

Sex issues.

June 11, 2018 | 13 upvotes | by [shadowycoder](#)

Stats

- Squat 115
- BP 85
- DL 145
- 5'5"
- 140lbs
- Between 15-22% body fat (cutting ATM to get this down)
- Focused on 5x5 the last two months
- Starting group boxing classes today

So I've seen a lot of improvements lately but sex is still an issue for me. Twice in the last week I've initiated successfully, but as soon as I realize it's just going to be starfish sex, I lose it and can't keep it up anymore. It's like everything is good to go at first and then bye bye erection.

The moment I realize she's just not going to be into it, I'm done. I'm pretty sure the only solution to this is to keep working on myself and actually start leaving the house to get some dread going, but I figured I'd see what you guys have to say. It's just shitty to be all over her and ready to go but then can't perform because of the aforementioned reason. I feel like just not initiating while I work on myself might be the best choice because clearly bad sex just isn't gonna work for me anymore.

So, any thoughts? If not, I'll just keep on chugging along, lifting, reading, and start boxing then find something to go do in the evenings after work. Well, either way I'll do that.

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Comments

MrChad_Thundercock • 21 points • 11 June, 2018 08:50 PM

“but as soon as I realize it's just going to be starfish sex....”

You are the prize motherfucker.. start acting like it. Pound that pussy.

If she offers starfish, go caveman on her ass. You're a newbie, practice on your fucking, so when the time comes to ditch her ass for some hot young talent, you'll be ready.

Your SMV is shit, you're weak as fuck, you're t levels are laughable, all you get right now is starfish - so take it. Own that pussy.

shadowycoder • 4 points • 11 June, 2018 08:54 PM

You're right. Dead on. I've got some mental issues around this to work through at the same time. Thanks for the kick in the ass.

MrChad_Thundercock • 5 points • 11 June, 2018 09:00 PM

That's why I'm here faggot.

Report back in a month soldier...

[deleted] • 9 points • 11 June, 2018 08:08 PM

I'm pretty sure the only solution to this is to keep working on myself

yep

shadowycoder • 1 point • 11 June, 2018 08:15 PM

Yep. Then I guess I should ask a secondary question: should I even bother initiating when I know all I'm going to get is someone who could care less. Cause it's not attractive and it just feels like a waste of time and a fucking huge DLV when I can't keep it up. Pretty sure I just answered my own question, but yeah.

fuckmrp • 12 points • 11 June, 2018 08:39 PM

a waste of time and a fucking huge DLV when I can't keep it up

If you're not shit then she thinks what the fuck is wrong with him. If you're the shit she thinks what the fuck is wrong with me.

bowhunter6 • 4 points • 11 June, 2018 09:00 PM

This is exactly right. I had a problem getting it up the last time I fucked my current ladyfriend (had already fucked her hard 2x in the previous 6 hours), and she was freaking out that there was something wrong with her pussy. I just told her "No baby, you done fucked Daddy's dick right off. Gonna have to rest a bit before I smash it again." And that was that.

If it doesn't bother you, it won't bother her.

shadowycoder • 2 points • 11 June, 2018 09:13 PM

I did do a great job of playing it off today, for once. Details don't matter, but she was still giggling after and had zero hints of the usual snappiness, so I must have done something right, even if it

wasn't fucking her.

bowhunter6 • 2 points • 11 June, 2018 09:20 PM

There you go; her opinion doesn't matter for shit, only yours. If you want to fuck, fuck; if you don't, don't. If you can't, try again later. No big deal.

If you can't get it up because she doesn't turn you on, well, that's something else entirely. As you know, you can't negotiate desire, and that goes both ways.

shadowycoder • 2 points • 11 June, 2018 08:51 PM

That makes sense. I honestly have no idea which it is yet, but I'm just gonna keep working on me until she decides she's into it (or not)

[deleted] • 1 point • 11 June, 2018 08:17 PM

yep

shadowycoder • 1 point • 11 June, 2018 08:23 PM

Easiest answers ever ;) thanks.

Trntrenbrah • 7 points • 11 June, 2018 08:19 PM

Side note.

But at your BW, you shouldn't be cutting anything

Focus on clean food and lifting heavy ass shit.

shadowycoder • 0 points • 11 June, 2018 08:23 PM

No? I'm still a total newb to all this, but the way I understood it is eat clean at a deficit and lift heavy to lower BF. So, your suggestion would be eat at maintenance?

bob13bob • 5 points • 11 June, 2018 11:49 PM

you shouldn't cut any weight during bulk stage. and you need to bulk. don't restrict calories, jsut eat a higher portion of protein and fat.

innominating • 1 point • 12 June, 2018 10:58 AM

If you are eating at a deficit, you may lose your wood.

suprathepeg • 1 point • 11 June, 2018 08:31 PM

Eat keto.

Lift.

Repeat.

At 140lbs if you add muscle without gaining fat you'll naturally be lowering your BF. Hard too eat too much protein at you weight if you're lifting heavy.

Make sure you get a good source of protein right after the workout. A shake with some greens is good to go.

shadowycoder • 1 point • 11 June, 2018 08:33 PM

Thanks. I had amazing results from keto before I started red pill, so I may have to go back to that to

get the rest of the way down.

mala_madre • 3 points • 11 June, 2018 09:00 PM

All diets work for same reason calorie deficit or surplus. Eat what you like most. If its easy for you to be in deficit/surplus with keto sure do that if you enjoy it, but ist not something magical as much people say.

shadowycoder • 2 points • 11 June, 2018 09:03 PM

Makes sense. I really enjoyed keto, and honestly haven't been a huge fan of adding carbs back in. It's a lot harder to stay on track if I've got any of that in my system it seems. I had no trouble after the first couple weeks with keto.

suprathepeg • 2 points • 11 June, 2018 10:36 PM

Also look into time restricted eating.

UEMcGill • 2 points • 12 June, 2018 05:53 AM

r/leangains

You're too skinny. You can bulk easily and shouldn't even worry about "cutting" right now. Add 20lbs of muscle, maintain body the same body fat and the percentage will drop just by the math.

High protein high fat, and carb loading on your workout days. Get a good pre-workout and creatine supplement as a basic start. You can add BCAA's and the like later on.

Most skinny guys like you don't eat enough. Track your food and learn to eat what your supposed to. Milk is your friend.

I'm a 1000lb club member and 5'6" so it can be done with a little dedication at your height.

Persaeus • 2 points • 12 June, 2018 12:38 PM

I'm a 1000lb club member and 5'6"

didn't realize, or forgot, you were a member of our manlet club.

props on the 1000 lbs. being 50 this year, i am becoming less certain i'll get their without some radical chemistry. getting more jacked is going well; and i think i value being ripped more than putting on the bulk needed to maybe do this.

UEMcGill • 1 point • 12 June, 2018 01:57 PM

Squat everyday bro. Squat everyday.

Persaeus • 1 point • 12 June, 2018 02:02 PM

Are you serious ?

drty_pr • 2 points • 11 June, 2018 09:23 PM

As long as you are getting your protein intake, I think carbs help on a bulk

[deleted] • 4 points • 11 June, 2018 10:11 PM

Your dick is a reflection of your state of mind. In short, giving way too many fucks about her opinion / actions

toward you. She puts out the starfish and boom: you go into a death spiral of self doubt and pity; losing your confidence and your boner in one fell swoop.

No big deal. You don't see yourself as the prize yet. That comes with time; as you continue lifting you continue to get stronger and build muscle. As you get stronger and build muscle, you feel more confident and capable. As you feel more confident, you become more attractive. As you become more attractive, you develop more options. As you develop more options, she gets demoted from "pussy with all the power" to "just another pussy."

You'll get there. You've got the right mentality and that's what really matters in the end.

RackedRed • 3 points • 11 June, 2018 08:58 PM

Do you watch porn? A lot of younger guys who are heavy into porn have ED issues when their real life doesn't match the vids they watch. Recommend scaling it back. Besides all that, what everyone else said. And Sex God Method may help her get into it once the gains materialize.

shadowycoder • 1 point • 11 June, 2018 09:05 PM

Not nearly as much as I used to. Maybe once a week or less now. I found that I just didn't have the sex drive so I cut way back (used to be almost every night since I wasn't getting any anyway) but I still do "help myself" a couple times a week, which I should also cut back on if she's gonna start responding to my initiating. Didn't even think of that but its so damn obvious

AquitasVeritas • 3 points • 11 June, 2018 09:16 PM

Had the same issue. Its a mental thing. Stop cold turkey with the porn. Itll go up. You will be a horndog and finish even if its the lamest starfish. Just pound that shit like a beast.

When i stopped i even found ugly bitches attractive enough to fuck.

Its crazy how messed up porn can be.

drty_pr • 4 points • 11 June, 2018 09:25 PM

What if he is watching porn with ugly chick's already?

AquitasVeritas • 1 point • 11 June, 2018 09:30 PM

Lol. Well at least hes not gonna get used to his hands anymore.

MrChad_Thundercock • 2 points • 11 June, 2018 09:13 PM

Cut that shit out. Kills your edge & drive. Replace it with sex.

shadowycoder • 1 point • 11 June, 2018 09:14 PM

Aaaand done. Thanks for another kick in the balls. Time to use that energy in the gym and other places.

MrChad_Thundercock • 3 points • 11 June, 2018 09:23 PM

If you can't substitute with sex at this point, there's a chapter in Think and Grow Rich called "transmutation of sexual energy". Channeling sexual energy into invention, creativity, advancement, accomplishment, Etc.

light-----dark • 1 point • 12 June, 2018 02:52 PM

In addition to this, you can check out Mantak Chia's book on Taoist Secrets of Love |

Harnessing Male Sexual Energy.

It provides all the practices necessary for transmutation of sexual energy.

BostonBrakeJob • 2 points • 11 June, 2018 09:31 PM

Caveman the starfish. Grab a handful of her hair (at the scalp, don't be a dipshit about it), pull back and tell her to turn around, or some other command that you want her to do. Make it fun for you (for now)....she's just there.

Once you put some meat on them bones and she starts feelzing the dread she'll come around. Or she won't and you'll have plenty of practice/confidence for the young tail in marketing.

SGM and Revolutionary Sex 3.0 by Alex Allman have some good ideas to get started.

You're in control of your sex life, not her. Start acting like it.

RPAternate42 • 2 points • 12 June, 2018 06:36 PM

I came from DB... When I started RP, and she's going starfish, I told her to get in her hands and knees, and then I'd fuck her like she was a warm real doll. When I finished, I'd pullout, put my pants on and walk away.

If she wants to act like a despondent hooker I'll treat her like one.

On the flip side, when she does act good and enthusiastic, she gets afterglow time, cuddles, kisses, I interact with her during with DEVI, and she is much happier.

Nowadays, I get a starfish here and there, and I still rail her like a hooker... But because it happens much more rarely, just before I be leave the room, in also her on her ass and say, there, now you can get back to <whatever the fuck she thought was better than me>

shadowycoder • 1 point • 12 June, 2018 06:51 PM

That's actually a good frame. I still come at it with a 'gotta please her' mindset instead of doing it for myself. That sounds fucking stupid now that I say it, but that's what it is and it's utterly obvious what the solution is now.

MrChad_Thundercock • 1 point • 11 June, 2018 08:28 PM

Why is your squat weak as fuck?

shadowycoder • 2 points • 11 June, 2018 08:32 PM

Cause I'm a weak ass man. Doing 5x5, which ups it by 5lbs every workout so I've just been following that. It's still not insanely hard, so I could probably go up but I've been trying to stick to the program until this actually becomes a way of life for me and not just a chore I have to do.

MrChad_Thundercock • 3 points • 11 June, 2018 08:43 PM

Ok good answer. Focus on form these early phases so you don't hurt yourself when it's gets heavy.

shadowycoder • 2 points • 11 June, 2018 08:50 PM

That was kind of the initial reason I started with the recommended weight actually. I'm still finding places where my form is all fucked up. Struggled like crazy when 100lb dead lift came up and then realized before my next workout that I was doing it all wrong. Turns out I can deadlift my body weight with a lot more ease when I've got the proper form. Who'da thunk it.

Two_kids_in_a_coat • 2 points • 11 June, 2018 08:51 PM

Smart. It gets heavy quick. Keep your Focus on form like you are and you'll be surprised how much you can squat. I'm up to 295 and still climbing, never would have believed that

[deleted] • 1 point • 12 June, 2018 06:16 PM

Stick to the program. I started at 95lb squat and now I do 205lb. I'm scaling back a bit to work on my form. Just keep pushing.

red-sfpplus • 1 point • 11 June, 2018 10:07 PM

Sees sex issues in the title.

Sees a squat of 115

Laughs and dies a little inside for OP.

CaliEd256 • 1 point • 12 June, 2018 12:33 PM

OP body weight of 140. It's still low, but we've seen guys posting that weigh 200 and only squat 165. Same percentages of body weight.

rpsheepdog • 1 point • 12 June, 2018 02:19 PM

In my head I think "maybe its in kilos..." but alas...

JDRoedell • 1 point • 12 June, 2018 01:36 AM

start leaving the house to get some dread going.

You ain't done shit yet if you haven't done this a few times, minimum, when given starfish.

screechhater • 1 point • 12 June, 2018 02:29 AM

Cut the porn and choking the chicken to it Fuck the shit out of her and come when your ready. It's not that bad compared to some of the others here not getting any

There is only one answer to all of it. Keo working at it and apply yourself No easy answer.

Silver bullet does not exist

BobbyPeru • 1 point • 12 June, 2018 05:04 AM

Go caveman.

DEVI

Quit being butthurt and make it happen

trpbritguy • 1 point • 12 June, 2018 07:48 AM

Don't let her starfish then.. Get your face down there and give that bean a tongue flick!

You are supposed to be in charge and if you do it right and fuck her good she'll stop star fishing!

Persaeus • 2 points • 12 June, 2018 12:40 PM

while this is good advice (fuck her right); sometimes starfish just going to starfish. in which case, ground and pound to your nut

Persaeus • 1 point • 12 June, 2018 12:44 PM

unless she's fugly, i agree you not being able to fuck her is a negative to your perceived (by her alone) SMV and

isn't doing your confidence (perceived by everyone) any good at all.

you have already gotten the no fap, nutrition/lift, and caveman advice which is all a must.

how old are you and have you had your T checked?

if you can get it, i would recommend you take Ciallis as a bridge to better times and getting out of your head. quite a few guys here, myself included, have used this to deal with problem while getting the T and mindset back in order. by bridge, i mean we used it for awhile and then dialed it back when it wasn't needed.

i can assure you that if you take one of those pills your dick will get and stay hard almost no matter what's inside your head.

RPAternate42 • 1 point • 12 June, 2018 06:37 PM

Eat at a surplus, and keep lifting. You won't get stronger or bigger if you don't eat.

PBL89 • 1 point • 12 June, 2018 07:14 PM

Holy Shit. Why are you cutting? You should be eating 1000-1500 extra calories a day.

Don't be concerned with the starfish, because right now if you are having metal Olympics while trying to fuck she will feel that and it will be lame sex. Be confident and do what you want to do, don't fear rejection. If its starfish then turn it down and go to the gym.

RedPillCoach • 1 point • 13 June, 2018 03:03 AM

The moment I realize she's just not going to be into it, I'm done, even though mentally I want to keep going.

Once you have the physical under control, and while you are getting it under control, your biggest gains will be from changing your mindset. Start thinking more that she is your lover. Stop caring so much about her immediate reaction. Go for it with complete, 100% gusto and she will be into it and your wee willie wonka will be as well. You are letting her control you and possibly passive aggressively "punishing" her for not being more attracted to you.

Am I wrong?

NevrEndr • 1 point • 18 June, 2018 08:46 PM

I hope those lifts are in Kilos.

If not, shut the fuck up and get to the gym. Eat a fuckton of meat and potatoes afterwards. Go. Now.

Rando9124 • 1 point • 10 July, 2018 12:43 PM

You said this like 10 times. Once is enough, bro.

DeplorableRay • 0 points • 12 June, 2018 10:30 PM

Stopped reading at "BP 85."