

# Is this blatant disrespect OR shit test?

October 11, 2018 | 15 upvotes | by [crunchyteabiscuits](#)

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We're cuddling and watching a Halloween movie after dinner. Throughout much of the movie she sends texts to a married male work friend about the movie. They both love this movie and share humor about it at work. *Okay, understandable.* But the texting increases as the movie progresses. *I'm getting annoyed.* She begins to explain to me her relationship with the friend, telling me they share lines of this movie at work quite often, and she tells me he's married. *Okay, she probably is able to tell I'm annoyed and feels the need to explain herself.* She goes on to tell me that they once ate edibles together. She tells me that during her out of town conference they might sit in his hotel together, eat edibles and watch this movie. *Even though I feel disdain towards her in this moment I can't help but laugh internally at the reaction she's attempting to get out of me.*

I try to play cool and not react. I noticed that she sometimes plays these games where she tries to gauge my reaction to see if I'll attempt to control her or to see if I get pissed off. She rarely ever follows through with the things she says about hanging out with male friends. I don't know why she does it. Her last LTR was very controlling, so she always tries to gauge whether I'll try to control her so that she can tell me off. Why do you think she does this kind of stuff? How should I react? Is playing cool and pretending like it doesn't bother me the right move? Sometimes I wonder if she does this kind of stuff to gauge whether I'm okay with a polygamous relationship, which I'm not.

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## Comments

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gettingmymojoback • 73 points • 11 October, 2018 11:10 PM

OP, the simple answer is any man with an ounce of self respect would get up, put their shoes on and head out the door...

Her: where are you going? We're watching a movie.

You: no, I was watching a movie, you were texting your boyfriend.

Her: so where are you going?

You: to meet up with your replacement.

Then leave. Why the fuck would you tolerate this shit? She has your balls in a fucking vice and you're worried about wether you should ask her to loosen it up a bit....

Stop drinking soy lattes. Faggot.

seedster5 • 21 points • 12 October, 2018 01:44 AM

OP, this is the right answer right here.

Red-Nerd13 • 15 points • 12 October, 2018 01:49 AM

2nd this

sbh88 • 5 points • 12 October, 2018 11:04 PM

3rd that shit

BobbyPeru • 22 points • 11 October, 2018 09:48 PM

She all but told you they are fucking. This is probably the most common type of affair- 2 married coworkers.

Here's the shitty part. She will never tell you, and you will never know for sure. But, what she said basically makes her behavior totally inappropriate anyway. For me, I'd end it for that reason.

crunchyteabiscuits 1 points 11 October, 2018 10:19 PM **[recovered]**

For me, I'd end it for that reason.

But what would you have done in that moment? Get up and left? Start an arguement and get in her face? I stayed calm and never reacted because I see that suggested all the time in TRP when women give shit tests.

BobbyPeru • 18 points • 11 October, 2018 10:55 PM

Stay calm, leave, and lawyer up

And work on spelling argument

[deleted] • 8 points • 12 October, 2018 01:49 AM

Stop focusing on moments. Life isn't a movie. It isn't won or lost in moments like that. You don't always have to react right away. Take your time, and make your decision. You care too much what she thinks.

And I can guarantee you this; nobody in the comments section here would ever stop to consider what a woman like that thinks of us. She is LOW VALUE...

misspellbot • 15 points • 11 October, 2018 10:19 PM

Silly human, you have misspelled **arguement**. It's actually spelled **argument**. Don't let me catch you misspelling words again!

crimson\_chris • 3 points • 12 October, 2018 10:57 PM

Dude. This is NOT a shit test. These are the action of a woman that DNGAF.

simbarlion • 3 points • 12 October, 2018 01:57 AM

Yet we normally say if she is upfront about it they are not

BobbyPeru • 5 points • 12 October, 2018 03:01 AM

A trickle truth is mostly all a guy will ever get

UEMcGill • 12 points • 11 October, 2018 11:24 PM

My wife finger fucks her phone in front of me, I walk away. I have better ways to spend my time. Why don't you?

crimson\_chris • 1 point • 12 October, 2018 10:56 PM

Exactly. If my wife is on her phone, I leave.

mrpthrowa • 11 points • 11 October, 2018 10:21 PM

Cuck. Literally

RedPill-BlackLotus • 10 points • 11 October, 2018 11:35 PM

This is a LTR? Wholey shit man.

Are you apprehensive about going back out into the dating scean again?

You have life by the fucking balls. How old are you?

Your asking a room full of men with teeth marks on their face if you should put your head in that lions mouth.

Don't do it!

crunchyteabiscuts 1 points 12 October, 2018 01:41 AM **[recovered]**

lmao. I'm 30 and this is actually my first LTR, so a lot of the issues stem from my inexperience.

i\_stuckmydickincrazy • 7 points • 12 October, 2018 08:41 AM

This is you.

Get the fuck out of that relationship. Read *No More Mr Nice Guy*. Spin some plates. Take the pussy off the pedestal.

crunchyteabiscuts 1 points 12 October, 2018 02:27 PM **[recovered]**

Wow that video. You're right, that's me. I need to stop kissing her ass and realize this relationship is likely temporary and that there are plenty of girls in the sea. Lol damn that video is spot on.

RPWolf • 3 points • 12 October, 2018 03:51 PM

Wow that video. You're right, that's me. I need to stop kissing her ass and realize this relationship is likely temporary over and that there are plenty of girls in the sea. Lol damn that

video is spot on.

FTFY

[deleted] • 1 point • 12 October, 2018 02:47 PM

In case you missed it, NMMNG. Read it. This week.

[https://www.amazon.com/gp/product/B004C438CW/ref=dbs\\_a\\_def\\_rwt\\_hsch\\_vapi\\_taft\\_p1\\_i0](https://www.amazon.com/gp/product/B004C438CW/ref=dbs_a_def_rwt_hsch_vapi_taft_p1_i0)

Persaeus • 5 points • 12 October, 2018 02:24 PM

I'm 30 and this is actually my first LTR

first LTR should never be last LTR. not even close. there's levels to this shit. the way she treats you indicates she is low class or unstable woman. demote to plate and move on.

have you read "bitch management" by humansockpuppet?

civilizedfrog • 4 points • 12 October, 2018 03:57 AM

Yeah bro. She is not a woman worth relationship. Your best options are to downgrade her to plate status or to end it. I would personally end it.

Red\_Ninja7 • 2 points • 12 October, 2018 02:28 PM

Same here.

SteelToeShitKicker • 4 points • 12 October, 2018 02:35 PM

I'm surprised no one is saying this. You are being groomed as a plow horse since she is a single mom. She doesn't care about fucking you, she wants your ability to provide. Those "bad weeks" when she is too tired all week? She's out fucking chad. When chad gets bored, she comes back to you.

Sorry man, nothing about this is salvageable for you. I'd keep fucking her and trying to talk to other women.

crunchyteabiscuits 1 points 12 October, 2018 02:37 PM **[recovered]**

She's not looking for a provider. She makes plenty of \$\$\$, more than me and likely more than anyone in this thread. I don't have much money.

Persaeus • 2 points • 12 October, 2018 03:02 PM

more than anyone in this thread

how much we talking?

SteelToeShitKicker • 2 points • 12 October, 2018 03:13 PM

Got me then. Why is she with you?

crunchyteabiscuits 1 points 12 October, 2018 03:31 PM **[recovered]**

You're implying that a woman like that can only be after money. Clearly that's wrong, seeing how she makes multiples the amount that I make.

She must be getting value from me in other forms...

I'm younger, most of the good men her age are either married or dating younger women.

I'm physically attractive and fit (not fit to the standards of people here though)

I listen to her talk about her day, and let her rest her head on my chest and all that lovely sensitive stuff that I'm good at.

Her kid (who is in college ) seems to like me

I show potential. I have goals and a mission. Don't have much going for me now career-wise, but I'm always working for a better life.

She would have no trouble finding a one-night stand guy. But she would have trouble finding an LTR guy and I'm that guy.

SteelSharpensSteel • 4 points • 12 October, 2018 07:14 PM

Your hamster just went warp speed there.

crunchyteabiscuits 1 points 12 October, 2018 07:28 PM **[recovered]**

Read definition of 'hamster'. Still don't know what you mean.

SteelSharpensSteel • 1 point • 12 October, 2018 07:34 PM

Men and women have a hamster. Yours just went off the rails DEERING all sorts of excuses.

weakandsensitive • 7 points • 12 October, 2018 04:04 AM

There was a great quote at PPD the other day -

RP can't fix spergs.

This all makes so much more sense now. No wonder you're such a retard.

drty\_pr • 2 points • 12 October, 2018 09:25 PM

RP can't fix spergs.

Lol. I liked that one

weakandsensitive • 1 point • 13 October, 2018 02:50 AM

From this thread, I'm guessing this guy most likely has actual asperberger's - omega class male. It's really sad.

johneyapocalypse • 1 point • 13 October, 2018 02:41 PM

Just like that fucking asshole gay unicorn steve.

drty\_pr • 2 points • 14 October, 2018 03:34 AM

Fuckin Steve. I'm still not convinced he was the most dedicated troll that any RP sub has ever seen.

SteelSharpensSteel • 18 points • 11 October, 2018 09:31 PM

"In one corner, we have crunchyteabiscuits's girlfriend. She has her phone out, and movie ready to watch. In the other corner, we have our hero crunchyteabiscuit!"

"Crunchy! Crunchy!"

"The crowd is going wild."

### **ding goes the bell**

"Look at them folks, here they go.... oh wait... crunchyteabiscuit's girlfriend has PULLED OUT HER PHONE! Oh shit, she's texting ANOTHER MAN! Wait... wait... He's MARRIED!!!"

"crunchy is trying to play cool.... but... but..."

### **ding ding ding**

Round goes to the girlfriend.

Why?

Because you are a weak ass man who tolerates disrespect. Who cares why she does what she does. What is more important is what you do.

Stop being weak.

FoxShitNasty83 • 5 points • 12 October, 2018 06:48 AM

I can't wait for round two, my money is on crunchyteabiscuits girlfriend

SteelSharpensSteel • 2 points • 12 October, 2018 04:00 PM

7 to 2 odds the girlfriend wins.

crunchyteabiscuits 1 points 11 October, 2018 09:42 PM **[recovered]**

Texting a friend during the movie does not justify a response from me. If anything it would make me out to be insecure. The friend happens to be a married man, but regardless, he's just a friend. The texting (round 1) was fine. It's the other stuff that bothered me.

Instead of making an observation why don't you offer constructive advice/feedback? Are you suggesting I get aggressive once she pulls out her phone to text a friend?

SteelSharpensSteel • 11 points • 11 October, 2018 09:47 PM

I hate to break to you (not really), but Lumberg fucked her.

Now go get her your TPS reports. And stop hiding out in the bathroom.

crunchyteabiscuits 1 points 11 October, 2018 09:50 PM\* **[recovered]**

1. See MRP sub. Cool I can learn from these guys. I'll post.
2. Receive insults. Faggot this and that. She's cheating on you 100%. And no constructive advice.

Really useless sub each time I try posting here. 10% of the replies are worth reading, the rest is cancer. I came here for advice.

red-sfpplus • 18 points • 11 October, 2018 10:12 PM

Look man. What do you want from us?

Not a single flaired brother would

1) have a woman who does this

2) if he did she wouldn't be around long

So WTF do you want from us?

Its disrespectful. Yes. WTF you going to do about it?

Trust but verify.

Hire a PI like some other guy on here did.

Ignore it.

Fuck strange.

I mean the possibilities are endless.

We cant make decisions for you.

The only thing you need to 100% fucking understand is:

This woman was in your physical presence, but her head was with another man.

What do you think about that?

Now tell me the name of the movie faggot.

crunchyteabiscuits 1 points 11 October, 2018 10:16 PM [recovered]

Young Frankenstein

Not everyone here is 'Alpha' and a 'flaired brother'. Some of us are inexperienced and come here for help from the more experiences guys. I was expecting people to tell me how to react in that situation. I never knew what to do so I stayed calm and never reacted (which happens to be a strategy that I read often about in TRP, but apparently I'm wrong to use it here.....)

red-sfppplus • 8 points • 11 October, 2018 10:19 PM

Thank you.

Like I said man.

You were on the couch watching a movie with her. She was thinking of another man. And texting him. He was prioritized over YOU.

What are YOU going to do about that?

We dont fucking care.

Or am I being to direct for you?

crunchyteabiscuits 1 points 11 October, 2018 10:22 PM [recovered]

Now that I think of it I should have stopped the movie and told her "What the fuck?? Trying to watch a movie with you and you're texting this guy throughout the entire thing and now talking about getting intoxicated with him in a hotel room. Do you have any respect at all for this relationship??" Then if she doesn't apologize I should have... walked out?

red-sfppplus • 17 points • 11 October, 2018 10:29 PM

Women do not respect relationships, they respect men.

becoming\_alpha • 8 points • 12 October, 2018 12:05 AM

DL4: remove your time and attention from her based on her bad behavior.

That doesn't mean freak out, beg for her to respect you (what you mean by "this relationship"), then storm off reeking of butthurt when she doesn't comply. It means you draw a boundary of what you decide is appropriate behavior. You

calmly communicate your boundary, you can even do it with a smile: "my wife doesn't text other guys while we're watching a movie/my wife wouldn't go munch on edibles in another dude's hotel room." If she has any respect for you, that's the end of it and she doesn't reply to the guy again and ignores his texts.

If she continues, she's behaving badly and you don't reward her with your attention. You don't storm off, you excuse yourself to the bathroom and when you're done you now need to get to bed early for work, or you feel like going for a walk, or anything else you'd normally do.

u/SteelSharpensSteel gave me this gem from J10 when I early on and reeking of butthurt

[https://www.reddit.com/r/marriedredpill/comments/3qm961/verbal\\_intercourse\\_is\\_optional/cwgn5sb/](https://www.reddit.com/r/marriedredpill/comments/3qm961/verbal_intercourse_is_optional/cwgn5sb/). It's pure gold and intended to keep you from going rambo, which is what you're suggesting here.

SteelSharpensSteel • 2 points • 12 October, 2018 01:14 AM

Man that was a while ago. I bet you've made some changes since then.

magenta\_pill • 2 points • 12 October, 2018 01:55 AM

Agree, absolute gold

crunchyteabiscuits 1 points 12 October, 2018 01:16 AM **[recovered]**

Thanks a lot. Good insights. So act calmly, let her know how i feel calmly using the AM approach, then punish her bad behavior by removing time from her. Ok, i'll check out that post.

But the thing is, we're not married, although this is an LTR. We were at her house and it was like 10pm on a Saturday. I wasn't going to go to bed and I couldn't go home because I was there for the weekend and live 40 minutes away. It sucks when this kind of situation happens when I'm at her place, because I no where to go in these moments.

SteelSharpensSteel • 5 points • 11 October, 2018 10:43 PM

The medium is the message.

She's already communicating stuff to you. The question is are you receiving it.

And for the record, like u/red-sfpplus said, I would have never tolerated such disrespect from any girlfriend. Even when I was plugged in. And my now wife never did anything like what you mentioned.

fuckmrp • 3 points • 11 October, 2018 11:44 PM

Maybe next time you start texting that hot instructor with the fake tits that asked you to take her in the bathroom... oh thats not you. Yeah go with the words she obviously gives a shit.

RedPillCoach • 2 points • 12 October, 2018 04:03 PM

I would not have stopped the movie but I would have told her to knock it off and if she didnt I would have walked out and left the house. This was open disrespect.



Yes it was a shot test but it was worse. She was deliberately and maliciously ducking with you just to somewhat she could get away with.

You showed her. No boundaries, no limits. Only raw power being rubbed on your face. She was daring her little boy to act out. Mocking him really.

I am sure she had a good laugh with her work husband about it. They laughed at how weak and pathetic you are. They laughed that you did not stand up for yourself.

I strongly suggest that you quietly key log her phone and find out what she is really texting.

gameoflibidos • 4 points • 12 October, 2018 03:01 PM

Ok.. so you want an example response? Fine.

If I was watching a movie with the wife and she told me she was going to eat edibles with some coworker and watch a movie in her hotel room on a business trip... I simply would have said..

"You do that shit and you'll have divorce papers mailed to your fucking desk... and if I see you texting him again, I'll shoot your god damn phone with my 22. Now lets watch the fucking movie... oh and take your pants off."

.... but I've been doing this awhile and have slowly changed my attitude with the wife... she simply wouldn't do what you described but if she did... the above statement would not be surprising to her. Honestly.. she'd probably smile and take her pants off. It's because of how that statement would be presented in a matter of fact way devoid of anger. Just a statement.

If YOU said that shit.. your LTR would probably stand up and start screaming at her puppy dog boyfriend about how he can't tell her what to do.

So I think most responses here are right,.. you should have just up and left. Without many words said. You forgot you had something to do.

gettingmymojoback • 4 points • 11 October, 2018 11:04 PM

One million virtual upvotes!

(Slow golf clap)

OP will ignore this advice, because he's a faggot.

And we might give him cancer apparently.

weakandsensitive • 0 points • 11 October, 2018 11:02 PM\*

I love how salty chucklefucks get.

I was expecting people to tell me how to react in that situation.

You suck faggot. Don't be surprised that you're getting treated like a faggot who sucks.

Absolutely amazing how useless some of you fucks are.

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/u/RandomlyChosenTitle points out that OP is a 30 year old virgin and the woman in question is

40+ with a child in college. OP is clearly an omega.

crunchyteabiscuits 1 points 11 October, 2018 11:06 PM **[recovered]**

Checked your post history quickly. It's nearly all bitter attacking remarks towards OPs. Way to use your time productively bro.

UEMcGill • 5 points • 11 October, 2018 11:17 PM

If you can't handle a beat down from random internet homos, how do you expect to handle your business from people who count? Frame is everything.

I'll give you the first piece of advice, ready?

Let go of your ego.

crunchyteabiscuits 1 points 11 October, 2018 11:20 PM **[recovered]**

I can handle it. It's just a waste of time shifting through 90% shit in this sub to find the gems. Going to gym, while the mod of this sub weakandsensitive sends me 10 more replies insulting me and searching through my post history. Pretty ironic, and sad that the mod is behaving like a butthurt 12 yo.

UEMcGill • 1 point • 11 October, 2018 11:21 PM

Can you?

RedPill-BlackLotus • 2 points • 11 October, 2018 11:28 PM

Do me next! Check mine. I slum it up in/r/marriage all fucking day.

Your in the right place man, keep comming back.

weakandsensitive • 4 points • 11 October, 2018 11:15 PM

Speaking of post history - yours is some sad fucking shit. You have spend the better part of 3 weeks asking why your GF won't fuck you but will fuck Chad.

The worst part is you're doing your damned best in this thread to show everyone exactly why she has no interest in fucking you. Cutting through all the usual OP sucks dick bullshit, you are the saddest, most delusional, faggot ass faggot to come through.

I really, really pity you. Call a therapist. Get some help. You need it.

crunchyteabiscuits 1 points 11 October, 2018 11:17 PM **[recovered]**

Expected that you lurked through my post history after insulting me in 5+ separate posts alone in this thread. And you tell me to get therapy. Lol the irony. My post history is focused on improving myself by asking for help and providing advice, and yours is 90% insulting people. You should mod a few more subs to fill the gap your parents left you in your life.

weakandsensitive • 5 points • 11 October, 2018 11:40 PM

My post history is focused on improving myself by asking for help

Is that what you tell yourself?

Your post history is you being a whiny, unattractive bitch who's GF cucks him.

RedPill-BlackLotus • 2 points • 11 October, 2018 11:54 PM

Wholely shit man this made me cringe.

[https://www.reddit.com/r/dating\\_advice/comments/9l81yb/gf\\_out\\_of\\_town\\_for\\_work\\_and\\_not\\_texting](https://www.reddit.com/r/dating_advice/comments/9l81yb/gf_out_of_town_for_work_and_not_texting)

You have work to do man. Forget about this woman for now.

johneypocalypse • 3 points • 12 October, 2018 01:34 AM\*

Dude, you gotta whine less.

I'm assuming the woman in question is your wife?

My wife has never done anything like that to me.

Were she to do so, I would sit her down, more than likely the next day, and clarify that she's crossed a boundary that she cannot cross again, without clear consequences. That would get perhaps 5% of my attention.

I would then spend some quality time - alone - reflecting upon her behavior and asking myself why she is disrespecting me to that painful degree. That's where the other 95% of my attention would go. Not about my whorish wife's whorish behavior... texting a dude in my presence... getting high with that dude... threatening to get high with him in his hotel in a few weeks. Instead, I'd be wondering what I'd done to deserve such behavior.

My guess is that I'd notice the correlation between my whining in this thread and my wife's disrespect for me and ultimately come to the conclusion that they're likely related.

I'd hope you could have such a conversation with your disrespectful bitch wife and do so without resorting to all the whining.

Good luck. Set some boundaries. Butch up a bit and whine less.

crunchyteabiscuits 1 points 12 October, 2018 02:24 AM **[recovered]**

Thanks. You're right, it's a lack of respect. When we first met I was doing good and I was confident. But lately I've been forced to leave my career and start in a new field (pretty much at the bottom), so my glamorous job is gone and apparently so is her respect for me.

friendandadvisor • 1 point • 2 November, 2018 02:24 PM

Yeah, that's the kind of wit you should be showing-to your fucking slut GF. But, to her, you just nod your head and say "Oh, I know the two of you aren't doing anything...(hopefully) It's just...I feel so...unloved!"

Oh, yes, now you'll post "LOL! You're so immature! I came here for help, not to be called a faggot! Boohoo!"

If you're not a troll, you need to understand this shit these dudes are making you eat is for YOUR benefit.

weakandsensitive • 0 points • 11 October, 2018 11:07 PM

Yeah - it's amazing how many OP faggots there are like you. Whiny, whiny little bitches

that get cucked.

You do know she's fucking the other guy because you are a complete bitch right? Half the guys in here are fucking women who are dating guys like you.

I can tell you are an overweight, overemotional, insecure fucking faggot just from the way you write and how you respond to the posters. I'd bet you have bitch tits. I would guarantee money that you have no redeeming nor attractive man qualities.

crunchyteabiscuits 1 points 11 October, 2018 11:10 PM [recovered]

Tell me, how did your parents hurt you?

weakandsensitive • 1 point • 11 October, 2018 11:11 PM

Is this your attempt at pressure flipping?

Let's focus on how your girlfriend is fucking another guy while you're crying.

crunchyteabiscuits 1 points 11 October, 2018 11:14 PM [recovered]

You sound very damaged my man. I'm sorry they hurt you. You should definitely read up on theories like pressure flipping or some other obscure theory and write a 5k word post about it on reddit, then follow that by insulting new posters.

Again, i'm sorry they hurt you.

johneyapocalypse • 1 point • 12 October, 2018 01:43 AM

I wanna know your parents hurt you too, lol.

BobbyPeru • 8 points • 11 October, 2018 10:08 PM

Oh so you are actually the woman who was texting.

Keep that hamster going. Rationalize away.

You go girl

crunchyteabiscuits 1 points 11 October, 2018 10:18 PM [recovered]

What?

AreYouDeaf • 15 points • 11 October, 2018 10:18 PM

**OH SO YOU ARE ACTUALLY THE WOMAN WHO WAS TEXTING.**

**KEEP THAT HAMSTER GOING. RATIONALIZE AWAY.**

**YOU GO GIRL**

SteelSharpensSteel • 5 points • 11 October, 2018 10:46 PM

I know this is a bot, but this is just great!

UEMcGill • 7 points • 11 October, 2018 11:19 PM

I normally ban bots right away, but this is the first one that will stay.

AreYouDeaf • 3 points • 11 October, 2018 10:47 PM

**YES**

Persaeus • 1 point • 12 October, 2018 02:51 PM

this bot is the shit

red-sfpplus • 1 point • 13 October, 2018 02:10 AM

What?

UEMcGill • 2 points • 11 October, 2018 11:19 PM

!good bot

UEMcGill • 2 points • 11 October, 2018 11:20 PM

!good bot

mitch2you80 • 1 point • 12 October, 2018 02:41 PM

Good bot

BirdManBrrrr • 2 points • 12 October, 2018 03:16 AM

but regardless, he's just a friend.

ORLY????

friendandadvisor • 1 point • 2 November, 2018 02:14 PM

Texting a friend during the movie does not justify a response from me. If anything it would make me out to be insecure. The friend happens to be a married man, but regardless, he's just a friend.

"Fans, it looks as if this could be it...crunchyteabiscuits doesn't appear to be coming out of his corner! He's staggered, and doesn't seem to have any fight left...His cut man is just looking at the judges hopelessly, and his trainer is raising the towel..."

OxfordCommasRGud • 6 points • 11 October, 2018 10:32 PM

I'm assuming from your recent posts that this is your gf ("LTR" and "gf" both used) and not your actual wife.

We're cuddling and watching a Halloween movie after dinner. Throughout much of the movie she sends texts to a married male work friend about the movie. They both love this movie and share humor about it at work. Okay, understandable.

So her attention would rather be on her phone messaging a guy rather than enjoying cuddling you, watching a film that she loves and waiting to speak to him the next day. Not understandable to me.

But the texting increases as the movie progresses.

Because she's enjoying the interaction

I'm getting annoyed. She begins to explain to me her relationship with the friend, telling me they share lines of this movie at work quite often,

Why are you showing enough emotion for her to feel like she has to explain herself?

and she tells me he's married.

Sounds like plausible deniability for her dopamine fix.

Okay, she ~~probably~~ definitely is able to tell I'm annoyed and feels the need to explain herself.

Corrected.

She goes on to tell me that they once ate edibles together. She tells me that during her out of town conference they might sit in his hotel room together (they all get their own rooms), eat edibles and watch this movie.

Sounds like trickle truth to me as she feels somewhat guilty for making you annoyed

Even though I feel disdain towards her in this moment I can't help but laugh internally at the reaction she's attempting to get out of me. I don't react.

I don't think she's trying to actually get a reaction out of you, mate. I think she actually enjoys getting her dopamine from this man, even in your company and although she feels guilty messaging him and making you annoyed, she can't help herself and is giving you trickle truth of past events as a means to lessen her *current* feelings of guilt.

I try to play cool and not react.

You've already reacted enough.

I noticed that she sometimes plays these games where she tries to gauge my reaction to see if I'll attempt to control her or to see if I get pissed off. She rarely ever follows through with the things she says about hanging out with male friends. I don't know why she does it. Her last LTR was very controlling, so she always tries to gauge whether I'll try to control her so that she can tell me off if I try.

Sounds to me like she's using your lack of frame as a rebound and recovery for her previous controlling LTRs and taking control herself, in the most powerful way she can possible do, by cheating on you.

Why do you think she does this kind of stuff?

Sounds like shit

How should I react?

End it. Your frame is non-existent and she's showing you complete lack of respect.

crunchyteabiscuits 1 points 11 October, 2018 10:52 PM **[recovered]**

So her attention would rather be on her phone messaging a guy rather than enjoying cuddling you, watching a film that she loves and waiting to speak to him the next day. Not understandable to me.

Yes, that was infuriating. A few texts would have been fine, I get it, they have inside jokes and they're long time friends. But later into the movie as the guy was texting her she was making an effort to politely end it, she even told me "Okay, that last text should have done it. doubt he'll respond.", he did respond and she never texted back. She was trying to end it. They're not just friends, he's sort of her superior at work.

Because she's enjoying the interaction

Understandably, they're long time friends and knew each other much longer than I've known her. Each year they share remarks about the movie.

Why are you showing enough emotion for her to feel like she has to explain herself?

I showed no emotion. But she felt the need to explain herself. I said nothing butthurt and kept my cool.

Sounds to me like she's using your lack of frame as a rebound and recovery for her previous controlling LTRs and taking control herself, in the most powerful way she can possible do, by cheating on you.

As I explained in other replies here, she likes to 'bluff' a lot. When we first met she told me that she has a lot of male friends and likes to go drink with them occasionally - it never happened. She once told me that she will invite an out of town male friend for drinks and maybe let him sleep over instead of him paying for a hotel - it never happened. She told me that she's going golfing and drinking with male coworkers out of town - never happened. None of the shit tests ever happen. It's like she gets off on making me jealous or seeing if I'll react. So I don't react. I don't rewards her.

And you're right. We're not married. This is an LTR though.

[deleted] • 2 points • 12 October, 2018 03:02 AM

> None of the shit tests ever happen.

Just saying those things \*are\* the shit tests. She's pushing you to see if you have boundaries or not., To see if you're the kind of guy who is too new-agey, "sex-positive" or whatever they call it and she can do whatever she wants and you think she should rule the roost. Or else that you're afraid to state that it's not acceptable to you that she has dudes sleep over. If she thinks that she has all the power in the relationship, that she can yank your chain with disrespect or threats whenever she wants and you won't bite back, that shows weakness and is contributing to her lack of respect and tingles for you.

crunchyteabiscuits 1 points 12 October, 2018 04:00 AM [recovered]

See, this is where I feel conflicted about advice I read about in other subs. I read that if a woman wants to cheat she will do so regardless of her being out of town or home, or on Friday night during her night out, or during lunch on Monday. If she wants to cheat it will happen, so there's nothing I can do. Show her that you're a confident man by not asking about her nights out and not trying to keep her chained to you.

But you're saying that I should confront her and tell her how annoying and disrespectful her behavior is, and to give her a reaction. I'm conflicted between both these approaches..

[deleted] • 3 points • 12 October, 2018 04:20 AM

It's true that there's not much you can do to change another person's behaviour. (As far as the girls night out GNO, Rollo also has a post on that:

<https://therationalmale.com/2012/08/27/girls-night-out/>).

But the thing is that being purely STFU doesn't solve your problem. It's passive the way you make it sound.

And simply telling her that is't annoying and discrepectful makes you sound winy and insecure the way you phrase it. Ultimatums don;t work,they just generate temporary resentful compliance. They're weak.

What you're looking for, ultimately, is something that's related to, but distinct from both of these



approaches. It centers of having a healthy sense of self respect and the ability to draw boundaries. I suspect that you could do with some shoring up in both these fronts. Boundaries are a whole topic unto themselves, but it doesn;t mean drawing a line in the sand and threatening her if she crosses it - that's weak and reactive. It means drawing a line and telling yourself that you won't tolerate crossing it and defining your own behaviour or response to that if it happens. That behaviour is in your control and could be anything that YOU control: from leaving the house, leaving the relationship, deciding not to go on a trip, whatever you think is appropriate to the offense. Lay out the boundary and it's up to her to make a choice. Then you follow through if you need to. But never set out a boundary that you're not willing to enforce, otherwise the consequences are that people learn that your boundaries are meaningless. Google "how to build boundaries during your transition" on the marriedredpill sub.

Also, a good read is from a couple years back in TRP called something like "guide to bitch management" by (i think) humansockpuppet. It explains pretty well why guys are saying she's not LTR material let alone eventual wife material.

crunchyteabiscuits 1 points 12 October, 2018 04:37 AM **[recovered]**

Boundaries are a whole topic unto themselves, but it doesn;t mean drawing a line in the sand and threatening her if she crosses it - that's weak and reactive. It means drawing a line and telling yourself that you won't tolerate crossing it and defining your own behaviour or response to that if it happens. That behaviour is in your control and could be anything that YOU control: from leaving the house, leaving the relationship, deciding not to go on a trip, whatever you think is appropriate to the offense. Lay out the boundary and it's up to her to make a choice. Then you follow through if you need to. But never set out a boundary that you're not willing to enforce, otherwise the consequences are that people learn that your boundaries are meaningless.

Wow, some of the best advice in this thread. When you say to set boundaries (for myself) do I let her know about these boundaries? Do I tell her: "Go in a hotel room with this guy and we're going to have a problem." or do I keep the knowledge of these boundaries I set entirely to myself?

[deleted] • 5 points • 12 October, 2018 04:52 AM

[https://www.reddit.com/r/marriedredpill/comments/2vr5ih/how\\_to\\_build\\_boundaries\\_during\\_your\\_transition/](https://www.reddit.com/r/marriedredpill/comments/2vr5ih/how_to_build_boundaries_during_your_transition/)

The usual phrase thrown around is something like "my girl doesn't spend the night in some other dude's hotel room". Leaving room for her hamster to figure out that she needs to step it up if she wants to continue to be your girl. HOWEVER, that being said, that kind of line doesn't work well coming from a guy who's needy, insecure, emotionally reactive, giving off butt hurt vibes, etc etc. It will convey your intent only if you have a demonstrated track record of not taking shit from people, standing true to your word, all that kind of stuff as a prerequisite. That's also why people are jumping on you here for asking for a quick solution or response -- the response (any response) has to come from a guy with his shit together for it to mean anything. And getting your shit together (mentally) is not a thing you read on a subreddit and then you're good to go the next day. It's a long process that only works with experience, stepping out of your comfort zone, a lot of time and hard work and brutal painful honesty with yourself. That's what all the books on the marriedredpill sidebar are for - to help you get your act together before you start nuking



your relationship because you're throwing around dynamite like a child having a temper tantrum.

[deleted] • 3 points • 12 October, 2018 05:01 AM

Also, check out this Rollo post: <https://therationalmale.com/2012/08/27/girls-night-out/>  
Admittedly, a GNO is a little different than what she's proposing, but there's still a lesson. The key takeaway for you from this is not so much that you should STFU and be unphased, but rather the idea that a woman who sees her man as a man of high value, a prototypical alpha, will not be inclined to pull shit like this. I know you don't want to hear this, but right now you're either with a very low value woman, or you're a poor model of a high value alpha.

r\_u\_a\_badfish2 • 6 points • 11 October, 2018 10:38 PM

OP, your wife's behavior is NOT okay. It is blatant disrespect. If she is not already fucking her co-worker, then she wants to fuck him and probably will first chance she gets. Getting high with him in a hotel room? Alone? Dude, huge lines being crossed here.

You're asking what you should have done in the situation. Well, you should have confronted her right there on the spot. "I'm sorry, but say that again? You got high with him in a hotel room, both of you alone? And you tell me this just now?"

But what does it matter? The situation has already passed. But what you need to do now is yes, confront her. Do not let this slide. The longer you wait, the more you look like a cuck.

I don't care how you do it, but just be calm and direct. Don't beat around the bush like, "umm, honey, so tell me more about your co-worker, Chad." No, you tell her you want to talk to her and at this point you ask her straight up what is going on between her and co-worker.

I'm not sure what your marriage is like but this is definitely an existential threat to your relationship...meaning this could potentially be grounds for leaving her. I dunno, it's up to you. O

The biggest red flag about your post is that you seemed to have completely misread the situation. Your wife basically just told you she is either having an affair with this guy or she will be having one soon. And you did nothing. Good luck.

crunchyteabiscuits 1 points 11 October, 2018 10:56 PM\* **[recovered]**

You're asking what you should have done in the situation. Well, you should have confronted her right there on the spot. "I'm sorry, but say that again? You got high with him in a hotel room, both of you alone? And you tell me this just now?"

Okay, clearly people are misreading my post. She got high with him before I even met her. She was talking about getting high with him in a hotel room and watching this movie during her next conference, which is happening in a few weeks.

holeshot1982 • 7 points • 11 October, 2018 11:12 PM

I've got some ocean front property in the middle of the desert I'd like to sell you.

Westernhagen • 7 points • 11 October, 2018 11:02 PM

Did she pick the movie? If she did, she totally set up the texting the male coworker thing in order to make you kill the puppy. And yet here you are asking what she meant by it...

crunchyteabiscuts 1 points 11 October, 2018 11:04 PM [recovered]

What do you mean by 'kill the puppy'? You think she wanted me to start an argument to end the relationship?

jaketesnake5000 • 9 points • 11 October, 2018 11:48 PM

If she picked the movie, and sat down next to you to text her 'friend' at work, knowing it would make you jealous even if you don't show it, then yes she is starting the process to kill the puppy IMO. That shit is highly disrespectful and I wouldn't let it happen again.

What would I have done? Picked up my phone and made up something about how you forgot you have plans and leave the house.

Personally, I would be very untrusting of her at this point. Hire a PI if possible and definitely talk to a lawyer. Also start setting yourself up for a possible divorce

crunchyteabiscuts 1 points 12 October, 2018 01:34 AM [recovered]

What would I have done? Picked up my phone and made up something about how you forgot you have plans and leave the house.

Wouldn't that of revealed that you're 'butthurt' and that she got to you? I did nothing because I defaulted to a strategy I read about here where you don't give a fuck and don't react. She was looking for a reaction and I never wanted to give her what she was looking for.

Red-Nerd13 • 7 points • 12 October, 2018 01:53 AM

Dude, this isn't a shit test. Don't treat it like one. What material have you read on the sidebar? "Married Man Sex Life Primer" literally goes over this the differences between an actual shit test and an actual problem. You've got an actual problem.

jaketesnake5000 • 1 point • 12 October, 2018 12:35 PM

Women received our non sexual attention for their sexual attention. Leaving would have been the best "punishment". If you hold frame and leave then that's not butt hurt. Good job using idgaf though

crunchyteabiscuts 1 points 12 October, 2018 01:55 PM [recovered]

How do you leave without seeming butthurt? Clearly someone who leaves his SO during a movie is upset. Do I just laugh, get my bag then drive back home? and let her figure out what was wrong.

mitch2you80 • 2 points • 12 October, 2018 02:52 PM

You haven't done enough work if you're missing obvious basics like this. You need to be a man of value. You should have so many awesome things that require your time and attention that watching a movie is a mild inconvenience for you. If you have to make up an excuse to leave, it will seem butthurt. But if you have a clear mission, you'll see 10 other things you could be doing that are more worth your time.

jaketesnake5000 • 1 point • 12 October, 2018 02:05 PM

"You know this movie sucks babe, I think I'm going to go home and (get some rest, some activity of high value, laundry) etc." The play it cool, kiss on the forehead and bounce.

Her hamster will start running and wonder why you really left. If it's in a movie theater then yes, leaving is butt hurt, but not at someone's house.

[deleted] • 3 points • 12 October, 2018 02:47 AM

The phrase comes from this [blog post](#). A little long but as with all things Rollo, worth reading.

crunchyteabiscuits 1 points 12 October, 2018 04:15 AM\* **[recovered]**

The blog poster states: "there's really no such thing as 'mixed messages' and that women's behaviors will generally inform a guy as to what a woman's real intent is. This is a basic behavioral psychology principle; behavior is the only true measure of motivation and intent."

Using his logic, my LTR only talks about hanging out with guys in intimate settings, but she doesn't actually follow through and do it. So I should disregard what she says and look at her actions. Her actions show that she never cheated on me, and that she never follows through with any of the guy plans she talks about. Her actions speak louder than words.

Will continue reading...

[deleted] • 6 points • 12 October, 2018 04:26 AM

Look, the disrespect has been eating you up, enough to make a post about it. Most of the guys here are agreeing with you, saying this is shitty behaviour on her part. But now you're hamstering up rationalizations of why this is OK. Lying to yourself, and then not taking appropriate action because (in my estimation) of fear, is partly why you're also getting so much shit from the guys here.

BostonBrakeJob • 3 points • 12 October, 2018 12:49 PM

Her actions speak louder than words.

How about the act of texting another dude during the entire movie? Telling you they plan to do edibles in a fucking hotel room together and "watch their favorite movie"? That sayin anything to you? Have some self respect man.

[deleted] • 5 points • 11 October, 2018 11:31 PM

Dear rp... I was cross stitching with my girlfriend ...why was she sexting Chad but telling me they both share a love of quilting?

MrChad\_Thundercock • 11 points • 11 October, 2018 11:06 PM

"They both love this movie and share humor about it at work. Okay, understandable"

Fuck No, Not Understandable. Fuck that.

That's your problem right there. And yes,, she is fucking him.

Faggot

red-sfpplus • 14 points • 11 October, 2018 10:08 PM

Am I the only one who wants to know what the movie was?

Sounds good bro. Please advise.

MrChad\_Thundercock • 16 points • 11 October, 2018 11:10 PM

Broke back mountain.

And she's making fun of him how he reminds her of one of the characters.

red-sfpplus • 5 points • 12 October, 2018 01:18 AM

I don't even know where respond so I'm going to tag off of this.

I leave for kids ball practice with 12 replies and I come back and this thread has over 100 LOL

And I have like 20 messages from noobs.

☐☐♂☐

johneyapocalypse • 4 points • 12 October, 2018 02:13 AM

Noobs took over during your very brief ~~fattening-up~~ time away. Possibly something to do with TRP being quarantined and/or a recent influx of gay cowboys.

light-----dark • 3 points • 11 October, 2018 11:54 PM

☐

johneyapocalypse • 2 points • 12 October, 2018 01:37 AM

It was actually a pretty good flick, all things considered.

:-/

MrChad\_Thundercock • 4 points • 12 October, 2018 01:47 AM

Not you Johnny , not you!

johneyapocalypse • 2 points • 12 October, 2018 01:51 AM

Good direction, good actors, good story line, good cinematography, and gay cowboys. What's not to like?

Persaeus • 3 points • 12 October, 2018 02:52 PM

plus it's a constant source of jokes when you go camping with your bros

UEMcGill • 5 points • 11 October, 2018 11:12 PM

Gotta be Evil Dead. In which case I would make relentless jokes about showing her my bang stick.

SteelSharpensSteel • 3 points • 12 October, 2018 01:42 AM

Shop smart. Shop S-Mart. You got that?

robertwservice1974 • 3 points • 11 October, 2018 10:57 PM

You are not alone.

Has to be a chick flick. My money's on When Harry Met Sally.

wkndatbernardus • 2 points • 12 October, 2018 12:30 AM

Waiting to Exhale if they're black, Love Actually if they're white.

cholomite • 6 points • 11 October, 2018 10:38 PM

What should you do? Stop giving so many fucks.

Even in this post, you care way too much and you're defensive as fuck. Your attitude and beliefs are the problem, not who your gf is texting. Bitches ain't shit and you're on here acting like it's life or death if she doesn't give you her undivided attention.

I don't know what you should have done, because this would never happen to me. If my gf spent her time texting another guy while we watched a movie, she knows the next movie I watch would be with a different girl. Your girlfriend doesn't feel that way. That is what you need to change.

crunchyteabiscuits 1 points 11 October, 2018 11:01 PM **[recovered]**

I mean, she tried to end the text conversation and told me "Okay, my last text should have ended it." , then when he responded she never picked up her phone. The thing is, he's a superior to her at work. I don't know man.. Aside from this shit I have a good relationship with her. I hate to ruin it over her texting while we watch a movie. In hindsight I should have said something

matrixtospartanatLV • 12 points • 12 October, 2018 04:14 AM

Aside from the lunch my wife had with her boss, my marriage was perfect.

Aside from them going to spin class together, my marriage was perfect.

Aside from them getting dinner after spin class, my marriage was perfect.

Aside from them getting drinks after dinner, going to music venues together, dancing, and finally, overnight out of town trips together...

And now they are full blown lovers and I have been cuckold in my own marriage and the divorce is almost final.

Men and women cannot be 'just friends.'

Someone always wants to fuck somebody, and the other body enjoys the attention.

Eventually, with the right circumstances and a little alcohol, the fucking will commence. You not knowing about it doesn't make it okay. Her disrespect and lack of respect for you as a cuckold will manifest itself in so many ways, negatively.

You're 30 and this is your first LTR?

You need to read 'The Rational Male' by Rollo Tomassi, RIGHT FUCKING NOW. Then read his second book, Preventative Medicine, RIGHT FUCKING NOW. Then read his first book again, RIGHT FUCKING NOW.

SERIOUSLY, you should get these three readings done in the next 9 days.

Everything I have to say to you is in those two books, 80% in the first book.

My suggestion is you go monk mode for 6 months, immerse yourself in the sidebar, and LEARN about relationships before you get into another one.

Your current LTR is broken. She is narcissistic, manipulative, and a player. She is using you.

"You do whatever you want, but MY wife/gf does not maintain one-on-one relationships with other men."

Set whatever boundary you want, but if you don't enforce it, don't bother setting it in the first place.

This relationship is toxic. If you don't end it, you will see how toxic it is by how many times you have to post about it.

If your relationship needs work, and YOU are the only one who needs to do the work, you are being controlled and manipulated. GTFO now.

It's like you decided to learn how to kayak on a class 3 river and you are getting the shit beat out of you and you don't know why.

Relationships should be effortless, ESPECIALLY in the beginning. The harder you work at it in the

beginning, the more of a slave you will be to it until the end.

The shit you have already put up with is heinous and unacceptable. If you stay, you deserve every fucked up thing that happens to you.

Now, you have a LOT of work to do.

Monk mode. 6 months. 2 hours a day. 7 days a week. 1 hour a day lifting, cardio, active rest. 1 hour a day side bar.

That's just the beginning.

Now, I'm tired, but I'm looking forward to my freedom and 100% control and access to MY FUCKING RESOURCES.

Go ahead and read my first two posts....my ONLY two posts from over a year ago. Then scroll through my comment history and ready any with over 15 upvotes. You will see a BIG difference. That difference was the sidebar.

Now, this thread has roasted and toasted you.

It's time to STFU or GTFO.

For clarity, this is a men's locker room. A completely and uniquely male space. Hazing has been a time honored tradition and served its place among men in sports, militaria, and all things physical amongst men for thousands of years.

I challenge you to figure/find out why.

Calling you autistic, faggot, etc has its place here, and in context, to the flaired members of this sub, including some of the mods you find offensive, it has served its purpose, already.

You can be the new guy who sits at the end of the bench on his first day and cry like a baby because some of the veterans were mean to you.... OR...

You can nut up, man the fuck up, grow a pair with hair, and decide to find out what this praxeology and basic tenets can do for you.

So when this day (post) is over, the lights get shut off, the door gets locked, and everyone goes home, you have a decision to make.

Join the sub, learn the playbook (sidebar) so you can play the fucking game (sexual strategy), or don't come back.

In its simplest form that looks like this...

Stop your DEERing, whining, defensive, pathetic displays of justification and self preservation, and...

GET TO FUCKING WORK

or

GTFO.

Persaeus • 7 points • 12 October, 2018 02:58 PM

Someone always wants to fuck somebody, and the other body enjoys the attention.

very succinct statement on a fundamental truth

[deleted] • 3 points • 12 October, 2018 03:07 PM

When Harry Met Sally

GroundbreakingDevil • 5 points • 12 October, 2018 04:42 PM

Men and women cannot be 'just friends.'

Someone always wants to fuck somebody, and the other body enjoys the attention.

Eventually, with the right circumstances and a little alcohol, the fucking will commence.

Came here to say this. There is no such thing as platonic friends when it comes to men and women; 100% chance one (or both) wants to fuck the other.

"Just Friends" with someone of the opposite sex translates to:

- a) One of them is orbiting the other
- b) They want to fuck, but haven't had the chance yet
- c) They have fucked (or are fucking), and "just friends" is how they turn anyone who's suspicious of them spending time together alone into the bad guy.

2ndal • 8 points • 12 October, 2018 12:16 AM

I hate to ruin it over her texting while we watch a movie.

That's part of your problem here: you think this is all about her texting while watching a movie. No, motherfucker, it's about disrespect.

rpjacobius • 5 points • 12 October, 2018 01:25 AM

Dude, checked out your post history. All of the shit you are getting from our flared brethren is because you are looking for a shortcut that isn't there. They are trying to teach you something. That something CAN NOT be just explicitly told. It's something that you would just get if you put in the work. It's like riding a bike, you keep falling over until you put enough time in to stay up straight. Imagine describing how to ride a bike to someone that's never been on one. You can't, it HAS to be learned through experience. No where have you answered any of the basic questions.

What are your stats? BMI? BF%? Lifts? Readings? Career? Fucking GOALS?

If you build it she will come.

Or the other option is to stay in the status quo.

Go back to r/relationships and r/deadbeadrooms. Obviously they have the answers.

Faggot

RedPill-BlackLotus • 12 points • 11 October, 2018 09:34 PM

You were on the couch watching a movie being butt hurt. She spent a few hours at a conference with the guy watching the same movie and had a fantastic time.

You don't see the problem here?

She fucked him.

Like him being married has anything to do with it. In their hotel room? High? Together alone?

The fuck is wrong with You.

this\_weeks\_account2 • 4 points • 11 October, 2018 09:38 PM

Seems you and I wrote the same thing in two different ways lol



SteelSharpensSteel • 4 points • 11 October, 2018 09:39 PM

I agree with both of you. Though I have seen women lie just to get a rise out of someone, which fits the nature of what happened.

this\_weeks\_account2 • 5 points • 11 October, 2018 09:45 PM

I always hoped the boyfriends of chicks I was banging were as clueless as this fella

crunchyteabiscuits 1 points 11 October, 2018 09:46 PM\* **[recovered]**

You misread my post. She never went to the conference yet, and only talked about hanging with this guy. And I wasn't butthurt - at least I never showed it.

DJiamuzak • 3 points • 11 October, 2018 10:27 PM

You used the *past* tense.

She goes on to tell me that they once ate edibles together.

When you add this to your question...

Ignoring the "faggot haha this guy wow" and "stats?!? lift more" and "beta this and that omega" useless posts. I post here for help just like anyone else.

...it basically says, "I want a shortcut", and "I'm lazy and don't want to put in the work".

Unfortunately, RedPill doesn't work like that.

If you want serious answers, show you're doing serious work. Which puts us back to lift and read the sidebar.

crunchyteabiscuits 1 points 11 October, 2018 10:31 PM **[recovered]**

Yes they once ate edibles together before I even met her.

I didn't ask for a shortcut. Where did I ask for a shortcut?

DJiamuzak • 4 points • 11 October, 2018 11:00 PM

I didn't ask for a shortcut. Where did I ask for a shortcut?

Your frame is like a foundation made of toothpicks. *IF* you were reading, lifting, and had your plan, your post would've been more of a victim puke rant, rather than a "help me, I don't know what to do". Which in my mind is trying to shortcut. If you can't post what you've read or what you lift *how do we know* you've put any effort in?

Listen, you get credit for...

I try to play cool and not react.

...which is STFU and its a good first step. Now. Read and lift. Get to work.

RedPill-BlackLotus • 6 points • 11 October, 2018 10:17 PM

And I wasn't butthurt - at least I never showed it.

Again you completely misread my post. Another useless reply from askMRP, whatta surprise.

You are butt hurt right now and I'm a faceless asshole on the internet.



You should read weekandsensitives posts on stfu. I assure you, you were screaming butt hurt to her even with your mouth shut.

With text being 7% of what you are saying I can read butthurt in that low ass 7%.

crunchyteabiscuits 1 points 11 October, 2018 10:25 PM [recovered]

Why are you losing your shit against me? What useless posters. Do something better with your time useless POS. I post here for help - it's what this askMRP community is for. Posters like you make it TOXIC.

RedPill-BlackLotus • 7 points • 11 October, 2018 10:28 PM

I'm going to add a bit more here. A shit test is a small thing. So small in fact they don't even realize they are doing it. Its part of their brains make up. When you fail one it's small failure.

What she told you was calculated. This isn't a shit test, this was her pushing your boundaries.

And I can tell by way you are talking you are easy to push around.

[deleted] • 2 points • 12 October, 2018 02:07 AM

Op you need to read no more mr nice guy. Set up a boundary. Say "honey, we need to talk. I don't appreciate the way you've been acting with your old fuck buddy. If you don't stop fucking him i will cross my arms and mean mug the wall. But I will have stfu and you won't know im mad at you for sure." Problem solved bro.

matrixtospartanatLV • 4 points • 12 October, 2018 04:21 AM

When all is said and done, her texting another man while engaged in an activity with you is only a symptom of the real problem.

Until you come to the fullness of your understanding of the real problem, you will continue to put up these shituational posts to address the symptoms of your REAL problem.

Frostecat • 5 points • 12 October, 2018 08:43 PM

My wife was texting a FEMALE friend during some mutual screen time recently. I looked at her twice and on the 3rd "chime" I calmly paused the movie, stood up and said "are we watching this or are you texting?" She apologized profusely and turned off her phone. THAT'S how you handle THAT. Had she persisted, I would have turned it off, STFU and gone outside to LIFT on my janky prison yard weights. This is my go to response to ALL disrespect &/or time wasting. AA, AM, "I'm going to lift". Period.

this\_weeks\_account2 • 6 points • 11 October, 2018 09:32 PM

I mean this with peace and love and I guess someone has to be the one to tell you: Your wife is banging this guy and you're being dragged through their affair blindly.

They go to his hotel room and get fucked up together? Come on dude.

crunchyteabiscuits 1 points 11 October, 2018 09:45 PM [recovered]

How should I react in that situation though? Do I just get up and leave? Confront her and act aggressive? Go batshit crazy?

I stayed calm because she did this in the past quite a few times: She talks about a male friend, then talks more about him to make me feel jealous, then says that they're going to do this and that for fun and hang out. BUT IT NEVER HAPPENS. She is all talk. She tells me she's going to golf with a male friend - never

happened. Tells me she occasionally has drinks with male friends - never happens. She tells me she's inviting an out of town male friend over - **never fucking happens**.

I stayed calm because I knew she was bluffing.

this\_weeks\_account2 • 5 points • 11 October, 2018 10:00 PM

Why is she telling you all this stuff? I mean, I can see little shit tests here or there but she seems like a piece of shit. Like, forget all the RP logic and theory on these things - you don't talk about stuff like that or be involved in stuff like that in a committed relationship.

What I'd do is sit her down and ask her what the fuck is up, tell her to stop talking like that or even "bluffing it".

[deleted] • 3 points • 12 October, 2018 11:34 AM

This is all womanese for "We aren't an LTR, we certainly aren't exclusive, and I'll fuck whoever I want, whenever I want, even if I'm not doing it at the moment."

There's no bluffing here. She's telling OP in about as plain of language as she can that she doesn't want a relationship (with him).

crunchyteabiscuits 1 points 11 October, 2018 10:04 PM [recovered]

I don't know. Maybe she's waiting for me to get fed up and break the relationship off. But then again, on one of our first dates she said something like "I have a lot of male friends and I go out for drinks with them sometimes. If that's a problem than this wont work.". Think she's just testing to see if I'll try to control her like her ex husband. I don't know man.

I'll do what you say next time, and I'll make her remember this situation to prove that she does it a lot. Will definitely talk to her. I just been avoiding it because I feel like I'll be seen as insecure for reacting, but she went overboard this time....

RedPill-BlackLotus • 2 points • 11 October, 2018 11:45 PM

I don't know. Maybe she's waiting for me to get fed up and break the relationship off. But then again, on one of our first dates she said something like "I have a lot of male friends and I go out for drinks with them sometimes. If that's a problem than this wont work.". I think she's just testing to see if I'll try to control her like her ex husband. I don't know man.

Seriously man?

She was not testing to see if you were controlling like her ex husband. She was telling you she keeps orbiters and backup plans.

Ex husband. Read that again. Ex husband. Say if out loud ex husband. Don't be that guy.

gettingmymojoback • 3 points • 12 October, 2018 12:46 AM

I think the ex husband is the winner in all of this.

SteelSharpensSteel • 2 points • 12 October, 2018 09:52 AM

I love all these posts. It's like it just keeps giving.

Ex husband. What a train wreck OP is.

crunchyteabiscuits 1 points 12 October, 2018 01:37 AM [recovered]

She was not testing to see if you were controlling like her ex husband. She was telling you she keeps orbiters and backup plans.

So essentially, she was using 'dread game' on me... using TRP techniques on me.

[deleted] • 1 point • 12 October, 2018 03:12 AM

Or else simply stating how little respect she has for men in general. And you're doing what.... "lulling her into a false sense of security" by letting her go to this conference where she'll stay up all night getting wasted with her work crush? Brilliant.

crunchyteabiscuits 1 points 12 October, 2018 03:56 AM **[recovered]**

Nothing happened. She keeps bluffing with these plans with male friends and she NEVER follows through with them. She enjoys getting a jealous reaction out of me or something. Or she's just waiting for me to react and sabotage the relationship. I don't know.

Landonjo01 • 1 point • 12 October, 2018 02:14 PM

My wife has no male friends like this. Even if nothing happened, the texting alone would be enough for me to end it.

civilizedfrog • 1 point • 12 October, 2018 04:26 AM

TRP techniques for male sexual strategies. If she is using them on you it is because she sees you as a her bitch.

ColumbusCrewFan • 1 point • 11 October, 2018 11:46 PM

She did go overboard this time. She crossed a boundary when she told her plans of meeting this man in a hotel room. And one day she will go overboard and actually go to his hotel room. Just because she's bluffed before doesn't mean that will always continue to bluff.

You're in a tough spot. You will have to tell her that meeting another man in a hotel room is inappropriate. Don't overtalk it. Don't yell. Gauge her reaction to this and act appropriately. Good luck.

BobbyPeru • 1 point • 11 October, 2018 10:09 PM

For sure either a troll or a woman

BirdManBrrrr • 1 point • 12 October, 2018 03:44 AM

Consider this: do you want to build your life with a woman who acts this way?

From what I can tell you're not married and this is your first LTR; guess what: quality women don't act like this. You had better think long and hard about why you're with her if she blatantly disrespects you in this manner. Add to it you say this guy is her superior at work...how appropriate is it to get high in his hotel room on a trip professionally and what does it say about your SO personally if she'll entertain it and go through with it.

You're not the first guy here to have a woman get grossly inappropriate with a coworker and all the stories of this type are the same: they're fucking.

Have some self respect; she's a low quality woman and you're getting played. Faggot.

[deleted] • 6 points • 12 October, 2018 10:56 AM

You had a recent post saying that 3 months ago, you were a 30 year old virgin. Serious question, does the woman in question even know that she's supposedly in an LTR with you? I mean really know, because that BS "monogamy talk" (LMAO!) that you described is nothing.

Trying to fight through the cringes and piece together what's going on here, she's a 40+ single woman that's DTF now that her kid is away at college. Met you and what should have been an easy lay and a good plate turned into... whatever the hell this is. You cling to her like a barnacle to a pier because she's the first woman that's ever let you fuck her, betaize yourself in the cringiest way possible, and nuke whatever sort of attraction was ever there.

Stop calling this an LTR, stop with the "mommy won't text me goodnight" and "when do I tell her I love her" posts, stop spending your entire day thinking of her. You have oneitis, possibly terminal, fueled by the most rampant example of a scarcity mindset that I've ever seen.

crunchyteabiscuits 1 points 12 October, 2018 02:08 PM **[recovered]**

I had a monogamy talk with her, why is it BS? We sat down and I ask her what her intentions were in this relationship, or more so I asked "What are the rules of the game?" (using her words). I told her that I only date 1 person at a time, and expect her to do the same. She was really caught of guard by this conversation and asked me "Does it look like there's anyone else in my life? My free time is spent with you or girlfriends". But in the end she said "I don't share", implying monogamy.

What more do you want more me to do? I don't know if I got my point across with that conversation, but it was unpleasant and I don't want to do it again. Maybe I will if she does something like this again.

[deleted] • 2 points • 12 October, 2018 05:29 PM

Part of why you're getting so much backlash is because you posted asking for help, but then immediately started dismissing every answer that you didn't want to hear. You're also trickle truthing everyone here, when you could have come out and said from the beginning that this is a 3 month long relationship that appears to be limited to a few days a week together. I have plates that I see that often on some weeks.

As u/SpitAndGlory noted, you couldn't have come across more weak and insecure. It also makes you come across as clueless because you had to ask something that should have been apparent. Guess what a woman doesn't want once she's finally gotten her kid away to college? Another man-child that she needs to protect and teach the very basics of life to. Then you doubled down on this position by getting upset that she didn't text you while you were away. She feels like mommy, and you're quickly becoming an obligation rather than an asset to her.

"Does it look like there's anyone else in my life?"

Did she ask you that question before or after she was exchanging suggestive texts with another man? Look, I don't know if she's fucking anyone else or not, but I'm convinced that at the very least she wants to keep her options open. Honestly, your best bet is to stop worrying about what she's doing and start worrying about what *you're* doing. Learn game, catch and release if you want to remain monogamous to her, and work on fixing that frail ego and nonexistent frame. Stop being so goddamned apologetic about sex and take what you want, initiate without worrying what she thinks, and make her feel like a woman.

What more do you want more me to do?

Send me her number. I'll get her straightened out.

screechhater • 3 points • 11 October, 2018 11:12 PM\*

Do you lift weights ?

Do you care enough about you and yourself to actually take care of you and physical self ?

I would say that I would pretty well lose my shit and let her know it Of course, I haven't really dealt with that I have dealt with a cross the boundary comment in front of the kids that I AA/AM off, since that is how I learned to deal with such extreme family conditions as a child, but I eventually erupted a year later

If you have a condition when you feel you are blatantly being disrespected, then stand up and say something when it is happening, don't talk it to death. State your case and say enough of this shit. I won't stand for ..... No ultimatums, just enough

Self respect is paramount

gettingmymojoback • 1 point • 11 October, 2018 11:21 PM

Glancing at his post history, I can almost guarantee he does not.

screechhater • 1 point • 11 October, 2018 11:22 PM

well, hopefully he will

gettingmymojoback • 1 point • 11 October, 2018 11:28 PM

Slim odds. His ego seems far too fragile to heed any advice given.

screechhater • 2 points • 11 October, 2018 11:34 PM

I'm getting along with my body weight exercises

How about you ?

gettingmymojoback • 2 points • 11 October, 2018 11:46 PM

I got my mojo back doing pilates and going for romantic walks at sunset....

Taipanshimshon • 3 points • 12 October, 2018 12:59 AM

Yea man. I totally agree that chatting with a married man while hanging out with your SO is ... understandable. .... if your SO is a faggot.

( not a homosexual. A Faggot)

Two\_kids\_in\_a\_coat • 2 points • 11 October, 2018 11:25 PM

You can call her out. It's totally disrespectful.

straius 1 points 11 October, 2018 11:54 PM\* **[recovered]**

She's projecting on to you. She feels guilt at some level so she's being transparent to alleviate the internal conflict.

Doubtful they've fucked, but this is a warning shot across your bow.

You need to work on becoming comfortable setting boundaries. I would get involved with CBT or DBT and likely they will do some assertiveness training too. Don't think you're too good for it. There's not a person who would not have benefited from assertiveness training no matter how naturally assertive they might have already been.

Cholomite has given you one of the best succinct pointers that your fundamental problem is your attitude and beliefs. Of course it's over the line for the two of them to get fucked up and watch movies together while on a

business trip, wtf? Of course it is.

You should be asking yourself why you had to ask us what to do about your boundary being violated.

CBT or DBT, male therapist, men's issues, existential and/or eclectic are the keywords you want to search for.

crunchyteabiscuits 1 points 12 October, 2018 01:32 AM [recovered]

What exactly is she projecting onto me? Are you suggesting she felt shitty about texting the guy while we were cuddling and watching the movie, so to deal with her internal shitty conflict she made an effort to make me feel shitty by amplifying the situation by amplifying the situation and making me believe that she could cheat. Sounds about right.

But she does this all the time, and never follows through.

Example 1: Out of town male friend was going to be in the city. She told me that she may let him sleep at her place a few nights, instead of him paying for a hotel. Then she went on to tell me how they used to drink together. Nothing happened. He didn't come over. She was bluffing.

Example 2: She told me she may go out of town with a bunch of male coworkers and play golf with them. Never happened.

The pattern she follows: suggest inappropriate male friend interaction -> amplify it and make me feel insecure -> never follow through. She's essentially using dread game on me...

ou need to work on becoming comfortable setting boundaries. I would get involved with CBT or DBT and likely they will do some assertiveness training too. Don't think you're too good for it. There's not a person who would not have benefited from assertiveness training no matter how naturally assertive they might have already been.

I believe in CBT and DBT. I used to take CBT sessions years ago. I can no longer afford it.

You should be asking yourself why you had to ask us what to do about your boundary being violated.

Well I started visiting these TRP subs because I noticed how poorly I handle these situations. I'm inexperienced when it comes to LTRs, so this ones been an uphill battle. I started this thread to ask how to optimally respond in these situations. I realize she crossed some boundaries and made me feel shitty, but I never knew how to respond without acting angry and butthurt, so I defaulted to the IDGAF strategy where I don't react.

i\_stuckmydickincrazy • 2 points • 12 October, 2018 08:57 AM

I started this thread to ask how to optimally respond in these situations.

You won't get the answers you need by coming here asking for advice on specific situations. How to move your pieces when your opponent has an attack set up on the board just-so. This is not chess, it's war. A warrior does not learn how to win actual battles on the field by coming in and asking about the tactics in one very specific situation. He goes through basic training, learns to condition his body into a state of peak fitness and to strengthen his mind against attacks, through systematic training. He gets to know all the weapons at his disposal, learning their operation inside out and their correct use in appropriate situations. He learns when *not* to use them, and how to avoid getting into those situations where it is necessary to use them. He learns the courage to overcome fear, doubt and relentless intimidation by the enemy and its evil propaganda machine. Most of all he learns that he alone is responsible for his own success and survival, and the only ones he can count on to aid him in that journey are the brothers that surround him, sharing their experience, encouraging him to push himself harder, and quick to call him pussy and faggot when he fails to do so.



straius 1 points 12 October, 2018 12:56 PM\* [recovered]

This is not war. Get that bullshit out of your head. You approach this stuff like it's a fight and you will continuously fail and stay angry.

This is about waking up to your own weakness and dealing with it independent of any woman in your life. Your only adversary is yourself. You couldn't do more harm to your own progress than putting yourself into an oppositional dynamic by viewing this as some kind of fight. Think about how that mentality makes you a shitty leader.

i\_stuckmydickincrazy • 1 point • 12 October, 2018 05:13 PM

What, because the successful leaders in wartime are the ones who pretend there is no war at all and that the blokes chucking grenades at you just want a hug? Fuck off boomer, you've been watching too much M \* A \* S \* H. It's a fucking war. The wife/LTR is not the enemy - no woman is the enemy, even if some of them may deserve a court martial and ought to get shot at dawn for their treachery - she's the ally or the junior officer (captain/first mate, heard that somewhere before...) who is sadly susceptible to the *real* enemy's propaganda: all the bullshit of modern culture that teaches men they need to be beta to please their women and teaches women to select for beta traits and make sure he knows who's boss. Women fall for that horseshit and wonder why they're so fucking unsatisfied with their marriages and then they can't help themselves if some Chad comes along and gives her the tingles because they have been sold a lie by the same enemy that we are up against. That's why we have to become the leaders they need us to, because if we all stand around in a hippy circle wearing flowers in our hair saying 'no more war', we're all fucked. That's how we got here in the first place.

Fine, you don't like war, let's not use that to distract from the *actual* point I was making for OP's benefit, because he's a pussy crybaby who can't understand that these redpill cunts actually have information that might help him. Let's say you've got some serious athletic competition going on, and yes, my noncompetitive dumbass flower child, I'm not saying the wife/LTR is the opposition in this race or contest, she's a fellow team-member who's counting on you to lead the team to victory. The point is this: you don't just come in here out of the blue and ask if you need to lift your shoulder slightly differently when tossing that discus like a little fairy. This is a long term program of concerted effort and deliberate practise, a systematic process of breaking everything down and relearning from first principles. Wax on, wax off muthafuckas.

straius 1 points 12 October, 2018 06:05 PM\* [recovered]

Your analogy is over complicated. Spend some more time here and observe how fighting or modeling this on an overt power struggle works out for newbs.

The anger phase is enough to deal with without further embroiling yourself in an oppositional mindset.

GL being fun while taking yourself so seriously.

i\_stuckmydickincrazy • 1 point • 13 October, 2018 04:51 AM

I think you're right mate, I'm a real angry fuck at the moment. Need to loosen up and have some fun. Thanks for the tip.

straius 1 points 12 October, 2018 01:06 PM\* [recovered]

What exactly is she projecting onto me?

## Guilt

so to deal with her internal shitty conflict she made an effort to make me feel shitty by amplifying the situation by amplifying the situation and making me believe that she could cheat. Sounds about right.

No, projection is unconscious or semi-unconscious.

Example 1: Out of town male friend was going to be in the city. She told me that she may let him sleep at her place a few nights, instead of him paying for a hotel. Then she went on to tell me how they used to drink together. Nothing happened. He didn't come over. She was bluffing.

Example 2: She told me she may go out of town with a bunch of male coworkers and play golf with them. Never happened.

The pattern she follows: suggest inappropriate male friend interaction -> amplify it and make me feel insecure -> never follow through. She's essentially using dread game on me...

Are you two gamers? This sounds like a gamer girl with a ton of beta boy friends. Regardless, have you considered that these are essentially cries for attention and validation? Do you understand that by demonstrating that that behavior is out of bounds that she would feel valued? As stupid as it is, this is what girls will sometimes do to see if you will come and stake your claim. But if you react from insecurity, then you just come across as weak and fail the test.

The pattern she follows: suggest inappropriate male friend interaction -> amplify it and make me feel insecure -> never follow through. She's essentially using dread game on me...

I doubt she's being strategic or deliberate in any way.

Well I started visiting these TRP subs because I noticed how poorly I handle these situations. I'm inexperienced when it comes to LTRs, so this ones been an uphill battle. I started this thread to ask how to optimally respond in these situations. I realize she crossed some boundaries and made me feel shitty, but I never knew how to respond without acting angry and butthurt, so I defaulted to the IDGAF strategy I read about here where I don't react

Don't defend, reflect. Do you notice that defending yourself is an avoidance tactic so you're not focused on your failing? You will never get play by play advice that could cover the dynamics in your life. You need to figure out what YOUR way through this is so keep your questions high level or post mortem. If you think someone's advice is off base, just ignore it.

The whole point to the caustic nature of burns is to desensitize you. It's literally meaningless if someone says something critical about you on Reddit.

[deleted] • 1 point • 12 October, 2018 02:03 PM

I took a look at our friend's post history. This appears to be his first adult relationship. At the tender age of thirty, he LTR'ed up the first woman who fucked him, an older woman who's already been married and had a kid. He has a LOT to learn about relationships. Honestly I think he's missing most of the context of life experience to be able to parse what seem to be the obvious facts being presented to him. That's why he's focussed on every little thing she says or does and keeps asking for play by plays. Unfortunately the only way to get some of the experience is to go out and make the mistakes.

seedster5 • 2 points • 12 October, 2018 12:47 AM

It's because you let her walk over you. My girl knows not to pull shit like that on me. From the get go she knows



how I am. Dude is married. He has a wife. This is how cheating and divorce starts. I'm not here to break you. I'm here to tell you there's a catastrophe waiting to happen in a few months if not few weeks. Look yourself in the mirror and tell me truthfully that you think you're the man you want to be. You've come to the right place. Now get studying

crunchyteabiscuts 1 points 12 October, 2018 01:08 AM [recovered]

Working towards the man I wan to be. I realize the my biggest issue was lack of experience, so I set a weak frame from the start and I've been trying to make it stronger since. Will read more sidebar, may check out that 'no more mr nice guy' book..

DeplorableRay • 2 points • 12 October, 2018 01:24 AM

You're biggest issue is that you're unattractive. Women don't play this shit with attractive men they fear losing. You're first move is to start dread levels immediately.

crunchyteabiscuts 1 points 12 October, 2018 02:19 AM [recovered]

But using you're logic: I'm unattractive. Why would dread work as an unattractive guy?

DeplorableRay • 2 points • 12 October, 2018 01:27 PM

What is your bench press max? Also, you don't know what dread is yet.

seedster5 • 2 points • 12 October, 2018 01:41 AM

I got two questions. Is this your girlfriend or wife? How old are y'all and how long have you guys been together

screechhater • 2 points • 12 October, 2018 01:46 AM

Wait - are saying you don't live with this woman ?

crunchyteabiscuts 1 points 12 October, 2018 02:10 AM [recovered]

yes, though we've been together long time.

screechhater • 4 points • 12 October, 2018 02:19 AM

Listen man.

Wake up. She is moving away. Do you understand ?

It's time to move on. If you want some real traction, read Book of Pook and of course lift heavy weights

Brickles09 • 2 points • 12 October, 2018 02:03 AM\*

She is shit testing the hell out you while giving an easy ride to the stranger, can you see what's going on? Good girls do the opposite. And I agree that she's trying to kill the puppy, you are running out of time, lift and read the sidebar. Probably too late to save anything anyway. I've been married for 13 years and my wife never did anything even close to that total lack of respect. She is getting ready to jump ship. You probably have a deadbedroom too.

Edit: just saw you history, you have a db. She will leave you.

crunchyteabiscuts 1 points 12 October, 2018 02:32 AM [recovered]

Edit: just saw you history, you have a db. She will leave you.

Shit. I hope not. Lol.

I wrote that deadbedroom post on a slow week. Some weeks are really slow and makes me question things. But some weeks (like the last one) were good at we had sex plenty. It's all very confusing to me the constant shift in behavior. Sometimes she doesn't touch me all day, then at night she cuddles closely and kisses me. No idea what to make of it.

Must lift harder. Must work towards goals. Use dread. Make female friends. Join activities. Read sidebar.

Brickles09 • 1 point • 12 October, 2018 02:44 AM\*

Exactly, good luck, bro! Maybe there's still time to save the relationship, but most importantly, do these changes for you, women came later.

ChokingDownRP • 2 points • 12 October, 2018 08:39 AM

She goes on to tell me that they once ate edibles together before I met her. She tells me that during her upcoming out of town conference next week they might sit in his hotel room together (they all get their own rooms), eat edibles and watch this movie.

Good chance she fucked him & sounds like she may be planning to again (though she is just planning to hang out and it will "just happen"). Grow a pair and set hard boundaries now. Guarantee his wife doesn't know he texts with her, let alone that they will be getting high and watching a movie in his hotel room. He wouldn't tell her that because he's a man with intentions of fucking any girls who chooses to get high with him in his hotel room.

Don't feel safe just because "he's a married man"....married men wanna fuck too.

LeanFatso • 2 points • 12 October, 2018 12:42 PM

Holy shit, even in my worst beta shitcringesoyface phase I wasn't such a faggot like this.

Grow some balls and self-respect.

Also, read the fucking sidebar and stop asking questions that are easily answered by it.

bogeyd6 • 2 points • 12 October, 2018 12:50 PM

Not only would you get up and head out the door, if you had your shit together she wouldn't dare do that in front of you. This isn't some sort of shit test or comfort test, or any other lame MRP term we have coined over the years. This is called blatant disrespect and open rebellion.

To put it another way, she is absolutely comfortable texting other guys she has relationships with, in front of you, during an intimate time. When the movie is over and her fuckbuddy lets her know its ok to go sleep. She will wake up tomorrow and seek him out.

Why aren't you that guy?

JudgeDoom69 • 2 points • 12 October, 2018 02:36 PM

Would appreciate constructive advice. Ignoring the "faggot haha this guy wow" and "stats?!? lift more" and "beta this and that omega" useless posts from bitter twats. I post here for help just like anyone else.

You'll catch some shit because you come across as a guy looking for the "cheat code" without putting in the work first.

That aside, forget the phone incident for a minute. Your biggest problem is that you lack the mentality of Abundance. You are the poster child for acute Oneitis. (If these terms are foreign to you it's because you still

need to read the sidebar materials).

She is your first long term relationship, and you need her more than she needs you, so she has all of the power in the relationship. The solution is to develop your Game. For every married coworker she has in her phone, you should have three Thots that you can text.

See how her attitude changes when you have become a man with Options. Real, live, breathing options. Then her little phone games will be much riskier.

crunchyteabiscuits 1 points 12 October, 2018 02:47 PM [recovered]

True I do have Oneitis. It's because she offers me so much things that I value:

[https://www.reddit.com/r/askMRP/comments/9ne3mv/is\\_this\\_blatant\\_disrespect\\_or\\_shit\\_test/e7m3kjt/](https://www.reddit.com/r/askMRP/comments/9ne3mv/is_this_blatant_disrespect_or_shit_test/e7m3kjt/)

And I know I will have trouble finding these things in other women. If I were to break up with her today, then I would lose all she offered me and I would be forced to go to bars and pubs alone and approach women who I know nothing about again. I'll probably run into more crazy bitches and girls of lower value, and it will take me a long time to find a good one.

JudgeDoom69 • 2 points • 12 October, 2018 03:11 PM

A man with no other options is a low value man. This is why she has no respect for you. This is why she feels comfortable playing her little jealousy game. She gets pleasure from exerting her power over you and watching you squirm.

Her low perception of you will eventually dry up her sexual desire for you, and the frequency and quality will slow down to a trickle.

You don't need to break up with her. You just need to demonstrate that she is not your only option in this world. Otherwise she is going to shit all over you with increasing frequency and severity.

crunchyteabiscuits 1 points 12 October, 2018 03:44 PM [recovered]

You don't need to break up with her. You just need to demonstrate that she is not your only option in this world.

How do I demonstrate that she is not my only option? Do I go to bars solo on Friday night and approach women? I don't have women friends, so I'm unsure how to do this.

Actually there has been this one girl who's been texting me every month or so , and essentially asking if I'm still in this relationship. She showed interest in me from the start, but I chose to be with the girl I'm with now. I could use the girl's texting to dread my current girl and show her that I have options.

In fact, I think I'll confess to her that this one girl has been texting me and shows interest, and I will read her some of the texts, and tell her that I was only being friendly to the girl. And hopefully my she will feel dread and I will get my point across..

SpitAndGlory 1 points 12 October, 2018 04:48 PM [recovered]

You are entirely missing the point of dread. You don't use dread to make your girl jealous. The thing about dread is that you have to be RIGHTEOUS in every thing you do. By this I mean you have to do it because it's what YOU want. Dread is the secondary effect. You have to WANT to text this other girl and fucking own it. You don't lift to make your wife jealous. That's fucking stupid, you lift to stay healthy, instill discipline, and the secondary effect is your wife notices you getting more attention because of your physique. Women want a man other women want to fuck and you should be a man that other women want to fuck. If you do anything out of "it I do x I will get y from her" that's operating from her frame and she will see right through it. When you

operate RIGHTEOUSLY from your own frame everyone else falls in line. If you're a shitty king your whole kingdom is gonna suffer.

crunchyteabiscuits 1 points 12 October, 2018 05:10 PM [recovered]

Okay I think I understand. But how do I show her that this girl is interested me in? If I say nothing than she will never find out.

JudgeDoom69 • 1 point • 12 October, 2018 04:17 PM

In fact, I think I'll confess

This is way to overt and will be a transparent effort to make her jealous. Keep some mystery around it and let your LTR wonder with whom you're texting. Let her hamster wheel spin like crazy. Then when she asks you about it, just be honest, "it's just my friend Jane, we were chatting about the movie".

Actually there has been this one girl who's been texting me every month or so

This is a great start. There's nothing wrong with cultivating a friendship with a female. When your LTR starts texting away with her coworker, you can whip out your phone and have a nice conversation with your lady friend.

Do I go to bars solo on Friday night and approach women?

Women are almost everywhere that there are people, not just in bars. Start by simply saying "hello" or "hey nice shoes" or "what time is it?" or "can you give me directions?".

juliusstreicher • 1 point • 16 October, 2018 04:17 PM

It ain't. As a matter of fact, these guys are telling you that she's trying to manipulate you into breaking it off. Which means that what you think you have, you wont have for much longer.

dandar4600 • 2 points • 12 October, 2018 02:48 PM\*

Her last LTR was very controlling, so she always tries to gauge whether I'll try to control her

That is a lie told to men who see disrespectful behavior and instead of bailing, they try to make her stop. You can't control her, you can only control yourself. This was not a shit test. Shit test is also known as compliance/fitness test from book Married Man Sex Life Primer. This was blatant disrespect and if you're not married you should demote her to a plate, ie start dating other women. If you live together, start looking for a place.

You think this is overreaction on my part? You need to look at what she does, NOT what she says.

- 1) She prefers to read romance books than to have sex with you. They usually have an asshole that the protagonist falls for.
- 2) She has for a while not fucked you so that you spend time online trying to find a way to fix it.
- 3) She is openly flirting/texting with other man while spending time with you...and blatantly tells you that she is planning on spending time with that man on a work trip that they will be taking next week. That by the way is called Please Break Up with Me!

You are obviously new and did not read the books listed in Married Red Pill sidebar. I know you hate reading books, you were whining about it in your post history. At least read The Best of Rational Male - Year One. No

more mr nice guy is also very short. You could read that in less than a day and that's a real eye opener.

I agree with some newbies who are whining here about others calling them faggots, etc. It wasn't like that back in the day and it makes it harder for men to actually get the message but mods condone it so it goes. The sidebar though is not calling you a fag and it was created with the idea of helping men. It certainly has helped me in my marriage as it has helped many others. If you're going to ignore the many useful replies, at least do not ignore the sidebar.

Bedtimeshine • 1 point • 12 October, 2018 07:56 AM

Honestly if a woman gave her attention to a man all day and then spent her time with me also giving him attention... I'd wouldn't want to be in that relationship. I'd also tell her that being alone in a hotel room with another man doing drugs isn't something I would ever accept. I would ask her phone and if she said no... I'd end it on the spot.

i\_stuckmydickincrazy • 1 point • 12 October, 2018 08:33 AM

Trolls gonna troll. Seriously dude, are you coming here because you want to grow, or because you want to tell all these men how wrong they are? Because nobody here gives a fuck what you think of them. I don't come here expecting hugs and rainbows when I'm full of feelz because my harpy cunt wife treats me like shit, because **I chose to accept that behaviour from her**. People are calling you a faggot because you are a faggot. Right now I am thanking Bruce Almighty that I am only 99.9% as much of a faggot as you are, and if I stick around and listen to these fuckers instead of whining to mummy about them being mean and nasty and calling me horrid names, that percentage will go down while you will remain 100% faggot. Lift. Read the sidebar. STFU. Faggot.

hack3ge • 1 point • 12 October, 2018 03:12 PM

I'm going to give you two responses mostly because I was where you are at once and I know all too well what happens. One is what you need to do and the other is what you need to hear so hopefully you actually do what you should.

#### **What you need to do:**

Lift, Sidebar, STFU and NEXT HER ASS

#### **What you need to hear:**

I was there - I let some married guy talk to my wife after work hours as her "friend". I was a pathetic, piece of shit that I don't even consider a man now. You are that same guy right now and your choice will literally determine the rest of your life. For sake of brevity, lets call you Captain Cuck (stick around here long enough and you will get the irony I promise).

Captain Cuck will likely ignore the behavior for a while, pretend it doesn't bother him and then like a typical nice guy explode on her in a victim puke and say its unfair and how could she treat him that way. He will cry about how much he loves her, buy her flowers and try to take her on dates but that only makes her resent him more. He will try to set a boundary and she will skirt around said boundary by claiming things like we only talk about people at work, he's just a friend why are you so controlling, he's going through some stuff and needs my help (and by stuff she means her pussy), etc. Captain Cuck lets her continue talking to the guy all the while stewing in hate, not realizing he actually hates himself for being a little bitch.

Captain Cuck continues to suspect that his woman is fucking, sucking and doing downright raunchy shit with her married co-worker but never finds out - more than likely it ends between them and she doesn't get her branch swing because he won't leave his wife. A few months down the line, she's talking to a different co-worker this time, same story as before because Captain Cuck didn't set a boundary or walk the fuck out the first time. At some point, she says she wants to marry Captain Cuck and have kids to expand the crew and Captain Cuck is so happy that she finally came around and wants him. Fast forward a few years, Captain Cuck is raising 3 kids by 3 different men thinking all the while that they are his. Captain Cuck continues busting his ass at work, doing all the chores around the house and living off his bi-annual sex and meanwhile his wife is getting railed in all her holes during her co-worker orgies.

Don't be Captain Cuck.

crunchyteabiscuits 1 points 12 October, 2018 03:39 PM **[recovered]**

lol damn, I hope you were never Captain Cuck, especially in that last paragraph.

And I was absolutely thinking about buying her flowers and of other ways to make her feel good about us to save this relationship. But you're right, she will probably resent me if I try too hard. Unfortunately I won't 'next her ass'. I will see this to the bitter end and come out of it a stronger man. We're never going to have kids and I'm not married with her. I will try to recover by mostly focusing on myself and my mission, and hopefully improve this relationship, if not then... I'll see it through and gain experience.

hack3ge • 1 point • 12 October, 2018 07:26 PM

Yeah a lot of that was for effect to help you realize what you are up against but as I thought you may be beyond help.

Remember these two things:

Fuck your relationship - this is about you not her.

You don't have to be an alpha with 10% body fat to have some fucking self-respect.

Maybe if you can internalize even those two things there will be some hope for you.

bling365 • 1 point • 13 October, 2018 03:14 AM

Act like nothing's wrong, get up and say "well guess I'm gonna head home, tired." Her hamster will be spinning as to why you left. The next day when she asks you about it, say "not sure if this is gonna work out with me and you. Never dated a girl that texts other guys while she was spending time with me...especially if in a relationship." Don't argue or seem butthurt. Act like you don't care much. She will be doing some major ass kissing after that. Just watch her behavior from now on. And if anything like this happens again, leave. Don't put up with that shit.

Redpillbrigade17 • 1 point • 16 October, 2018 03:41 PM

I literally just gave this same advice to another dude on this sub minutes ago. She's on her phone? If you have nothing better to do : Start sexting her right then and there. She's your woman, no? Hit on her - make your intentions known...

Skiffbug • 0 points • 11 October, 2018 10:34 PM

Seriously, the replies in this post are worth shit...

Go back to the basics:

She is shit testing. Good opportunity to AM the fact that she is trying to get a rise out of you. You are seeing that she is going about getting feels in a childish way, tease her about it.

She is not valuing her time with you by texting co-worker. Go do something else. The more productive the better. This demonstrates that your time is too valuable to be wasted by not having her attention.

crunchyteabiscuts 1 points 11 October, 2018 10:41 PM\* **[recovered]**

Thank you. I only did nothing and stayed calm because I never knew what to do, and defaulted to advice I read in TRP before about not reacting to shit tests. But it seems like this is a more serious shit test.

I was torn between getting pissed, stopping the movie and probably starting an argument with her that ends in me leaving. Or to do what you suggested and go for AM, but it requires more skill.

Is a good example of AM: "Ahah okay, so you're going to stay in this guys hotel room, get high and watch a movie? On what, his bed? Is that all? No post movie sex afterwards?"

[deleted] • 3 points • 12 October, 2018 03:34 AM\*

> so I defaulted to advice I read in TRP about not reacting to shit tests.

There are two ideas behind STFU. The first is that you can come off as playing it cool, unphased, a real Cool Hand Luke (it's an old Paul Newman movie), alpha, or whatever. The second idea is that most people just dig themselves into a hole by saying the wrong thing, and STFU at least prevents you from fucking it up worse even if you can't achieve the first end.

Your responses to people on this thread actually reveal some interesting patterns. Maybe tomorrow when you're not so hot under the collar about the exchanges with a few of the more hard-asses, you can reread and try to parse them out. When people give you easy to handle answers, or non-confrontational explanations, you seem to respond calmly and with some understanding. But when people try to push your buttons and test you to see how you handle conflict (which, combined with some obvious poor decision-making with your girl), is really the underlying motivation for all the "faggot" comments), you react with a lot of ego. Defending yourself, attacking the other poster, etc. I'm not going to give you shit for that right now, but I will ask you this: if you exhibit the same egoistic defenses and anger when your girl pushes your buttons, can you see how that will damage her estimation of you? You may think you're not showing her butt-hurt, but if you have even a tenth of what you show in this thread, I can guarantee you she smells the stench of it a mile away. Women have next-generation UHD-4K levels of emotional subtext perception and believe me, she knows. I think this ties in with the response from u/straius about attitude and CBT as well.

Skiffbug • 2 points • 11 October, 2018 11:33 PM

Not really a good example. That showcases insecurity that they may fuck or already be fucking.