music isn't a single note toning through the whole concert. The individual notes are not the music! The Music is the ups and downs and the pauses and silences- and

most important the EMOTIONS they generate.

alphabet49[S] • 0 points • 11 February, 2015 06:13 PM

I'm determined, if ever our relationship gets boring or predictable, to INTENTIONALLY do things for myself that will disrupt her sense of security. Sometimes women just need a little drama in their lives, and if there's not to be immediately found they will create it. Why not create some myself while I can be in control of it (i.e., drama coming from and operating in my frame). I'll call it "Frame-Evoked Drama." That's me as symphony conductor.

I'm a classical musician, so that symphony analogy works really well for me.

EDIT: I'm so far from plateauing, I don't see the need for FED anytime soon. Hell, I'm just waking up from my massive BP slumber. Like fucking Rip Van Winkle.

[deleted] • 1 points • 27 July, 2015 12:05 PM

[permanently deleted]

BluepillProfessor • 1 point • 27 July, 2015 03:06 PM

Nah, it is a woman thing, not limited to married women. You are right this is not an AWALT, but it is true of the vast majority (better than 90% I would guess) of women as suggested by the consistent reports we get.

What do you guys do when the woman actually hates make-up sex?

We have sex instead of the fight. If a guy is following MRP principles, the fights should be extraordinarily rare. We advise to not engage in most cases so where is the fight?

Your Alpha friend is absolutely right but he didn't tell you the full story which I am sure he knows- in most cases, fights are caused by women picking, probing, bitching, and complaining and yes, they are indeed disrespectful power tools in most cases.

[deleted] • 7 points • 11 February, 2015 01:56 AM

Good post and great follow up by /u/redpilldad

I have a few comments:

Most men are repulsed by a woman's strong emotions. The desire to "fix" her is deep in a man's DNA. We want to protect woman which is why their tears have such a visceral effect.

Be the immovable OAK. Your calm will break up that storm and she will love you for it. Try and be her "daddy". Don't solve the problem. Listen to it and remain present and calm

Another key lesson here is to sexualize your woman. Don't take her serious. Treat her like your fuck toy. Betas are afraid to do this. They are programmed that this is offensive.

Last glaring point (to me anyway)

You are an asshole and this marriage isn't going to work.....SHIT TEST!!!!!!

Agree and amplify here. This is something I almost always hear at the very end of my wife's attempts to provoke a fight.

I always agree that she deserves to be happy and find a sweet man to remarry if this relationship isn't doing it for her anymore. I have offered to take the kids for the weekend to give her time and space to "find herself"

Never happens. She usually walks off and pouts for a bit and then I know it's time to pull her close and give

some comfort. And dick.

[deleted] • 3 points • 11 February, 2015 02:00 AM

And almost forgot...fuck yea one should separate self from her emotions. They are HER emotions.

Put her at center of your happiness and she will cheat on you. Divorce you too

[deleted] • 2 points • 11 February, 2015 02:41 AM

this marriage isn't going to work.....

If my wife ever said that to me, it'd be "Fine. Get out." Not even fucking debatable. I didn't make this commitment (which is incredibly important to me) to you so you can treat this like a game.

Having an issue. Fine. Wanting to talk through a situation. Fine. There are things that could make me happier. Fine. But when you gambit on our marriage and commitment to one another to even suggest that you're wavering, get fucked.

nopbeentheredonethat • 3 points • 11 February, 2015 02:36 PM

My poor friend. We know that women lives theirs lives true the prism of theirs emotion. And when you use emotion in an argument, like they do, you will fight dirty and go for the emotional trigger of the other person. So yes it is possible that your wife use this tactic on you to test your resolves and strength of character.

When she use something like this

this marriage isn't going to work.....

You can use agree and amplify OR if your really good and can use emotional arguments with impact (That's risky if you not use to fight dirty) you can amplify the insanity of the fight and have insane make up sex after.

BluepillProfessor • 2 points • 12 February, 2015 04:00 AM

Threatening divorce is a clear boundary and there should be no A&A or Shit Test gaming when a clear boundary like that is violated.

[deleted] • 1 point • 11 February, 2015 03:37 PM\*

You can use agree and amplify OR if your really good and can use emotional arguments with impact

Like I said, I wouldn't do either of those things. I don't use game-y tactics in serious situations.

See, to me, marriage and the continued commitment to put effort into a marriage is the **only** thing worth sticking around for. This to me is not a request. This is an expectation and boundary. I made sure that my wife knew this before we got married, and nothing has changed since then. She knows that I don't believe in "emotions" and "hormones" as an excuse for poor behavior. I hold her responsible for all of her actions. I hold myself responsible for all of my actions.

You're suggesting that my response is emotional. It isn't. It is a plain old fact of my marriage that has been well predicated. That is my boundary. It is not and has never been worthwhile to test boundaries. I don't test her. She doesn't test mine.

The idea of marriage is so important to me that I do not have an iota of patience to fuck around with it. It's simple. If she suggests for a moment that her commitment to me is wavering, my response will

be to withdraw my entire commitment to her. Pretty much everything else is negotiable, but the idea of our marriage absolutely is not. In other relationships, this is different. For me, this is an absolute. See, unlike many of the guys here (and I'm guessing yourself), who are still partly immersed in blue pill, I absolutely do not hesitate about removing, withdrawing, or withholding emotional comfort, time, or effort. If it comes down to it, I will remove myself from the equation. My time, affection, and effort (which I am more than happy to give a great, great deal of) is contingent on 1 simple fact -- that my wife makes the effort to give value in the relationship and make me happy as well.

Divorce is not the first or immediate option, and in fact I really doubt that it'll ever get anywhere near there -- which is why I chose to marry her. Most things she either gets a pass on or a chance to apologize for. Using our marriage as a technique for manipulation is not one of them. I value my marriage to her too much for her to screw around with it.

Lead, follow, or get out of the way.

nopbeentheredonethat • 1 point • 11 February, 2015 03:49 PM

Pretty much everything else is negotiable, but the idea of our marriage absolutely is not. In other relationships, this is different. For me, this is an absolute.

We have something similar between me and my wife about infidelity.

I value my marriage to her too much for her to screw around with it.

I hope you are aware of this big red button you are carrying on your back. Because when the shit it the fan (And it will, it always does) she will fucking press it!

[deleted] • 1 point • 11 February, 2015 04:08 PM\*

I hope you are aware of this big red button you are carrying on your back. Because when the shit it the fan (And it will, it always does) she will fucking press it!

I know I don't need to validate my relationship to you, but I guess I do want to present another perspective outside of the all women are "emotional harpies". My initial response to that phrase was "Meh." That phrase pre-supposes that I have no control in the relationship and haven't established any boundaries on how I expect conflict to be handled.

You don't know my wife, so saying she "will" do something is without context. I haven't seen anything in the 5 years I've known her to suggest that that's her style of conflict. (Sidenote: it isn't. Her resolution to conflict is to withdraw, not to harp.)

You don't know me, so the idea that I'd marry someone like that (from what's been written) is absurd to me. Women don't all of a sudden change into emotional harpies. People don't magically change. To put up with that type of bullshit takes a lot of patience, something I don't have much of when it comes to people.

I expect my wife to act like an adult and I can't say that I have ever seen her throw an emotional temper tantrum. She's a post-doc level scientist (read as: rational) and is more red pill than many of the guys here. Her suggestion to many of the guys in unhappy situations would be to leave, and go find someone that makes them happy. "Be happy" is her motto, which implies that being happy is a choice. It's a good motto.

So if it ever got to a situation where my wife was unhappy, I would expect her to let me know. If she ever wanted to leave, I'd expect her to let me know. Any other response, and I'd take care of the situation myself by leaving. To even hint at the idea that I don't have a choice, and

I have to sit around wasting my time listening to bullshit is such a blue pill/beta idea.

she will fucking press it!

Let me bring this all back in --- my big philosophy on women (and people in general) is that people act shitty to you, because you let them act shitty to you. That button push doesn't happen out of nowhere. It happens after years and years of being conditioned and taught that she can do whatever the fuck she wants without consequence. Any type of grievance, big, small, inconsequential, serious, make it known and nip that shit in the butt when it starts.

A personal example is early on, one night she was being negative about something or other. It wasn't really anything big, but it irked me. Her negativity was called out and I made sure to let her know that her being outright negative was neither acceptable nor wanted. This was big and emotional (read as: tears) and nobody was happy that night. I was pissed from having to waste energy explaining and lecturing -- she was unhappy because I was pissed off at her and acting the part. But negativity and snide remarks were no longer a part of our relationship or interactions.

nopbeentheredonethat • 1 point • 11 February, 2015 04:21 PM

Interesting dynamic you have there, Very stoic and rational. Mine is on the other side of the spectrum. No wonder I had a hard time understanding your dynamic.

I'm so use to the irrationality that I can now use it to my advantage.

(English is not my first language)

[deleted] • 1 point • 11 February, 2015 04:23 PM

Yeah. I'd guess most women act irrationally because 1) it's what's taught by society and 2) no one shuts it down. But I'm not a sociologist or psychologist so I'm just an armchair expert.

nopbeentheredonethat • 1 point • 11 February, 2015 04:34 PM

Nahh you really got lucky. It's the nature of the beast. This is a translation of one of Jean de Lafontaine famous fable

So great is stubborn nature's force.

In mockery of change, the old

Will keep their youthful bent.

When once the cloth has got its fold,

The smelling-pot its scent,

In vain your efforts and your care

To make them other than they are.

To work reform, do what you will,

Old habit will be habit still.

Nor fork nor strap can mend its manners,

Nor cudgel-blows beat down its banners.

Secure the doors against the renter,

And through the windows it will enter.



[deleted] • 1 point • 11 February, 2015 04:38 PM

We can do things in our power to make things happen to the extent that we're allowed. Never accept that anything is out of your control.

Never, ever believe that people just get *lucky*. It's a fucking cop out for the lazy and unmotivated.

[deleted] • 1 point • 11 February, 2015 04:08 PM

This post screams outcome dependence.

[deleted] • 1 point • 11 February, 2015 04:10 PM\*

Duh. I'm not going to invest into a marriage that doesn't give any value to me in return.

I'm completely fucking dependent and expecting there to be a positive return on investment.

But I'm guessing you were also getting at something else, which you probably think is more blue pill mentality. If you could explain that, I can comment on it more.

WallPhone • 0 points • 12 February, 2015 03:17 AM

Men are gatekeepers of commitment. Women are gatekeepers of sexual intimacy.

Your withholding commitment makes as much sense to a wife as a woman's withholding of sex makes to a husband. Either case in relationship dynamics does far more harm than good.

[deleted] • 1 point • 12 February, 2015 03:38 AM\*

It's not withholding. It's withdrawing.

It's making the decision that a boundary has been crossed and one's behavior has been found unacceptable.

It's not about "Oh I'll come back when I'm happier". There is no coming back from that situation. That very subtle distinction is what is important.

A man, married or otherwise, should always have enough self respect to know what one's boundaries are. Those boundaries may differ from man to man, but if those boundaries are crossed, a man should be willing to sever all ties and make the changes necessary.

If one doesn't have firm conviction, boundaries, and direction (all of which are really the same thing), what does a man really have? It is up to an individual to decide what he is willing to tolerate and what he isn't.

RPMav • 4 points • 10 February, 2015 11:57 PM

Holy shit, that was gold!

Kyfhomyoba • 3 points • 10 February, 2015 10:48 PM

I think we all need to hear more on immersion in deep/strong emotions. I'm on a pretty even keel 99+% of the time and it's kind of annoying when a woman goes off the deep end (in any direction, really). I think that a lot of other guys are like that.

Does anyone have anything to add here?

RedPillDad • 13 points • 11 February, 2015 12:55 AM



It's about replaying the seduction dynamics of strangers first meeting. A guy responds to visual chemistry - hot body, cute face. A woman responds to emotional chemistry.

From my notes...

She wants to feel the chemistry of love's hormones surging through her body that indicates you're the ONE. This so-called chemistry is critically important to her. If she doesn't feel it between you, she rationalizes that the chemistry just wasn't there and she closes the door on you.

Understanding Game, you can trigger and amplify a woman's feeling of chemistry. Understanding Relational Dynamics, you can sustain that chemistry... Knowing her buttons isn't enough; you need to push them... Recognizing her hamster isn't enough; you need to get that little critter working in your favor.

Instead of being a passive bit player in her emotionally-driven show, you become the director and her leading man.

Even though she wants to feel secure, she also wants to feel danger and excitement. The guy whose presence indicates both protective safety and sexual threat is far more exciting than that docile Beta NICE GUY softly licking her boot, who offers comfort, but not security, thrills or social value.

She doesn't love YOU, she loves her ATTRACTION to you. She loves those vagina tingles you make her feel. Chasing "feelz" is top priority, and a guy is just the conduit to reach the emotions she craves.

Knowing how to spike a woman's desire can give you a huge advantage in seduction. You can wield the power to literally orchestrate her chemistry.

One of the things that drives this chemistry is uncertainty. When you send mixed signals, randomly alternating push and pull dynamics (love-hate, safety-danger, invitation-rejection, etc.) she'll feel far more attraction than with the steady, unrelenting force of you liking her.

You would think a woman would love stress-free certainty in a man. But when she knows exactly how you'll act and has your heart in the palm of her hands, she feels totally in control and loses all desire for you. You represent no challenge and offer nothing to spark her desire.

Moments of uncertainty and loss of control are needed to ramp up her desire... So love comes from leaning back and creating uncertainty.

You need the verbal skills to convey your personality and affect her emotions. The secret is to do this through storytelling - women are emotional beings and communicate through telling stories.

What women want in the dating scene is the full romantic "Boyfriend Experience" of meeting a new man and falling in love in that epic timeless storyline of boy meets girl.

She wants romantic adventure... a rom-com movie plot with twists and turns where she doesn't know what's coming next. She wants to have her both her Cinderella story and bad-girl fantasies come to life.

She wants to be the one to capture and tame that wild stallion of a man who every other woman desires.

She wants to fall deeply in love and experience a series of special moments and events. Moments she might treasure the rest of her life.

Under love's influence, even normal events, such as walking and kissing in the rain, become incredibly romantic.

She wants a romantic mystery involving spikes of drama.

If you're consistent and pleasant in your demeanour, she'll see you as boring and predictable. She won't be feeling it... She's attracted to the juxtaposition of tender and aggressive qualities such as confidence, empathy, kindness and some provocative "asshole" behaviour that stimulates her emotionally.

She equates the strength of her relationship with you by the emotional depth, breadth and intimacy she

experiences in your presence. And you can create this depth and intimacy quickly through sharing glimpses of your true self.

[deleted] • 4 points • 11 February, 2015 01:45 AM

This should be cross posted to the main sub. Lots of wisdom here

KyfhoMyoba • 2 points • 11 February, 2015 03:26 PM

If you're consistent and pleasant in your demeanour, she'll see you as boring and predictable  
I'm fucked. ;)

KyfhoMyoba • 2 points • 11 February, 2015 03:42 PM

Dude. This is AMAZING. I will be experimenting with this this afternoon.  
Wow.

[deleted] • 1 point • 11 February, 2015 02:39 AM

Any woman like this is a woman you do not want to marry.

A woman driven by feelz is a woman that will branch swing or cheat.

TRP gives you the knowledge to know what happens when you interact with these types of woman. Be fucking smart and don't do any more than pump and dump.

KyfhoMyoba • 2 points • 11 February, 2015 03:24 PM

There are NO women you'd want to marry, then. Marriage 2.0 is a suckers bet.

AWALT, my friend, AWALT.

[deleted] • 1 point • 11 February, 2015 03:37 PM

As much as I agree with AWALT, I don't buy into it 100%. It's simply too negative of a life philosophy for me. What I do know is that should that happen, I can respond accordingly.

KyfhoMyoba • 1 point • 11 February, 2015 07:25 PM

A woman driven by feelz is a woman that will branch swing or cheat.

Every one, EVERY. ONE. has their price. Recognize that and deal with it.

AWALT means that all women are LIKE that, not that all women DO that.

EDIT: Some women, admittedly rare, have a price high enough that it is never met.

[deleted] • 1 point • 11 February, 2015 08:08 PM

You're right. AWALT.

The key for me is that I'm not interested in living life like that. Knowing this, I can take the perspective of, I'll enjoy it for what it is for as long as I can, with the expectation that it can last long enough for me to die.

The flip side of that philosophy is knowing that it will happen, and living in fear of the moment it happens, while looking for it to happen instead of enjoying things for what they are.

I simply choose to go with the positive expectation instead of the negative expectation.  
The key for me is having the resolve to act when/should the time come instead of beta

puking.

Putting it another way, I am more than willing to give value as long as I am getting value.

alphabet49[S] • 0 points • 11 February, 2015 06:20 PM

Exactly, great extrapolation.

While AWALT (i.e., all women are emotional creatures), some have learned to control their emotions, like /u/whinomoreplease's SO. Most, however, need to be taught, molded, and led. Especially those who are married to us newbies.

While its unfortunate, most of our wives I would guess ARE driven by feelz because we've allowed it. So for those of us that applies to, my post and comments like /u/RedPillDad's will help quite a bit.

Dishmayhem • 2 points • 11 February, 2015 04:24 AM

So... you're her therapist.

alphabet49[S] • 0 points • 11 February, 2015 06:16 PM\*

Bam. Nailed it.