

[FR] By request: I allow myself to get confused when she insists I handle her feelings her way.

5 upvotes | 28 January, 2015 | by alphabeta49

[FR] Last night our dogs chewed up one of the kids' toys that had been left out. In the past, I would have raged at them, but I've accepted that dogs will be dogs and that I should be in better control of them. But my wife took a turn at the rage last night, screaming and shouting at them (demonic sounding at some points), locking them in their crates. Nope that's not good enough: kicking them outside in the cold. (Background on my wife: she prides herself on taking care of her stuff, and the dogs chewing the toy was unacceptable. On top of that, it was a borrowed toy, not even ours, so I understand her being upset.) All fine, until this pretty little exchange (W=her, M=me):

W, cooking:(snapping) Please take your daughter.

(baby girl is almost 1 year old, walking, and loves to be underfoot while W cooks.

I silently takes the daughter to the playroom, son (almost 3 years old) is already there playing

W: (couple minutes later, accusatory) Where did you go?

M: (calmly) I took the kids out to give you time to cool down from the dogs.

W: *blah blah blah, I didn't need space, don't take the kids from me*

M: I'm not going to argue in front of the kids, we can discuss this later.

W: *more blah*

M: *broken record* I'm not going to argue in front of the kids, we can discuss this later.

W storms off.

I continue playing with the kids, trying to ignore the pit in my stomach because, heaven forbid, my wife is mad. But I'd say I'm doing a pretty good job faking it til I make it, so I carry on.

Dinner is ready, but before she serves it, W calls me into the kitchen: "Can we talk please." Like that, with a period. The words are a question, but the inflection is a demand. I go to the kitchen, away from the kids. Not sure I should have caved to that demand.

W: Why did you just leave like that? I felt so disconnected from the rest of the family, like I didn't even MATTER. *tears begin here* I just feel so invisible when you walk away like that, taking the kids with you.

(In the past, when I've raged, she's done the same thing, "protecting" the kids from my anger.)

M: Son was already playing, and I took daughter because you asked me to. I was giving you space because you were angry, and honestly, I don't want to be around that.

W: I've told you before, when I'm sad, I don't need space. I need you to comfort me. When you've been upset and asked for space, I've respected that. Now that I'm upset, I'm asking for you to validate my feelings, and I'm not getting the same respect of my wishes.

M: First of all, you weren't sad, you were mad. Second, honestly, it doesn't even cross my mind to comfort you when you're bristling. I've told you that before. I'm not responsible for your feelings. If you want comfort, be sad. Don't yell and be angry. No one wants to be close to that.

W: I just feel so unloved that you're not fulfilling my needs and validating my feelings. A simple "I'm sorry the dogs are upsetting you" would go a long way. But instead you leave me?! Who does that to their wife?! *more tears*

M: *broken record about bristling*

W: ...

M: ...

awkward pause, I'm not going to comfort her because she really doesn't deserve it at this point, even though that's the next step in her mind

W: *weakly holds arms out, asking to be held*

M: *I oblige and hold her tight, laying on the beta*

In retrospect, I started to doubt myself when she said she had asked for comfort before. I proverbially smacked my forehead and said *duh* to myself, but really, bristling brings to mind no thoughts of comfort. WHY DOES SHE ASK FOR COMFORT WHEN SHE'S MAD?! I should have been her oak all along, but seriously, when she rages, I just want to leave. Is that not right? Is she valid in her request? I technically held frame, but it wasn't the strongest, and I'm sure she felt the moment when I started doubting myself. What I believe I'm missing is the belief that she will rage around me, but I should stick to my guns and not give in. My thought of "what if she's right" came way too soon to be anything more than my own hamster.

Feedback very welcome. More details upon request.

EDIT: Is there a happy ending? I wouldn't call it the best... I had been gaming her all day, pretty sure I made her wet right when I came home with some kissing and handling, with more promised later that night. We were both raring to go (hadn't done anything for 2 weeks due to shark week and then she got sick). But then this FR happened. Sex was pretty routine, she wasn't into it, I tried to apply DEVI, but I admit, I sucked. On top of that, I've had this random weird PE problem lately, which I really need to look into because its screwing with our sex.

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Comments

BluepillProfessor • 1 point • 28 January, 2015 07:41 PM

I oblige and hold her tight, laying on the beta

Holding an angry wife is NOT Beta unless you make it Beta. Reassuring a crying child or wife can be done in a very fatherly, dominant/Alpha way. Hint: Hold her tight.

I tried to apply DEVI, but I admit, I sucked.

You don't "apply" it, you do it. Like Yoda said:

"Try not! Do, or do not. There is no try."

Just do it and you will get better. It is a long process and you don't give up because you "suck at it." You double down and get better. Practice makes perfect.

The fact you can make your wife cry so quickly is probably a good sign. Amused Mastery should be easy to implement once you get control of your emotions.

I do see the taking of the kids as a rather passive-aggressive move confirmed by your defense that 'she does it when you get mad.' Sit down with your child and laughingly whisper in her ear that mommy needs a nap. Then make jokes about mommy while she throws her fit and get the kid laughing.

Here is the Red Pill truth of your situation: With the Red Pill solution.

You are scared of your wife: Don't be scared! Be brave. Be the rock.

You are terrified of her emotions: Take control of your emotions. When you have mastery over yourself you will have mastery over her.

You are afraid her mighty hamster is going to bite you: That little cute furry thing? Make friends with it. The hamster is adorable. Give it little hamster treats. Pet it, stroke it, love it.

alphabeta49[S] • 1 point • 28 January, 2015 09:43 PM

Holding an angry wife is NOT Beta unless you make it Beta. Reassuring a crying child or wife can be done in a very fatherly, dominant/Alpha way. Hint: Hold her tight.

That's more what I meant. I hugged her because I knew she needed it, that smoothing out her emotions and letting her melt into me (which she did beautifully, ended in a little frenching) was me being in a place of loving power. Just the act of holding her is more beta, as the sub has mentioned mixing alpha with beta.

You are scared of your wife: Don't be scared! Be brave. Be the rock. You are terrified of her emotions: Take control of your emotions. When you have mastery over yourself you will have mastery over her.

You are afraid her mighty hamster is going to bite you: That little cute furry thing? Make friends with it.

The hamster is adorable. Give it little hamster treats. Pet it, stroke it, love it.

Thanks. I'm seeing a basis of fear whenever I interact with her. That's what let me to TRP in the first place. I'm going to try the rejection therapy that was mentioned in another post. I gotta get over this fear and wake up to how cowardly I am. I like to see myself as a strong guy getting stronger, but getting realistic feedback from FRs like this puts a very accurate mirror right up to all my issues.

[deleted] • 1 point • 28 January, 2015 10:03 PM

Holding your wife isn't beta. Doing nice things for your wife isn't beta. Trying to add value to the person you've committed to making a life with is absolutely not beta.

Being supplicating, needy, insecure, subservient, reactive, scared can be.

Stop thinking in terms of alpha/beta -- the overuse of those has bastardized them. Start thinking in terms of "am I doing this for me? or am i doing this for her?" This is much simpler. The goal should be that you are doing things for you 100% of the time. After you get there, start thinking in terms of "Am I adding value, or am I taking value?"

alphabet49[S] • 1 point • 28 January, 2015 10:24 PM

Definitely. I think we agree. In this instance, I held her because I was ready to wrap up this conversation and move on, and in a way that painted me clearly as the oak. Even though the rest of the episode hadn't gone so well...

exbp • 1 point • 29 January, 2015 12:51 AM

When she asked "why did you leave me like that?" that was when the hamster appeared. She knows why, you know why. I would have disengaged right there. Everything after that was the fruit of an irrational argument. It's a huge burden lifted from me recognizing that she's actually anxious about the situation and if I respond then I'm really saying "there's an issue here, you're right to be anxious." Leaving, not engaging, A&A are all ways of getting her to see her irrationality rather than worry about it.

alphabet49[S] • 1 point • 29 January, 2015 04:14 PM

She knows why, you know why. I would have disengaged right there.

How specifically do you disengage? Whenever I try (ignoring, amused mastery, lightly dismissing the issue, etc...), shit just blows up more. As I'm typing the answers are coming to me from other posts. :P If things are too tough to handle, I should go nuclear or duck out completely (go to the garage, take a drive, take a walk, call up a friend).

exbp • 1 point • 29 January, 2015 09:32 PM

Her blowups and outrage are that you're daring to ignore her hamster. That'll go away when she respects you more and has to decide if something she's got in her head is worth bothering you about.

When I'm confronted like this I might say "you're not making any sense, we'll talk later", not angry, just matter of fact. If she persists I leave the area, maybe even leave the house. You won't have to do that much once she gets that she can't pick a fight with you over nothing.

Remember it's her anxiety about the topic that's driving her and any engagement just legitimizes that anxiety. She can recognize that her worries are nothing worth expressing but she needs to mull them over first. Since you're there and she has nothing to fear from picking a fight, she uses you to sound off with nonsense.

UEMcGill • 1 point • 29 January, 2015 01:43 PM

Overall, not a bad effort. I understand sometimes its hard to answer correctly all the time so no biggie.

Remember even a 2 second pause can be imperceptible so take a little time if you need to.

The good: You reiterated that her feelings were hers to deal with.

The bad: She still worked you pretty good with the emotional manipulation. Me? I would have made her apologize for her poor behavior. She had a hissy fit like a 3 year old and expected you to pick up the pieces. And

you did.

Next time answer about taking your daughter away like "I took D1 away because you asked me to" and stop right there. Add an inquiry here "I don't understand what I did wrong". If she says "you were supposed to hold me" tell her or repeat "But you said to take d1 out of your hair". or maybe "I don't understand if you tell me one thing but want another"

You may even need to go nuclear on her. Tell her "Knock it the fuck off. Your feelings are yours and I can't fix them! I'm not a mind reader and won't tolerate that kind of bullshit." The key with WISNIFG is you are deflecting the bull shit so that the real reason can come out.

My guess? She's feeling insecure and this was a massive loyalty test.

alphabeta49[S] • 1 point • 29 January, 2015 04:11 PM

My guess? She's feeling insecure and this was a massive loyalty test.

What makes you say that its loyalty and not fitness? I have a reason for asking...

UEMcGill • 1 point • 29 January, 2015 06:10 PM

Generally shit tests can be resolved pretty quickly. A quick smack down and once she realizes your resolve, she moves on. She held pretty firm on this, and wanted your affections afterward.

Remember watch her actions. So if we take away the words, what I saw was "Bad behavior, Bad behavior, hissy fit, Bad behavior, affection-seeking".

So where she behaves badly knock that shit down. When she is affection seeking after said behavior, ignore. Don't reinforce the dynamic. Later on, when she's got the kids off to bed, pick her up squeeze her tight and say "Doing a great job Babe!". Affection is given in the context of good behavior.

alphabeta49[S] • 1 point • 30 January, 2015 01:18 AM

In my first post I revealed that I had an affair about a year and a half ago. So I've had to learn and accept that most of what other guys would call shit tests are actually comfort tests in our specific situation. There's lots of fear and distrust for her still. But the good thing is, I can tell when it crosses over from "I need reassurance that you're not going to cheat again" to "I'm going to use your affair as an excuse to bitch." So there's that. Does that change your opinion about my situation at all?

[deleted] • 0 points • 28 January, 2015 07:15 PM*

I read what you typed up and thought there was so much going on. It's not just you and your wife's dynamic, but the overall dynamics in the story.

But my wife took a turn at the rage last night, screaming and shouting at them (demonic sounding at some points), locking them in their crates.

Why is this okay? Why are you allowing her to flip out at dogs being dogs? If you haven't trained them well enough, the responsibility lies with you as an owner, not in the dog's natural behavior. Dogs especially have a leadership structure - weak leader = unstable structure.

Being upset is one thing, freaking out and acting emotional and crazy is a completely different behavior that should frankly be unacceptable for a grown ass woman. Hell, it should be unacceptable for a 3 year old child.

W, cooking:(snapping) Please take your daughter.

Even that tone bugs me. You're not her pet. She should recognize that she's asking for a favor and ask

accordingly. My response would be "Not with that tone of voice. If you're asking me for a favor, ask me for a favor." Don't put up with shitty behavior.

The core concept here is don't acquiesce to demands in order to placate a temporary situation.

I pit in my stomach because, heaven forbid, my wife is mad

Fuck her. You should be mad. You should be pissed at her level of disrespect. She can be mad for all she wants. Not your fucking problem. Your problem is you have an ungrateful wife who acts like a 2 year old and can't contain herself. You should be demanding better of your wife.

Why did you just leave like that? I felt so disconnected from the rest of the family, like I didn't even MATTER.

STOP GIVING IN TO HER FRAME. Stop being manipulated by her emotional response. The whole entire conversation starts because of the assumption that she is in the right.

1. She acted like a child. ("You acted like a child to the dogs.")
2. She asked you to take the girl. ("You asked me to take the girl.") Don't explain why or what or whatever your reasons were. Your reasons only give her more areas for her to bitch and tell you how you're wrong.
3. "I've told you before, when I'm sad, I don't need space. I need you to comfort me. When you've been upset and asked for space, I've respected that. Now that I'm upset, I'm asking for you to validate my feelings, and I'm not getting the same respect of my wishes." -- all of this is after the fact hamstering. Your answer could be something like, "Okay. Next time you're acting mad. I'm going to tell you you're acting mad and ask you to calm down. You get one chance. If you calm down, I'll comfort you. If not, I'll continue walking out. I'm not going to interact with you when you have a poor attitude."

I technically held frame

You didn't hold frame. You never had frame. The entire time, that entire conversation, was from the perspective of your wife under the assumption that what she was saying was the truth. One thing I won't advocate for is self deception to protect one's ego. In that conversation she could've called you her bitch, and your response would've been, "I'm not your bitch" -- proving that you are in fact her bitch.

Holding frame is in essence establishing the bounds of engagement. The interaction starts on your terms, progresses on your terms, and ends on your terms.

Resources on Frame Control 101 --

1. <http://therationalmale.com/2011/10/12/frame/>
2. <http://www.returnofkings.com/29943/the-essence-of-frame-control>
3. <http://attractioninstitute.com/advanced-frame-control-101/>

All of them essentially say the same thing, but I've read that you have to hear something 7 times before internalizing it.

Final note -- the most powerful weapon you have in your answer is silence and disapproval. When she asks a question that you don't want to answer, respond with silence and disapproval. If she's not acting in a way you approve of, silence and disapproval. Etc.

alphabet49[S] • 1 point • 28 January, 2015 09:35 PM

Why is this okay? Why are you allowing her to flip out at dogs being dogs? If you haven't trained them well enough, the responsibility lies with you as an owner, not in the dog's natural behavior.

and

You should be demanding better of your wife.

I don't have enough track record to assert myself. She would have every right to say, "two months ago you did the same thing," which is absolutely true. Talk is cheap, and I don't want to get caught up in saying things like "I'm different now." All your advice and feedback (thank you for taking the time, btw. I need this feedback) boils down to this: I don't have enough track record of maturity myself to demand anything of her. Or, that's what I think anyway. Set me straight if I need it.

[deleted] • 2 points • 28 January, 2015 09:54 PM

I will.

What you said is bullshit.

So what if two months ago that was okay?

You started reflecting. For you, it's not okay anymore. You expect that you aren't being unreasonable. If she feels like it's unreasonable, that's a conversation you can have.

Just because she was able to do something that didn't meet your standards two months ago, doesn't mean that it should continue like that. If she wants to act like she's three, she can be treated like she's three.

Don't buy into your excuses, don't buy into her excuses.

At the end of the day, you're trying to improve your happiness in the relationship, and by extension, her happiness too.

Remember, changing the status quo is not easy. Inertia is a governing law of physics.

She should hold you accountable as well. You're not a dictator. You're going to have flaws. You're going to fuck up. The end goal, imo, of a marriage should be the commitment to work together to constantly make each happier than you would be if you were individuals. Otherwise, what's the fucking point?

The conversation needs to be about what is reasonable and what the two of you can compromise on. Too many men (and women) put up with unreasonable (read as: shitty) behavior.

alphabet49[S] • 1 point • 28 January, 2015 10:01 PM

Your username is directed at me, isn't it? :P Thanks, that gives me lots to think about.

[deleted] • 2 points • 28 January, 2015 10:05 PM

I prepared this username 2 years ago for just this moment. ;)

alphabet49[S] • 1 point • 28 January, 2015 10:26 PM

I knew it! After all, its all about me, right?!

[deleted] • 0 points • 28 January, 2015 06:57 PM

It's tough, but I generally have a go to order and I try to put amused mastery first. If you can head off the angersad/sadanger with a laugh then you've serviced everyone.

I only see the need to cave to a "We need to talk. Let's talk. We're going to have a talk." if it's something life altering that is a two way conversation. Also I try to judge my own mindset at the moment. Am >I< prepared to not get defensive and keep myself controlled. If I'm not in the best mindset I wont play into it. We'll have to chat later.

So many shit tests are announced with those words. Doesn't mean you have to always go "No, fuck off." but just

take it as warning-you-don't-usually-get that a shit test is coming.

You did good reminding her that she's in charge of her emotions. The difference between being a good listener and an emotional tampon is in approach. While she may get the same cathartic release, if you DEER defend , explain, excuse, rationalize she'll get it at the cost of you absorbing it and staring at the ceiling while she snores soundly.

I could tell my wife needed to blow off steam last night. She was very self-conscious about talking, which I own because I would have been DEERING all the way in the past. May or may not have been stepping into something but I decided to take a leap of trust that she wouldn't abuse me in the process (since she's become aware of MRP, after the initial upset, she's started to try to not play into any AWALT moment, so she gets a lot of kudos). So I let her vent about feeling overwhelmed and stuck on a hamster wheel of parenting/sahm things. Made sure not to get offended , offer advice is I had it and humor and that was that. She slept, I slept.

So really, all your wife needed to say was she wanted a hug. But they can't do that so one sentence turns into anger, arguing, demanding a platform, exposition AND THEN she asks for a hug. Try to head it off at the pass. Bear hug her from behind and grab the kid, "It's off the side of the cliff with this one!" and then play with your kids for a bit if you want. All the "I feel so excluded , blarg" should be met with "Then you should have been more clear". It's on her to communicate more effectively, and you addressed it ...in a long way.

It's tough in the transition phase. And like it or not you should err on the side of removing yourself , but the more you learn the more you'll be able to head things off where you both feel like winners.

Please note NONE OF THIS factors into the excitement tingles. So while all of this may be constructive well and good...admit it or not you gotta have a little drama to keep em reeled in. There's fine posts about that around.

alphabet49[S] • 1 point • 29 January, 2015 04:10 PM

I generally have a go to order and I try to put amused mastery first.

It sounds like you've almost got an official process. I should think about developing my own. Why amused mastery first? I agree that that's a good option, but do you know why that works better than other options for a first response? See my response to UEMcGill below for more insight into my situation...

The difference between being a good listener and an emotional tampon is in approach.

I do believe I'm doing better on this. On the outside, I look the same: listening, eye contact, paying attention, reflecting for clarity. But when I own my own attitude and keep telling myself not to take it personally, the issue usually fizzles out on its own because she just wanted to hear herself talk. I can listen just fine. Its when she demands a response that I allow myself to get confused.

you gotta have a little drama to keep em reeled in.

I'm getting there. Its hard to believe that this is all just part of the game when she's accusing me of cutting her out of the family.

I'm almost done with NMMNG. Last night we had another little tiff. I just went and read my book, and she left me alone until we both cooled down. Effective.

[deleted] • 1 point • 29 January, 2015 05:03 PM

Not so much official as well. just what fits my personality.

Others on here have more confrontational/scolding approaches and it all depends on the dynamic of you and your wife. Can I pull that off without looking mad or butthurt? Probably not as well for me (even though it is sometimes necessary) as I can use A.M. so it's my go to.

It's all a tool in your mrp toolbox. Just make sure you dig in there instead of the betabox. And while something may be your best move, you still need to keep up the other approaches as well.

Its when she demands a response that I allow myself to get confused.

Well, and not every question deserves an answer to be honest. My way of handling that may be frustrating direct questions with ridiculous answers:

"Why did you stack the cans like that in the cabinet?"

"Shh , the voices that tell me to stack them like this told me to never reveal the secret!"

to even the more seemingly serious loaded questions:

"Why aren't you romantic anymore?"

"The battery died in my romantometer. I've been meaning to get that fixed"

Now the direct approach to these might work depending on who you are or how you're feeling and some favor it:

"Why did you stack the cans like that in the cabinet?"

<silence> or "You're always free to rearrange or stack them yourself".

"Why aren't you romantic anymore?"

"I don't answer leading questions" or Shake head... walk off and do something else.

and examples of WRONG answers:

"Why did you stack the cans like that in the cabinet?" "What do you mean, I always do it this way". or

"Why are you so critical of my stacking?" or <insert any defense, explanation, arguing>

"Why aren't you romantic anymore?"

"Last week I gave you flowers." "Oh gosh, I'm sorry, what should I do?" "What do you mean? I'm romantic!"

I think some of the phases we pass through are:

Betaphase : DEERing, getting butthurt, arguing, reactive

Starting to implement rp: Over control and emotionless, get accused of being alien or robotic, but you still are doing better. Paying closer attention as an observer. You're kinda on the bench at this moment. No longer getting creamed by the home team, but still not actively playing. You still have to mull and take a long time sometimes to recover.

Scoring some points! You now are a little more dynamic. You shut down pure hamstering or remove yourself. You intercept the ball, you pass back with some amused mastery. The poo flung isn't sticking so much. You recover quicker.

Winning. You defuse situations before they blow, you make sure you're covered everywhere in defense. You, yourself are a little slippery and a game changer. You're laughing or hugging at the end. If she needs to vent , and you have time you give her an outlet. You cheer her up, let her come back to even keel, or make direct points and she reconsiders during some alone time.

I mean we did marry our wives because we like them and care about them. So while anger and directness can help us shake off our old habits, I see a long term need for approaching any situation from a happier place. Or at least if she's in a mood to not be nice, an understanding-parentish place for lack of better terminology.

