

LTR Management

November 28, 2018 | 15 upvotes | by [laylow82](#)

Hi guys,

i am pretty much unexperienced with women (28 years old).

Due to improving myself and my looks and upping my SMV, I was fairly successful with the ladies the last two years.

Right now I am in an LTR (24 years old).

I was doing a good job when we were dating and was using the advice i got from here and TRP.

I was showing a lot of abundance mentality and push pull was point on.

What I need now is a strategy guide for LTRs.

I started to let the beta shine a lot.

We are deeply in the honeymoon phase.

We are giving us cute nicknames and telling us how much we love each other and stuff.

I cringe on the inside but I cant stop doing it.

I mean she is really cute and submissive.

She is never bitching and respects me.

She is always excited and happy to see me and has never flaked before.

I havent seen any negative change until now, but I think I will in the long run.

Am I being a faggot? Should I start neglecting her a little more?

Sometimes I use dread on her or remove attention for a while.

She notices and adresses it covertly but it does not really change her behavior.

I am lifting and still seeing my guy friends. I keep my life busy.

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Comments

innominating • 21 points • 28 November, 2018 02:55 PM

All this is fine.

Read the commandments of poon and follow them. Give her a little less than she gives you. If she gives you a lot because you are the prize, you can give her a fair amount of beta comfort, because she earned it. Just make sure it is less than she gives you.

Always lift. Stay in shape. Keep improving.

Always make time for other men and go out and game other women a little.

Instill passive dread in your LTR. Make her jealous. Flirt with the waitress, but much better to have the waitress flirt with you and you act like it happens all the time.

If your LTR try's to make you jealous, disregard, don't mate guard, withdraw attention and give it to another woman.

Have firm boundaries. Assert them. Reward good behavior with beta. Never tolerate bad behavior.

You'll be fine. Read the MRP sidebar. MMSLP will be good for you.

The_Litz • 14 points • 28 November, 2018 02:59 PM

You chased the bus and caught it, what now?

The only advice I am going to give you... Wrap it up, you are in charge of BC.

rpsheepdog • 8 points • 28 November, 2018 02:45 PM

Go to Married Red Pill, read through the levels of dread

laylow82 • 1 points • 28 November, 2018 03:11 PM **[recovered]**

I did read that.

As I said, I keep myself busy and lift. I sometimes act mysterious. I dress well. But I am not openly gaming other women.

For example I have bought a nice shirt recently when we were both shopping. She kind of got curious and asked me when I am planning to wear it. She generally thinks I am a high value man. I dont really give off an unexperienced vibe.

rpsheepdog • 4 points • 28 November, 2018 03:15 PM

if that's the case I would study up on comfort tests vs. shit tests

laylow82 • 1 points • 28 November, 2018 03:27 PM **[recovered]**

My problem is that I cant adjust the amount of beta I am supposed to be. I dont know which behavior is too beta and which one is to aloof and cold.

rpsheepdog • 3 points • 28 November, 2018 03:51 PM

Its not so much about "adjusting" beta and alpha, as much as just you being you, internalization is key

Ohms2North • 2 points • 29 November, 2018 02:12 AM

Never just be you. Be your best self

beholdthemaverick • 1 point • 28 November, 2018 05:48 PM

MMSLP does a good job of explaining the balance and how-to of implementing and cultivating beta traits without it crossing too far over into supplication. I would go back and reread if you haven't tried that yet.

[deleted] • 7 points • 28 November, 2018 03:06 PM

Am I being a faggot?

Yes, but probably not for the reasons that you're thinking.

Sometimes I use dread on her or remove attention for a while.

I'm not really sure what you mean by "use dread" on her. Dread is something that should be constantly running in the background as the result of being a high value man with a busy life and abundant mindset. Don't be a try-hard faggot that feels like you always have to show her that you can get other women. If you truly are the prize, she'll feel that and adjust her behavior accordingly. Deliberately making her jealous is totally unnecessary if she's doing her part, and it reeks of desperation.

I started to let the beta shine a lot. We are deeply in the honeymoon phase. We are giving us cute nicknames and telling us how much we love each other and stuff. I cringe on the inside but I cant stop doing it.

If you're cringing at your own behaviors, what does that tell you about whose frame you're in? Some beta behavior is necessary in an LTR, but you can do it in a noncringeworthy way that is consistent with your own mindset.

It seems like your eyes are halfway open, but you really need to read the sidebar materials. The man you became after swallowing the pill is the man you need to be in an LTR. You're not changing who you are to accommodate a relationship, you're offering her a relationship because she adds value to your life, and you provide comfort to her (i.e beta) because you want to. The fact that you're asking if you should neglect her tells me that you're missing the overall point behind this.

laylow82 • 1 points • 28 November, 2018 03:26 PM **[recovered]**

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I have constant dread running like going to the gym, dressing nice, going out, keeping frame etc. But when I feel like I showed too much beta qualities and have been acting more emotional than her, it feels like I can see her pussy dry up. Thats when I start texting her less and be a little more distant to adjust myself. I have used the wrong expression by "using dread on her", sorry.

If you're cringing at your own behaviors, what does that tell you about whose frame you're in?

I am cringing because shit starts getting emotional and when she is acting really cute I start showing her more love than she shows me. And when I do this she dries up and I have to fall back again until she misses it and the whole thing repeats. Its hard to describe because English is not my first language.

It seems like your eyes are halfway open, but you really need to read the sidebar materials.

I did read it and most of the advice was about frame and abundance. But that only works with plates. I think in an LTR you have to be more beta. I just struggle with the ratio and adjustment.

[deleted] • 5 points • 28 November, 2018 04:01 PM

Why would you think that frame and abundance only applies to plates? Those are the cornerstones to *any* successful relationships. Not just in your personal life, but professionally as well. If you don't have a solid frame, people will not respect you. If you lack abundance, people will take advantage of you because you need them more than they need you. These are universal truths, which is why the sidebar material is so heavily weighted toward them.

But when I feel like I showed too much beta qualities and have been acting more emotional than her, it feels like I can see her pussy dry up.

When you're more emotional than her, you're disrupting the polarity between masculine and feminine energy. You're acting like the woman, so naturally her sexual desire is repelled because she's attracted to masculinity. That's why I said that the beta comfort that you provide has to be consistent with your frame. You need to be the Oak.

Don't make the mistake of assuming that you need to perfectly balance alpha and beta traits. The goal should be alpha with a side of high beta traits. If you reach the point of turning her off sexually, you've gone too far.

OMSnow • 1 point • 29 November, 2018 02:04 AM

This! I have gotten most benefits from work and personal life applying RP thinking. Wife is coming along too but I see more gains and have seen more gains faster with other interactions.

[deleted] • 3 points • 29 November, 2018 03:27 PM

No history of beta behavior influencing those other interactions, while for most of us, our wives have seen us at our worst. MRP is hard mode for a reason.

OMSnow • 1 point • 29 November, 2018 11:34 PM

Roger. MRP has many of us digging out of a deep BP ditch. That's OK, only making me stronger.

OMSnow • 1 point • 29 November, 2018 11:38 PM

And the "other interactions" I referred to are work and life related, so they've seen me BP but not like wife and family has. But yes you are right, plates never saw my BP self and now I see why they wanted what they wanted.

hystericalbonding • 5 points • 28 November, 2018 03:18 PM

We are giving us cute nicknames and telling us how much we love each other and stuff. I cringe on the inside but I cant stop doing it.

I missed the part of the sidebar where it said to stop having fun. Read Pook. Play with her. If you're not having fun, then next her.

The key to LTR is that you'll get treated like a bitch if you act like a bitch.

Chump_No_More • 5 points • 28 November, 2018 08:14 PM

If you are a high value man, solidly in your frame, as your mental point of origin...

1. You don't have a strategy for LTRs. you have a mission in which everything else is secondary.
2. There is no Alpha with a side of Beta.
3. You don't create dread. You are dread incarnate.
4. You don't neglect the LTR, you prioritize yourself.

LTRs are a good exercise because they provide a metric for a newly RP'd man on his journey to determine how well he's internalized an Alpha Mindset.

Use your LTR as the anvil to harden your frame and the stone to hone your mission. And when she no longer adds value... Next.

You have more work to do. Get back to it.

OMSnow • 2 points • 29 November, 2018 02:08 AM

Good read.

mindfulbutgutless • 4 points • 28 November, 2018 03:01 PM

Cut The Shit

redwall92 • 3 points • 28 November, 2018 03:02 PM

The sidebar is for men to read. You don't exactly specify if you are a man or not in your post.

The sidebar does not require a man to be married, engaged, or in an LTR in order for benefit to be accrued from reading the sidebar.

You should read the sidebar.

laylow82 • 1 points • 28 November, 2018 03:14 PM [recovered]

I did.

Not completely, but I have been lurking and reading for a year. All I can find is advice for plating or advice for dead bedrooms. Not so much about simple LTRs.

Ohms2North • 1 point • 29 November, 2018 02:15 AM

No such thing as a simple LTR. Marriage and LTRs is red pill on hard mode. If you fuck up you can't just try again with the next girl.

red-sfpplus • 5 points • 28 November, 2018 06:59 PM

unexperienced with women

So go hop in an LTR, that way you gets LOTS of experience.

Faggot.

You are 28. Go bang 28 women by spring break 2019. Ill challenge you. It will be good for you.

MrChad_Thundercock • 2 points • 28 November, 2018 03:40 PM

Your focus is way off. If you need a daily playbook, try this: abacaba, select, start.

Just maintain a healthy dose of dread by keeping your SMV slightly above hers.

Build the life you want, have a vision, be the best version of yourself possible, and take her along for the ride.

TheThirdT • 2 points • 28 November, 2018 07:01 PM

Nothing wrong with some beta behavior. Everything is relative to you being your own mental point of origin.
You don't use dread...you are dread.

Questioning your actions, worrying about others actions, doing something that makes you cringe, seeking advice means that you have inner conflicts that you need to deal with.

MrChad_Thundercock • 2 points • 28 November, 2018 02:53 PM

Troll