

# Alpha Boss Problem

August 14, 2018 | 26 upvotes | by [wildnight98](#)

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51, 5'10", 175, 32" waist. DL 265, SQ 270, BP 205 (*tho deloaded for shoulder at present*). Pilldate Oct '17. Reading: sidebar complete, some 2x. Currently listening to *The Way of Men*. Dread level 4-5. Sorry about the length, trying to keep it short.

**Quick Summary of MRP Progress.** Made it over the initial hump, feeling so much more free and "back to myself." Chronic marital arguments now almost completely gone, due to use of AA, fogging, broken record and her learning I remove myself when she isn't nice. Sex 1000% better than pre-MRP, crazy enthusiastic during ovulation, hit and miss rest of month. Still dealing with long-term power struggles over complete control of finances (I have most control) and over small day-to-day stuff. She follows my lead on the big stuff.

**The 2016-2017 "Incident."** I had this strong instinct that she was cheating during 2016-2017 for about six months. I won't bore you with all the usual details but she turned off location tracking on all her devices and acted weird and a laundry list of other little signs, out of town business trips, late work dinners etc. I never got any direct evidence. She's in tech and is a natural detective so her opsec would be strong. It ended with her coming home from one of the work dinners--where I expected her to stay out till midnight as usual (*cue various routine excuses and explanations*)--she was home early and she was very very angry, and stayed angry for several days. She wouldn't admit to being upset when asked. I suspect the reason may be her affair partner broke it off and she was pissed (broken branch, oops). Again, not enough evidence to take action. All the "signs" and my instincts quiet after this incident.

**The Alpha Boss.** She's worked for this guy for 15 years as he built his company from \$2M sales to \$95M annual through two rounds of VC. He made millions along the way. He is a martial arts hobbyist, an nth degree blackbelt, and travels constantly for national and international competitions. Obviously in shape. About 7 years younger than me (my wife's age). He just started being a sought-after "thought leader" speaker in his industry. My wife has worked for him longer than any of the rest of his management team. She's his "right hand gal" or as close to it as it gets. He's extremely likable and I like him a lot. We've known each other for as long as my wife has worked for him and even hung out a couple times (work schedules interfere). She works on special projects all the time for him in evenings and on weekends (at home).

**The Praise Incident.** So last night at dinner we were talking about somebody challenging her boss in a business scenario and she started explaining why she thought this challenger didn't have a chance. By way of explaining, she said her boss is the smartest guy she ever met, he has a photographic memory, he thinks really well and fast on his feet, blah blah blah blah and he's funny and everyone likes him. As she was talking a cold hand gripped my intestines and squeezed and I heard a voice in my head saying "hey idiot, are you listening to this hypergamous confession?" I can't believe I missed it. It was right in front of me the whole time.

**Where to next?** I'm at the point in my MRPer journey where I usually try to figure out my own problems and the roadblocks for myself without posting, and so far I have. This one has me stumped. Short of giving her an ultimatum to quit her job, which seems really reckless for a variety of reasons, I don't see what I can do to improve my marriage while this boss is spending more time with my wife than I am, with all his good attributes and none of his bad ones (that his own wife probably sees clearly but *my* wife doesn't because they're always in his element). I'm doing great and never felt better but I am always going to be chasing *this guy* who gets more of my wife's attention than I do. Anybody successfully dealt with a

situation like this before? Thanks, sorry about the length.

**tl;dr.** My wife works for a solid alpha boss whom she admires, probably hypergamously, and loves her job etc, and he seems like a huge impediment to me building the marriage I want.

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## Comments

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JudgeDoom69 • 23 points • 14 August, 2018 02:05 PM

There will always be men with a higher SMV than you. There will be dudes with more money, better fitness, smarter, whatever.

And the lizard portion of your wife's brain will recognize superior breeding stock and she will feel attraction toward men with a higher SMV. All Women Are Like That, whether they admit it or not.

It's no different than you thinking a bikini model is hot. You can't help being attracted to things that are attractive.

You need to have enough confidence in yourself to believe that she will stick around. And enough confidence to know that if your turn with her is over, and she doesn't stick around, you will be in a position to upgrade to a younger, hotter model.

giving her an ultimatum to quit her job

This would be an incredibly weak and insecure thing to do, and would probably drive her straight into his bed.

The correct answer is to shut the fuck up about it. You're the prize here, not her, and not her boss.

Westernhagen • 8 points • 14 August, 2018 05:45 PM

The problem is much more acute when the man with higher SMV is her boss, who she probably spends more time with every day than the OP, and who she is much more conditioned to obeying than the OP. It's not just an abstract "higher SMV guy" like Brad Pitt who she will see on the screen but never see in person. It's a real Brad Pitt who she actually sees in person every day, and she spends all day serving him, and she cannot avoid comparing him to her husband.

You're the prize here, not her, and not her boss.

The OP has got to convince himself (and her) that he's more of a prize than Brad Pitt. I sense that the OP doubts this.

wildnight98 1 points 14 August, 2018 03:14 PM **[recovered]**

You need to have enough confidence in yourself to believe that she will stick around. And enough confidence to know that if your turn with her is over, and she doesn't stick around, you will be in a position to upgrade to a younger, hotter model.

Of the various alternatives, her branch swinging seems like it would be better than this. Buh bye. It's this indeterminate in-between, with her crushing and probably thinking the branch swing is possible, that is challenging me. If I'm going to stay in this marriage, I want this resolved *somehow* or at least some techniques to highlight the unlikelihood that a branch swing would even work at this point.

JudgeDoom69 • 10 points • 14 August, 2018 04:02 PM\*

her crushing and probably thinking the branch swing is possible, that is challenging me

The root cause of the problem is that you are living in her frame. You and your goddamn oneitis have her pussy high up on a pedestal, and you think you can't do any better than her. Your mood, emotions, and thoughts are all tied up and obsessed with what you assume SHE is feeling.

You are living in fear of her leaving, and this is **very unattractive** and will ironically result in the very thing you fear the worst coming to fruition. They can smell fear.

You need to develop more self-confidence so you are indifferent to the outcome of your marriage. There are billions of women out there, and if this one branch swings, you can do better. **Until you internalize that, she will have all of the power in your relationship.**

Even if you were somehow able to miraculously change how she feels about her boss, there will always be another Chad around the corner: either at her work, the gym, the store, somewhere.

The only thing you have control over is you, and how you perceive the world, and how you react to it. Trying to control her feelings is a fool's errand.

TLDR: Quit being such a fucking pussy.

JameisBong • 2 points • 6 September, 2018 09:27 AM

This, soon to be ex wife was working around alot of celebrities, i would always get jealous and wonder if she would leave. Once her BPD kicked in, i realized i wanted no parts of that relationship. But even if she wasn't crazy, i still wouldn't care if she left. The best thing is to improve yourself so you can always get her replacement ASAP.

wildnight98 1 points 14 August, 2018 05:09 PM **[recovered]**

You are living in fear of her leaving

Nah, her leaving would make this problem a lot simpler and I'd be able to take advantage of all my gains immediately. Good on her if she wants to leave, buh-bye. I think the consensus is developing that there is not a particular sexual strategy to apply MRP-wise in this scenario. I like the idea of teasing her about it if I can figure out how to do it without seeming like I'm jealous or mate-guarding (which I'm not; again-if she swings it resolves the problem).

friendandadvisor • 6 points • 15 August, 2018 06:44 PM

I like the idea of teasing her about it if I can figure out how to do it without seeming like I'm jealous or mate-guarding

Don't you dare even try! You will fuck it up big-time. You have it written all over you, and it will only lower your SMV.

JudgeDoom69 • 1 point • 14 August, 2018 05:18 PM

Nah, her leaving would make this problem a lot simpler

The fact that you characterize it as a "problem" proves you lack outcome indifference.

Teasing her about it is weak and will reveal your jealous insecurities. At best, she will be less overt with her admiration of her boss. At worst, she'll have even less respect for you than she does now.

wildnight98 1 points 14 August, 2018 05:45 PM **[recovered]**

Teasing her about it is weak and will reveal your jealous insecurities. At best, she will be less overt with her admiration of her boss. At worst, she'll have even less respect for you than she does now.

Yeah great counterpoint. I think the bottom line may just be there's nothing to "do" about it,

just keep on the path and keep a weather eye out. Unless I decide I don't want to deal with this shit and kill the puppy.

JudgeDoom69 • 5 points • 14 August, 2018 06:34 PM

deal with this shit

If you can get to the point in your self-improvement journey where you don't see her crush as "this shit" at all, and instead just calmly and confidently see it as just another female acting the way they are all pre-wired to act, then you will have truly swallowed the red pill.

weakandsensitive • 2 points • 15 August, 2018 08:02 AM

deal with this shit and kill the puppy.

The only shit here is your own weakness and insecurity. Your wife admires her boss - fuck, people would love to have that type of working environment! And here, because you are such a little insecure bitch, are trying to drench it. Where's the value add in that? How are you demonstrating your leadership in that scenario? You aren't.

wildnight98 1 points 15 August, 2018 11:01 AM **[recovered]**

Fair point.

JudgeDoom69 • 5 points • 15 August, 2018 02:11 PM

You did the right thing. Instead of going full beta-pussy-bitch with your wife, you bounced it off of a group of strangers on the internet, and then cooled your jets. No harm done

friendandadvisor • 2 points • 15 August, 2018 06:46 PM

This. You need to have a backup plan in hand, right now. It sounds to me as if something will come up pretty quick like. Could be wrong, but, the plan is always to have at least 2 backup chicks waiting.

[deleted] • 2 points • 14 August, 2018 03:43 PM

This has been my main concern with hypergamy. No matter how good you are you can't guarantee that a better Chad doesn't cum along and gives those feels. One thing leads to another and even though you've been giving the ole lady 3 orgasms a night for the past 10 years she will bend over backward to let the better chad have his turn.

JudgeDoom69 • 2 points • 15 August, 2018 03:12 AM

No matter how good you are you can't guarantee that a better Chad doesn't cum along

It's true, and the fact that we are aware of this fact puts us at a distinct advantage over the general populace of average fucking chumps. The most you can do is continually work hard to increase your own SMV. Then the population of Chad's that are of higher value than you decreases exponentially. The solution is to become Chad.

weakandsensitive • 1 point • 15 August, 2018 08:04 AM

The reality is if she wanted to fuck around on you, there is nothing you can do about it. So why would you fight it?

On the flip side, if you wifed up a woman who would trade all the value you add (assuming you add value - you probably don't), for a chance at a pump and dump, you failed at vetting. So what's the real loss anyway? In case you didn't know, people, by nature, are naturally risk averse.

In the financial world, people generally fear loss much more than potential gains. Losing \$100 hurts much more than winning \$100 brings joy. You can find the studies to back this up if you want.

Persaeus • 1 point • 15 August, 2018 11:21 AM

nice reply to JJcocks, and i'll add the following to help his little ego

~~people~~ *adult women*, by nature, are naturally risk averse *compared to men*

and, comments like this are based on thinking that is (female hypergamy) + (male sex drive/risk acceptance) = super sluts from hell. apples + oranges does not equal bananas. not saying whores can't be whores; but it's not like JJcocks thinks it is.

MrChad\_Thundercock • 32 points • 14 August, 2018 01:43 PM

I have a hard-on just reading about him...

FoxShitNasty83 • 8 points • 14 August, 2018 02:44 PM

Glad I'm not the only one

wildnight98 1 points 14 August, 2018 03:05 PM **[recovered]**

Yeah I fucking hated that paragraph. But have to deal with reality. Look, there's any number of ways I compete well with this guy but *I don't think I want to think of myself in competition with him.*

red-sfpplus • 8 points • 14 August, 2018 04:15 PM

Listen faggot.

I am around smoking hot women all the time in work. I am not fucking any of them. There are people who firmly believe in the whole "dont shit where you eat" thing in life.

Do I kino these bitches? Do they kino me back? Absolutely.

Would I want to be on the receiving end of that if I was their husband? Fuck no.

People who fuck at work - you can tell. It is as clear as day. Anyone with any situational awareness can see it.

You think she fucked him 2 years ago? Let me tell if she did you would find out about it by now.

How is your wife in bed? Alpha men love women who know how to fuck well.

Either she is a closet slut, or she sucks. If she sucks, he wouldnt be fucking her anymore and most likely not working for her.

I have had "pets" at work. I have had "work wives" at work. It is very common in high ranking fields.

Doesnt mean we are all going to the unisex bathroom and fucking.

Stop being an insecure bitch. She is 100% replaceable.

helaughsinhidden • 3 points • 14 August, 2018 05:09 PM

People who fuck at work - you can tell.....

You think she fucked him 2 years ago? Let me tell if she did you would find out about it by now.

If she sucks, he wouldn't be fucking her anymore and most likely not working for her.

**Agreed.** This was a crush and an emotional affair that didn't materialize. Most women can handle this kind of disappointment and stay working there. However, if she gave him the pussy for six months and he broke it off suddenly, I highly doubt she would keep working there, let alone still speak highly of him.

wildnight98 1 points 14 August, 2018 04:50 PM **[recovered]**

Haha, your comment prompted me to remember that I got together with my wife when I was her boss. She has a thing for bosses I guess.

Is this something I want to put up with if I can't fix it? If it can be fixed, I need to figure out how. If not, I need to next.

red-sfpplus • 6 points • 14 August, 2018 05:00 PM

Listen man. I am burning my shit down right now. I am in the process of leaving my wife of 12 years, my HS sweetheart.

So you might not want to listen to me.

I have custody of my kids. I fuck random Bumble chicks on command.

My patience for any BS from women is at 0 right now.

I also tried for 10-12 months to save my marriage. But I was never worried about being a cuck.

How does that label sound? I would never, ever stick around even if I was a "possible cuck"

wildnight98 1 points 14 August, 2018 05:03 PM **[recovered]**

I've been following your evolving story with great interest. Glad you're finally free of what was clearly a terrible situation. It will only get better. I agree with those who advise you to focus on moving past anger.

I'm still trying to apply MRP as a sexual strategy to my existing marriage. This may be the non-negotiable or it may not. I need to think on it and came over here to get out of the vacuum and get some opinions. Which as you know, are in abundance around here. :)

red-sfpplus • 11 points • 14 August, 2018 05:13 PM\*

Look. I am going to play devils advocate for second. Lets take the SEX out of it.

Lets assume her boss is a good guy. He owns a company. He is passionate about it. It is growing. He has employee's. This is a man who is LIVING HIS MISSION.

He is a sales person. He is high energy. People who gravitate towards him will see that, and respond accordingly.

He delegates things which are important to him, to your wife because he trusts her. This feeds her ego. It makes her feel special. It makes he want to work hard for him in a SUBMISSIVE role. Not because she is fucking him, but because he has SOLD her on his MISSION, which is also her job, pay, etc. She feels like she adds value to him, which makes her feel good. It is standard gender roles. It is standard DOM/SUB type of stuff.

For all we know, there is a guy names Stan who has the same role as you wife and he feels the same way.



NONE of this has to be sexual. At all.

Speaking from a position of direct, first hand experience - this would be the scenario I bet on. 100% platonic. As a business man, there is ZERO chance I would risk fucking my stuff up for some pussy that works for me. Bitches are crazy, and I guarantee this man knows it.

My advice - chill the fuck out.

You are racking your brain on something that could of happend 2 years ago. Go detective on her for a month if you need to. Track the shit out of her, hire a PI. If you need to, to make peace with yourself.

But that is all a waste. You need to:

Bulk. You are skinny at 175.

You talk nothing about your job, mission, what you do to provide her tingles, how the sex is, nothing.

You need to get this guy out of your brain, and stop obsessing over him. If she wants to burn it down by fucking him - LET HER. I fully replaced all the things my wife did for me in 90 days! 90 DAYS!

You are wasting your life worrying about something to which you have ZERO fucking control over.

I work in High-Tech. I am telling you that these types of platonic relationship are pervasive. When two people working on a deal, mission, whatever are in sync it will give off the impression we are fucking, but we are not. We are just kicking ass.

Let her kick ass. Encourage her to do well at her job. You do well at yours and stop being insecure.

she started explaining why she thought this challenger didn't have a chance

I totally missed this.

I am 100% right. She wasnt defending the boss. She was defending herself saying those things. I cant believe you cant see that. You absofuckinglutely need to fix your insecurity.

wildnight98 1 points 14 August, 2018 05:21 PM [recovered]

My advice - chill the fuck out.

Yep yep.

She wasnt defending the boss. She was defending herself saying those things. I cant believe you cant see that.

Explain?

red-sfpplus • 5 points • 14 August, 2018 05:26 PM

Imagine a person who is so heavily invested in someones mission. It doesn't have to be theirs, but they bought in.

An attack on the mission is an attack on them as a person. And they will defend it.

The conversation was an attack on the mission. She was defending the position that they will win, because she wants to win. She wasn't praising the boss directly, but



giving argument as to why they will win.

Contrast that to this.

You are standing in the grocery store. Wife asks you for the shopping list to which you reply "I forgot it"

She rolls her eyes, and says that not only did you forget the list you do not have photographic memory like my "boss" and stomps off.

Persaeus • 3 points • 14 August, 2018 06:16 PM

you're killing it advising OP, but this threw me for a loop

How is your wife in bed? Alpha men love women who know how to fuck well.

wife could be a complete starfish in bed to OP, and a ATM porn slut to Christian Grey boss here.

red-sfpplus • 1 point • 14 August, 2018 06:32 PM

Yeah I suppose.

Unless OP is completely autistic he would pick up on that I would think. Who knows though.

□□♂□

Persaeus • 1 point • 14 August, 2018 06:33 PM

agreed, is she's never fucking him right this increases odds someone else is.

MrChad\_Thundercock • 3 points • 14 August, 2018 03:24 PM

Right. Don't compete. Play your own Game.

Know YOUR value you bring.

I'm worried about the Feelz she gets from just being around him. Making fun of her crush is good advice.

wildnight98 1 points 14 August, 2018 03:40 PM **[recovered]**

I'm worried about the Feelz she gets from just being around him.

This. And I think her hamster is probably creating conflict and problems to justify the crush. That's the ongoing problem.

BostonBrakeJob • 2 points • 14 August, 2018 06:57 PM

You can worry about her getting some feelz from this dude, or you can capitalize on it. It's all about how you frame it.

When my wife went back to school, there was a "pretty alpha dude" there as well. The few times I went in to help her get some credits, I seen firsthand what kind of feelz she was catching. Nothing sexual, but everything that came outta dude's mouth was smooth as eggs. Pre MRP, I would've been an anxious wreck. But instead I just rolled with it. As soon as she walked in the door some nights, it was on. Other nights, I would keep the feelz coaster going and then knock the bottom out of it. Point is though, I wasn't thinking about the dude at all, but rather how revved up she probably was....and most importantly how much fun I could have with it.

Worry about the "what ifs" when they become clear red flags, or worst... tangible evidence. In the meantime, enjoy your turn brother.

NoTiggerWoodz • 2 points • 14 August, 2018 05:40 PM

Dude. Listen to u/red-sfpplus he is speaking from personal, first-hand experience. Your responses are seeking a rebuttal and validation from him on everything he is telling you. You are insecure. And it's disrespectful to everyone on the sub with flair.

IF your wife fucked this dude 2 years ago AND she wanted you to know: then you'd know and you are a cuck. IF your wife fucked this dude 2 years ago AND she DID NOT want you to know: then you wouldn't know and you are still a cuck. Either way your hamster is running because you're insecure about your wife's homie. You need to fix that shit if you whether you stay with the bitch or not.

If you truly think your wife has fucked or is fucking her boss. Go fuck another chick who has equal or higher SMV than her and see how many fucks you give after that. But stop with the back and forth - you look pathetic.

johneyapocalypse • 7 points • 14 August, 2018 08:15 PM

Are you fucking retarded?

OP - who happens to be flaired - is not "seeking a rebuttal and validation" on everything red tells him. For fuck sake it's the opposite. Dude's agreeing to much of the feedback, prompting him for more, pointing out how much he's enjoyed red's posts, and even thanking him for the advice.

And it's disrespectful to everyone on the sub with flair.

Red's right. This post is gay but your comment is even more gay.

(p.s. If I've disrespected any flaired members please go fuck yourselves this dumbass.)

Rian\_Stone • 4 points • 14 August, 2018 09:14 PM

hey, I heard there was respect in here. Can I get a shot of that?

johneyapocalypse • 1 point • 14 August, 2018 09:22 PM

You my friend can have a whole decanter.

red-sfpplus • 1 point • 15 August, 2018 01:28 AM

I fucking love this thread.

I love blowjobs from anon internet people.

Thank you all.



weakandsensitive • 1 point • 15 August, 2018 07:49 AM

Wait - is this flair thing a thing again now? Might have to turn my MRP flair on so retards like /u/NoTiggerWoodz will suck my dick too.

red-sfpplus • 1 point • 14 August, 2018 04:11 PM

OP needs to post a pic of him so we can see how Alpha he really is...

Plus, other reasons. lmao.

This post is so gay.

Persaeus • 2 points • 14 August, 2018 06:14 PM

something like this i imagine. so hot

JudgeDoom69 • 1 point • 14 August, 2018 08:46 PM

if OP's wife comes home from work with ligature marks on her wrists and ankles, that's a little clue

Persaeus • 2 points • 14 August, 2018 09:21 PM

Yep , I had a married plate last year that I kept on a dog collar and chain whenever we were together. One night I got real rough and left marks on her throat. She said that's what makeup is for

BobbyPeru • 1 point • 15 August, 2018 12:55 AM

I picture him more like a combination of Ryan Gosling and Duane Johnson. That dude fucks for sure... his wife

red-sfpplus • 1 point • 15 August, 2018 01:36 AM

If we were over on the steroid Reddit I would advise OP to up the Tren and fuck both the wife and boss to assert dominance.

But we are not over there.

weakandsensitive • 1 point • 15 August, 2018 08:07 AM

you ever see the before and after of Bezos? Money does fantastic things.

Persaeus • 1 point • 15 August, 2018 11:14 AM

it does indeed. pretty sure Jeff put in some work in the gym too. he looks great and i love the way he obviously gives zero fucks about what anybody thinks about it

BobbyPeru • 2 points • 14 August, 2018 06:31 PM

He's alpha as wolf bro

drty\_pr • 9 points • 14 August, 2018 03:50 PM

I hope you can see the underlying motive in your desire for her to *Fuck him and make this thing a whole lot easier. Buh Bye....*

Persaeus • 4 points • 14 August, 2018 06:23 PM

i had the exact same though, OP hamster is running deep for a way out of the maze. i really don't think anybody needs to ask me how i know.

calmwater1 • 2 points • 15 August, 2018 03:17 PM

I think OP and I have a lot of things in common - started MRP at the same time, in our 50's, wife has an alpha boss, and I have recently noticed myself looking for a reason to kill the puppy (make the decision easier). I thought about it and don't like the answers I came up with, which is that it's still too early to go and I need to put in more work. Ultimately stay or go will be fine for me (all of us) but staying and doing the work is the better option. Sometimes it seems like divorce is the "easy" answer, and for some it is. Right now I do not think that is the answer for me or OP.

In regards to the alpha boss you have to ignore it, not be jealous or butthurt about it. Use your willpower, distract yourself, mental tricks, hamster it away instead of amplifying it, whatever works. If she brings it up

you need to tease her about it without butthurt, neediness, or jealousy. I have been able to do this personally and she doesn't bring it up anymore.

I have followed your story and you have made a lot of improvements. Fall back on that kind of thinking when you need support, or plan your future improvements.

justpickanyusername • 1 point • 14 August, 2018 04:08 PM

Killing small animals can get messy. Better to let the wife handle it.

Rian\_Stone • 13 points • 14 August, 2018 01:46 PM

poke fun at her crush, leave her if she fucks him.

dandar4600 • 3 points • 14 August, 2018 01:58 PM

At the crush itself, not at the guy. Having said that if she already had an affair with him then this poking fun thing is not going to have the desired effect. Op is screwed...or at least his wife is/was.

InconspicuousWand • 2 points • 14 August, 2018 02:35 PM

Why? What would poking fun do besides come off as jealous. Even if you're not saying it in a jealous way and in an "I could care less, go for it" kind of way. It still will have an underlying jealous motive.

I'd say just keep doing what you're doing, STFU about him. But keep an eye out still, till you can prove something. There's no need to even mention him, it'll make it seem like you don't suspect anything and she may be less on her guard if it is happening. In the meantime keep dread high and hit the gym hard

Rian\_Stone • 2 points • 14 August, 2018 02:56 PM

so it's jealous if you poke fun, a playful shaming.

But it's perfectly normal to keep an eye on her, like that will matter for fuck all.

as for the proof, I can point you to 500 field reports of guys who say that, and mean 'move the goalposts' so that whatever she did didn't count

InconspicuousWand • 0 points • 14 August, 2018 03:32 PM

Of course it will matter. You can then just leave if you catch her. And shutting up is better than playful shaming. It's what it portrays to her. Insecurity. If you're keeping an eye on her you're not portraying anything, you're looking out for yourself without her knowing

[deleted] • 1 point • 14 August, 2018 03:55 PM

Both your replies revolve around what she thinks, feels, and does. /u/Rian\_Stone's revolve around OP's actions and attitude. Get out of her head.

johneyapocalypse • 1 point • 14 August, 2018 03:52 PM

Nah, stoney's right.

I found out that one of my wife's doctors is a real looker. He's from her "industry" if you can even call it that - where the prototypical male looks like dirty Jesus - but he had his shit together - plus piercing blue eyes.

I referred to him as a friend, genuinely thinking they were friends, and she got a bit flustered and even blushed I think.

So I jumped on it and called her on her crush.

I wasn't jealous but I teased her anyway.

There was no underlying jealous motive, there was no perception of jealousy.

It was the act of a rambunctious little boy teasing a cute little girl.

I'll never let that little boy die.

With that said, I speak of teasing and jealousy in general.

OP has a much more challenging situation on his hands, especially since he seems to be implying that his wife already fucked the dude.

InconspicuousWand • 2 points • 14 August, 2018 04:01 PM

I think the reason men do that. "Oh someone has a crush" is they want to hear the girl say "ew no way" to feel better.

Say what you want if you're bring up about him being a crush or even poking fun at it. There's some underlying feelings going on there about it. You're either just trying to cover it up. Or hope to hear here say "ew" to feel better about it.

Otherwise it's pretty pointless to say anything

johneyapocalypse • 1 point • 14 August, 2018 04:13 PM

If you genuinely fear that much. If you genuinely turn to jealousy so quickly. If you genuinely think you're "covering it up." If you genuinely speak in hopes that her "ew" response will make you feel better.

If you genuinely feel that way then you've lost something intrinsic to being a man.

InconspicuousWand • 1 point • 14 August, 2018 04:42 PM

You're just lying to yourself. If you're saying it there's a reason for it

johneyapocalypse • 0 points • 14 August, 2018 04:53 PM

So anyone with a different opinion than your own either (1) has ulterior motives or (2) is lying to themselves.

That's rich.

InconspicuousWand • 1 point • 14 August, 2018 06:33 PM

It's just the facts of the situation. Why would you say something just to say it. You're saying it for a reason. The reason being one of those to. Idk I'm a realist and dig deep when it comes to physiology. Surface level. You may just be saying it to joke. But there's usually another deeper reason.

You wouldn't be saying that about every guy she comes in to contact with. Because you don't feel that way about them

johneyapocalypse • 1 point • 14 August, 2018 07:53 PM

Your opinion and my own are the difference between scarcity and abundance. I'd encourage you to explore further which end of the spectrum you fall on.

InconspicuousWand • 3 points • 14 August, 2018 08:14 PM

It has nothing to do with that. If it was abundance, you wouldn't even bring it up to her because you legit wouldn't care. Period.

This argument is just going back and forth saying the same things. But my point is if you're bringing it up to her. You already show you care more than you don't. And there's a reason for that. And you're not giving any valid reason why that would be any different than bringing it up about every other guy. You're just saying my mentality is wrong. But you're totally ignoring the issue at hand

You're like a chick who post IG pictures with her cleavage out. And when someone says she's doing it for attention and likes, she acts like she has no idea what you're talking about.

But we all know what's really going on. As they say behind every joke there's some truth. And this holds true for this example

Persaeus • 2 points • 14 August, 2018 06:29 PM

if OP had the frame, this is exactly what he should do

a feature of my wife and I's relationship when we were dating was we would tease each other about other people and "mysterious strangers". that all dissappeared when i fag'ed out because it ain't any fun if i get all butthurt. we have been back to this teasing now for well over a year.

you can't release the slut if your afraid of her sexuality . . . read Practical Guide to Female Sexuality OP . . . sidebar

MrChad\_Thundercock • 2 points • 14 August, 2018 03:09 PM

“She works on special projects all the time for him“

I think she already fucked him. OP, it's over. Move on.

wildnight98 1 points 14 August, 2018 03:24 PM **[recovered]**

Yeah, there's a lot of circumstantial evidence but no direct evidence. I'm not going to torch it based on a hunch. Now if I can't solve the crush problem, that's another thing.

MrChad\_Thundercock • 3 points • 14 August, 2018 03:36 PM

You're only 10 months in... but Looks like she is responding. Should keep improving. The hit and miss shit outside ovalulation needs to end...

She's getting Feelz and tingles<sup>tm</sup> all day from Mr. Christian Grey.

How long were y'all together ? Trying to figure out how long you were a pussy with her..She's been working for him for 15 years!

wildnight98 1 points 14 August, 2018 03:50 PM **[recovered]**

How long were y'all together ? Trying to figure out how long you were a pussy with her..She's been working for him for 15 years!

We've been together over 20. Beta probably 12 solid years, maybe more.

helaughsinhidden • 4 points • 14 August, 2018 05:13 PM

Once you "go beta" I think all previous years you had alpha traits become null and void.

Women rewrite history. She falls out of love for you for 1 year and she will now say she

doesn't think she ever loved you. You got about 10 more months of hard core work for full results.

MrChad\_Thundercock • 2 points • 14 August, 2018 10:07 PM

“Women rewrite history”

Damn right.

It's fluid as fuck. More like “what have you done for me lately?” - right now!

[deleted] • 2 points • 15 August, 2018 01:45 AM

"We've always been at war with Eurasia."

MrChad\_Thundercock • 0 points • 14 August, 2018 03:56 PM

Come on dude, she fucks him on the regular for the last few years -because you weren't providing the alpha feelz to get her wet. Mr. Grey did. I think you have all the evidence you need.

Start observing everything she does now with your red pill awareness. Then make a decision.

wildnight98 1 points 14 August, 2018 05:14 PM [recovered]

Start observing everything she does now with your red pill awareness.

Can I just go back into the matrix? Kidding.

The world is totally different now, that's for fucking sure.

MrChad\_Thundercock • 2 points • 14 August, 2018 05:23 PM\*

Once you see it, you can't unsee it. This is part of the process, you're still in the bargaining phase. Time for anger... lift.

You're 51, a little late, but you still have a good decade and a half to learn this stuff and fuck hot younger women than your wife- if you choose to.

matrixtospartanatLV • 2 points • 14 August, 2018 09:31 PM

That is very hopeful for guys like us.

Thanks

markpf73 • 0 points • 14 August, 2018 06:48 PM

But he didn't leave her after she fucked some other work boss? This is all cuck-foreplay for him.

DeepReindeer • 6 points • 14 August, 2018 01:54 PM

What can you do? Nothing. Well, you can hope he's too busy making money and crushing younger, hotter pussy that your wife is invisible to him. If not, they fuck, and you leave her. You had your turn. All the more reason to keep doing your thing. And this, gentlemen, is why married men have plates.

Sepean • 8 points • 14 August, 2018 04:10 PM

Uhoh, you're seriously in trouble, because MRP only works if you're the hottest man in the world. /s

Just relax, alpha up and enjoy a happy life instead of worrying about the existence of men who are out of you



wife's league.

helaughsinhidden • 4 points • 14 August, 2018 02:16 PM\*

"hey idiot, are you listening to this hypergamous confession?"

Good news is you know the truth and have realized your wife is not a unicorn. I thought my wife was immune too until she got all judgy about a friend of ours dating a younger guy working minimum wage. I said, "give her a break, she told us during poker that she hasn't been with a guy in over 5 years!". My wife says "If..you know, we didn't work out, I would try to settle down with someone MORE established, maybe a bit older, with his own house, not some guy that's going to move into my shitty apartment and help out with some of the groceries". That was my moment of clarity.

FWIW, There's nothing you can do really. She has a crush on him, maybe they were fucking, maybe not. Ok, probably, or at least she was hoping it would get to that anyway. I think the best advice is to openly talk about the crush like it doesn't bother you. As in if I am afraid of something, letting it be secret is the worst thing you can do. It keeps it hidden, naughty, secretive, and dangerous, then it remains to be exciting. If I actually see my wife blushing around a guy, I tease her as if I find it amusing. I'll say shit like "I bet you wish I had (insert compliment here) like he does". It seems, for my wife anyway, to take the wind out of the sails and make her aware that she is getting swept up in a fantasy. I think I've also tossed in some soul crushing dread too like "I bet that car alone gets him laid once a week" or said "I wish I could be his wingman, ha ha". Not sure if any of it works, but it makes me feel better.

wildnight98 1 points 14 August, 2018 03:18 PM [recovered]

I think the best advice is to openly talk about the crush like it doesn't bother you.

Yeah, u/rian\_stone suggested something similar. I'm starting to see the outlines of a strategy along these lines. What do you think about me joking with *him* about my wife's crush on him, same thing, IDGAF, but it might make him push her away a little too?

Rian\_Stone • 4 points • 14 August, 2018 03:47 PM

Frenchie told me the story back in the day when his wife had a crush on the gym teacher for the kids. I imagine the guy will take it as a green light to go try to fuck her

helaughsinhidden • 1 point • 14 August, 2018 03:24 PM

Yeah, I like it that too, but unsure about doing it in front of her. Context is key I suppose as you don't ever want to appear insecure or jealous.

Rian\_Stone • 2 points • 14 August, 2018 03:52 PM

My mom said that shit too. She dumped the guy 6 months later for being too boring. She would rather be alone

light-----dark • 6 points • 14 August, 2018 02:37 PM

What is Alpha Boss doing that makes him so desirable and alpha?

Why don't you STFU and start doing the same shit instead of wasting time figuring out how to get your wife away from him?

Westernhagen • 5 points • 14 August, 2018 05:33 PM

What is Alpha Boss doing that makes him so desirable and alpha?

Running a \$95m company, and giving orders to his subordinates that they cannot disobey.

I dunno how much the OP makes, but he's probably not running a \$95m company, and the husband/wife relationship is never (these days) going to be "do what I say without argument or you're fired" like a boss/subordinate relationship is.

light-----dark • 7 points • 14 August, 2018 05:57 PM

Sounds like OP needs to build a \$100m company so she can get a feel for fucking a boss - if she isn't already fucking her current one.

wildnight98 1 points 14 August, 2018 03:16 PM **[recovered]**

Yeah, this was my original line of thinking. Then I was like, shit, I am my own man, I'm not going to chase Alpha Boss around. I compete well with him in plenty of ways but we're different and there's no point in me putting him up on some kind of pedestal. I like the guy, but well, fuck him.

SteelSharpensSteel • 1 point • 14 August, 2018 09:36 PM

I like the guy, but well, fuck him.

To use a line from Anchorman, boy, that escalated quickly!

gettingmymojoback • 6 points • 14 August, 2018 03:12 PM

The good news is, if he's as Alpha as you say he is....what makes you think he's interested in fucking your 44 year old wife?

Take off the wife goggles for a moment and realize that he's got his targets set on the same types we all would in his position, hotter, younger, tighter and firmer.

If he wants to fuck her he probably could....it's irrelevant. You know what you have to do,

wildnight98 1 points 14 August, 2018 03:29 PM **[recovered]**

All true, I doubt he'd ever take her on. This would be a lot easier if he did. He's got decent values so I doubt random hookups are in the cards either. It would be in times of stress plus opportunity. So whatever. The problem is that *she* is probably thinking there's a chance (especially if it happened before) and this is a huge impediment to her being led by *me*.

gettingmymojoback • 2 points • 14 August, 2018 03:35 PM

She's not yours, it's only your turn. No different at 51 than at 21. You worrying about it is the impediment to her being led by you.

What's the worst that happens? She fucks him and YOU get hotter, younger, tighter, firmer.

wildnight98 1 points 14 August, 2018 03:52 PM **[recovered]**

What's the worst that happens? She fucks him and YOU get hotter, younger, tighter, firmer.

That's not the worst at all. That'd be a lot better than this problem, who cares if she leaves? I think her hamster is probably manufacturing conflict and problems with me to justify the crush. That's the ongoing problem.

justpickanyusername • 3 points • 14 August, 2018 03:58 PM

You realize you are talking in circles. You are getting pretty good advice and then come back with "Oh, but this problem with the crush is just too hard. Anything else would be easier." I guess

you are just a helpless and hopeless victim. Either fucking drop it from your mind or move the fuck on without her if it is bothering you too much. None of this in between passive shit.

johnneyapocalypse • 3 points • 15 August, 2018 03:54 AM

OP, you need to pay attention to this comment. Even below, in response to this, you throw out more options, effectively larping your indecision for everyone to watch.

Again.

Just act. One way or the other. Or don't.

There are no perfect choices and even if there were we likely don't have them anyway.

Your brain must be fucking tired.

friendandadvisor • 2 points • 15 August, 2018 07:14 PM

I think her hamster is probably manufacturing conflict and problems with me to justify the crush.

You know the solution to this: Dread, A&A, AM, DGAF, STFU, etc...

friendandadvisor • 2 points • 15 August, 2018 07:13 PM

He's got decent values so I doubt random hookups are in the cards either.

I can't speak to your situation, but, I would like for you to abandon this type of thinking immediately.

wildnight98 1 points 14 August, 2018 03:48 PM [recovered]

I don't care if she leaves and I doubt he would take her on anyway. The ongoing problem is that I think her hamster is probably manufacturing conflict and problems with me to justify the crush.

gettingmymojoback • 1 point • 14 August, 2018 04:30 PM

The ongoing problem is that you are balls deep in her frame worrying about it.

So you're worried her hamster is making shit up to justify her crush? Not only are you in her frame worrying about what her hamster is doing but you're forgetting that we have standard tools in the MRP sidebar to deal with conflict.

How do you deal with bullshit conflict she creates? You know the answer already. (Or you should given your flair).

You can't force her to do anything. You know this. You can't lead her if she doesn't want to be led. You know this.

What can you do? You know this too.

Stop worrying about the guy she's crushing on. It's unattractive as fuck. You know this too.

Who's the fucking prize here again? You, her, or her boss?

wildnight98 1 points 14 August, 2018 04:42 PM [recovered]

All good advice, but I'm nowhere near her frame. I'm not worried about any of it, it just seems to me that I have to make a decision whether I want to live with this-if there's not a strategy to beat it.

I'm generally pretty optimistic and up for a challenge. I'd like to beat it and win, frankly.

gettingmymojoback • 2 points • 14 August, 2018 05:30 PM

There's your answer. Decide if you want to live with it or not....anything else is a waste of time and energy.

Forget about worrying about winning or losing, that's just your ego talking. This is a win-win scenario....what part of hotter, younger, tighter are you having trouble with?

robertwservice1974 • 6 points • 14 August, 2018 05:43 PM

In the interest of comparing notes, my experience has been that when I have lost weight, comments about other men increase in what has seemed like an overt attempt to arouse jealousy in me.

These comments are similar to what you described, and recently I've been hearing more of them as I have become fitter over the past six months. Perhaps it is a form of jealousy shit test in response to your dread level 4-5, like she's feeling dread and trying to alleviate that feeling by eliciting a jealousy response from you.

Although I've looked (spent time searching this topic last week), I haven't been able to find much describing this behavior in the MRP subs or sidebar materials, and recognize that I may be confusing correlation and causation.

[deleted] • 2 points • 14 August, 2018 06:05 PM

Yup, shit test. Wants to see if your frame matches the improved exterior or if it's all just for show. It means that you're on the right track.

Persaeus • 2 points • 14 August, 2018 06:25 PM

I have lost weight, comments about other men increase in what has seemed like an overt attempt to arouse jealousy in me.

100% agree with this in my experience. also, if you tease her about her crush and show her that you are not afraid of her sexuality it goes a long way to releasing the ~~Krakens~~slut

wildnight98 1 points 14 August, 2018 07:15 PM [recovered]

Perhaps it is a form of jealousy shit test in response to your dread level 4-5, like she's feeling dread and trying to alleviate that feeling by eliciting a jealousy response from you.

Huh, that's an interesting take. I'll have to think about that some more. On first blush it didn't seem like she was trying to dread me but you could argue it "worked." Thanks.

DanceMonkeeDance • 1 point • 14 August, 2018 09:38 PM\*

I would think that your ability to maintain your frame in this is directly proportional to your abundance.

As u/red-sfpplus counselled in a different thread, "how many women could you fuck by week's end? "

Edit: fixed link

Persaeus • 4 points • 14 August, 2018 06:33 PM

bro, your wife had an affair back in 2016-2017. i have been the other guy; and your read of her actions is exactly how she acted during he affair and after i showed her door.

here's my advice on that for what it's worth

it's very very unlikely it was with her boss.

her boss is not any impediment at all as has been already explained.

give less fucks, and tease more.

[deleted] • 3 points • 14 August, 2018 05:57 PM

Worked for him for 15 years... he's probably more of a father figure than anything at this point.

She may have been fucking somebody for those 6 months, but I'm not convinced that it was this guy.

BobbyPeru • 2 points • 14 August, 2018 03:36 PM

Work affairs are the easiest to get away with, so you are never going to know if she did or if she will. You just have to let it go and focus on yourself. Lift, sidebar, social life, dread. You have to let it go, or it will end up driving you nuts . Definitely keep a loose eye on it, but don't become obsessed.

Big\_Daddy\_PDX • 2 points • 14 August, 2018 07:56 PM

If this guy is so awesome, why would he duck your Wall wife when he is more than likely shagging younger chicks that are happy to be on the carousel with his bank roll?

She's just demonstrating her lower value and does t realize how deep past the wall she is. Meanwhile, you don't understand your increasing SMV because you're too insecure.

The Stay plan is the same as the Go plan. Have you even consulted a divorce attorney? You should at least be getting some FU money and prepping for a collapse.

[deleted] • 2 points • 14 August, 2018 03:59 PM

Do we go with the "most people are socially retarded" excuse that she didn't know she was insulting you to your face? Well, why not. You've already given her 1000ft of rope. What's 10 feet more.

weakandsensitive • 1 point • 15 August, 2018 07:47 AM\*

Have you ever read my favorite post?

The Praise Incident. So last night at dinner we were talking about somebody challenging her boss in a business scenario and she started explaining why she thought this challenger didn't have a chance. By way of explaining, she said her boss is the smartest guy she ever met, he has a photographic memory, he thinks really well and fast on his feet, blah blah blah blah and he's funny and everyone likes him. As she was talking a cold hand gripped my intestines and squeezed and I heard a voice in my head saying "hey idiot, are you listening to this hypergamous confession?" I can't believe I missed it. It was right in front of me the whole time.

This is literally every single great leader. Why would you want to work for someone who sucks? Why would you want to follow someone who sucks?

wildnight98 1 points 15 August, 2018 11:05 AM **[recovered]**

You like him too? :)

I was being insecure. I *should* be trying to keep company with people like Alpha Boss.

Persaeus • 1 point • 15 August, 2018 11:25 AM

I should be trying to keep company with people like Alpha Boss.

yes, this . . . finally. quite truthfully, it's a bit dissappointing you and Alpha Boss are not already bros.

CalvinRichland • 1 point • 14 August, 2018 04:43 PM

You think she cheated, why didnt you just walk then?

wildnight98 1 points 14 August, 2018 05:05 PM [recovered]

Oh I wasn't passive at the time. Once I figured out what my gut was suggesting I made efforts to confirm the theory. Never got there before the phase was over. I did get her laptop once and nothing in texts or emails.

CalvinRichland • 3 points • 14 August, 2018 05:37 PM

Suspicion is proof enough for me, but i get it's harder with kids

DeepReindeer • 1 point • 14 August, 2018 06:13 PM

Mere suspicion is enough? From what I could read, the OPs suspicion comes primarily from the fact that this dude probably *\*could\** fuck his wife. Not that it actually happened. He's in his weak ass feelings. No evidence.

CalvinRichland • 0 points • 14 August, 2018 06:15 PM

He only now is fragile thinking about the boss. The first part of his tale sounds clearly to me like cheating. For myself i am very confident and never worry about other men, if i felt a worry yes i would ghost my wife in a heartbeat and never speak to her again.

themormonchurch • -1 points • 14 August, 2018 03:31 PM

Time to tell her you met someone else and move on. Don't ever reveal it has anything to do with your own insecurities. Come at it from a position of strength. You've met someone else, you've been sleeping with her, and you no longer have any feelings for your wife. That's the frame. Honestly I don't see a better option for you.

DeepReindeer • 6 points • 14 August, 2018 06:10 PM

That is a ridiculous overreaction.

themormonchurch • 0 points • 14 August, 2018 07:15 PM

k