

Took catch and release too far

September 29, 2018 | 4 upvotes | by [Grahambb8](#)

I'm cringingly beta. Have been my whole life. I've had oneitis for 2 years for an ex-coworker who wants nothing to do with me, and a wife who will have starfish sex a few times a week to keep her beta providing and keeping the family together for the kids.

For the oneitis, nothing has worked - I've even tried therapy. I've looked into escorts (GFTOW) but chickened out.

Went to London for work and decided to try some catch and release. Pretty much everything I do these days is an attempt at distraction from my oneitis, and this was no different.

Spent most of the afternoon chatting up a 21yr old blonde American in a student area. She gave some strong IOIs at first but then realised I was beta and we parted as 'friends'.

Dejected I headed back, on the way I opened a hot 23yr old brunette for fake directions, flirted & got her number. Whole interaction was 2 mins.

Couple days later I'm back in London, this time for an overnight stay. At this point I know it was breaking the rules of catch and release but I messaged her asking if she wanted a drink later. She did.

I turned up, low energy, not outcome dependent, and she lapped it up. I was nearly 15 yrs older than her, but she only dates older men.

Took her back to my hotel bar with ease, on the walk back the guilt began to build. I could tell she was very interested in me, and a little crazy (she'd been checking her phone every 10 mins after my first approach)

We ended up in a hotel corridor with her moaning, kissing me, touching my dick and telling me how she's not normally this type of girl.

The fact I couldn't bring myself to seal the deal (guilt, combined with the horrible feeling that I'd already taken this too far) made me a Chad for her.

All I had to do was lead her into my room. But my head was thinking 'if I do this there's no way back. Not only would I have to deal with the guilt, get tested for STIs, also sex makes women even more invested and this girl was seeming stalkerish already - the chances of her tracking down me/my wife was very high.

In my head although it went way too far, by not sleeping with her I've retained some modicum of plausible deniability.

I don't feel guilty about kissing a hot 23 yr old. Maybe I should but I don't.

But my low interest has had the opposite effect on her. By turning down sex it's made her more into me. She texted the following day several times but my replies were brief and indifferent, and this is making things worse. It's making her more interested as I'm looking like Chad.

I'm scared that she will track me down and fuck up my marriage/kids more than it already is. But if we'd fucked my fear would be this x100 so I'm happy for that at least.

One thing this taught me is that even if you're beta, you can appear Alpha for the right girl or in the right circumstances.

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Comments

FoxShitNasty83 • 20 points • 29 September, 2018 08:13 AM*

Graham... Baby... For fuck sake! lift man! LIFT!.. how many fucking times. Your post history stinks! I live near you and I can smell its rancid stench and it's putting me off my breakfast.

You took a chance... No shortcuts! now go straight to gym, don't pass go, don't collect £200.

Lifting will unfuck your head. Let's say you do bang a hottie/fatty and you decide "hey I don't need my wife I can just get a new more slutty one"... You will be back here double time in a dead bedroom again. Fix yourself you validation whore! Cunty faggot

hystericalbonding • 13 points • 29 September, 2018 11:06 AM

It's hard to know what to do when you don't know what you want.

[deleted] • 3 points • 30 September, 2018 09:04 AM

This is golden and simple like from the pages of Marcus Aurelius.

fuckmrp • 8 points • 29 September, 2018 01:17 PM

Just tell her the truth. You're gay!

You have guilt because it's all about validation for you. You did/do not want the experience of strange, its not about sex, its about proving something to yourself. And the worse parts within your actions are the ones not about you at all. What are you trying to prove? Thats the direction, start walking.

And just so we're clear:

“One's destination is never a place but rather a new way of looking at things.”

Henry Miller

And obligatory, LIFT FAGGOT LIFT!

fuckmrp • 2 points • 29 September, 2018 01:21 PM

Also your actions are not what you think they are. You've analyzed your beta actions through a beta frame of what would an alpha do.

Rian_Stone • 2 points • 30 September, 2018 12:06 AM*

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470_2_700_nm • 1 point • 1 October, 2018 02:56 AM

Lol nice opener.

Rian_Stone • 7 points • 30 September, 2018 12:05 AM*

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ReddJive • 5 points • 30 September, 2018 01:47 PM

Wow. I just completely lost my boner.

Faggot.

SteelSharpensSteel • 2 points • 29 September, 2018 04:58 PM

So Jimbo, did you get over the lawsuit yet? Inquiring minds want to know.

You've failed so hard elsewhere, are you really surprised that you failed here? Ever get that therapy we all suggested? Jimbo, you need professional help. Let us know when you get to the beginning.

innominating • 1 point • 29 September, 2018 12:17 PM

If you present yourself as an alpha fuck, good for only one night, you don't have to worry about them tracking you down.

You would have fulfilled her fantasy of fucking an older British dude and never telling anyone but her best girlfriends about it.

Cringeworthy frame. Sidebar harder. You have much to internalize.

Grahambb8[S] • 1 point • 30 September, 2018 07:22 AM

The thing is that unless it's some club whore, in my experience with day game you have to present yourself as at least the illusion of more than just 'good for one night'. But point taken.

screechhater • 1 point • 30 September, 2018 12:09 AM

Oh my, mothefucka !!!

Poo boy, gets s raging hardon, ready to seal it, then backs up cause of momma.

Well fuck. Whutch you want ? Like really want ? Bitch

Grahambb8[S] • 1 point • 30 September, 2018 07:20 AM

I don't know. Does anyone?

screechhater • 1 point • 30 September, 2018 11:38 AM

The question remains What the fuck Do YOU want ?

Then there is thisdo you want to fuck, stalk a coworker forever-as the cringe fag, or emit no abundance and oneitis ?

Something called a mission and something called frame.

Read up and face your fears, you need to realize 100% that you cannot negotiate desire , but you can become attractive, with the right work

oytrp • 1 point • 3 October, 2018 08:29 PM

I'm scared that she will track me down and fuck up my marriage/kids more than it already is.

Maybe you shouldn't be doing catch and release until you are not afraid of that outcome.

RedPillCoach • 1 point • 4 October, 2018 01:52 AM

touching my dick and telling me how she's not normally this type of girl.

Why does this remind me of the guy who wants to tell his ONS about his Wife? He would probably argue with her- NO! You are normally this kind of girl. We need to get this into the open right now. LOL.

my low interest has had the opposite effect on her. By turning down sex it's made her more into me.

You guys get why the Red Pill has be Quarantined? This information MUST be hidden from the men. We MUST not learn about female behavior.

Any Red Pill aware man could have predicted this. It's not even bunny burner stuff. This is normal female behavior.

I'm scared that she will track me down and fuck up my marriage/kids more than it already is.

No worries. Lie like a rug if it comes to that. At most you talked to a girl and she got creepy. If asked did you kiss practice with me: No.

Just tell the Hoe you think she is beautiful but you are married and you can't cheat. Don't contact me again. Etc. Want to bet how many different guys she has banged in the time you have been worrying about her? I put my money on 3.