

# Main event before/after dread

January 5, 2019 | 8 upvotes | by [Zehoff](#)

---

So still pretty new to swallowing the pill but already my life seems allot more BS free. I have a garage gym and whenever a BS argument or a “no” comes up In bedroom I simply walk in there with a smile and an audiobook. (Thank u Rian Stone for this one)

It's getting to point where I just want to say F it we are not working out (shame as we have a kid involved) I can't see us both changing. I'm not doing this as a threat that's empty either I generally mean it, I think she starting to sense it too as started treating me a little better.. sorry to vent on but my question is should I follow all the steps of dread and what are the advantages of that as opposed to calling it here and now

---

Archived from [theredarchive.com](http://theredarchive.com)

---

## Comments

---



The\_Litz • 26 points • 5 January, 2019 10:50 AM 2

You are having a shit day. That is all. Keep to the steps of Dread. One month on each step for each year of marriage.

What does your MAP look like? What time frame are you improving yourself over?

See what happens is, guys set up a plan (MAP) and then don't follow it.

Only start proceedings when it is time for it on your MAP, not because you woke up this morning with some wood and momma didn't want it in her.

As a side note, my lawyer friend is gearing up for 'divorce season' as he calls it. Many people pull the plug in January after Christmas and full of New Years resolutions.

Don't be a man that acts on his feelz, be a man that acts on his plan.

tspitsatgp • 6 points • 5 January, 2019 11:05 AM

I need that, thanks.

ParaXilo • 9 points • 5 January, 2019 09:55 AM

Early on you're still validation seeking. Doing things for her because you want to fuck.

Just STFU lift. Be attractive and not unattractive.

what are the advantages disadvantages of that as opposed to calling it here and now FTFY

The biggest disadvantage is you're going to enter into a new relationship the same unattractive person you are now. If you want to kill the puppy sure go ahead.

Definitely check out the cut the shit sticky here and post in OYS in the main sub weekly. There's no cookies.

Who are you again? What are your stats? Seems like you were here almost a year ago. Guess MRP didn't work because here you are again. It's cool I'm there too.

Zehoff[S] • 3 points • 5 January, 2019 11:41 AM

Yep I made improvements a while ago but had success and failures. My own fault as I need to OYS at all times not float in and out but making a fresh start. Not for her but for me, Thanks for the good advice bro that's some positive feedback I can take away and use

ParaXilo • 1 point • 5 January, 2019 01:51 PM

Happens. We can very easy fall back into the old ways. Because it is easy.

suprathepeg • 5 points • 6 January, 2019 09:14 PM

If you're doing dread to save you marriage the your engaged in a massive covert contract. Dread is about you being a fucking man worthy of note. Stay plan is go plan.

What level are you on?

matrixtospartanatLV • 2 points • 8 January, 2019 12:08 AM

“Dread is about you being a man worthy of fucking.”

FTFY

suprathepeg • 1 point • 8 January, 2019 04:37 AM

It's also a process of making you a man worthy. If OP's woman is slagging him and making fun of him in public there are one of two things going on. Either he's not someone she finds attractive enough to treat well or she's fuckin nuts. Either way there's only one way to find out.

screechhater • 4 points • 5 January, 2019 09:22 PM

Keep reading.

Look up dread. Look up main event.

I can guarantee your biggest problem is your lack of leadership.

All women, and I mean all, want to be along fir the ride. So get your shit together and set a course.

The “no's” subside the more valuable you are, attractive, own your shit and better you operate in frame.

BobbyPeru • 3 points • 5 January, 2019 10:56 PM

Stay with dread. Many of us have tested it, and it is tried and true. But, stick to the official dread, passive dread. Active dread is weak, and it usually backfires. Do you understand the difference between active and passive dread?

My gut is you are giving up way too early. Is she a quality woman?

RedPill-BlackLotus • 2 points • 7 January, 2019 07:18 PM

Active dread is like WMDs. It's always on the table but tends to fuck everything up.

I used it in a weird circumstance. Worked for me.

BobbyPeru • 2 points • 7 January, 2019 09:32 PM

Active dread can work, but it should be used very sparingly and carefully

DancesWithPugs • 1 point • 10 January, 2019 09:52 AM

Not enough context why you're unhappy. I would add some meditation and nature walks to your week to keep you calm and your head clear. I like to charge in and try to fix things, but sometimes women need time to adjust and come back emotionally.

Give it time and don't obsess about conversation rules or something. Pursue your own satisfaction without being selfish or lying and she may just come around. Don't expect perfection though, self-improvement doesn't always improve other people.

BluepillProfessor • 1 point • 12 January, 2019 07:09 PM

There are two advantages to following the mrp plan. First you can walk away knowing you did everything that you could. Second, if you do walk away after following the plan you are in a position to do much better next time. If you cut out early you are not ready to do better and did not give your wife a chance to catch up so it will always be on your mind.