

Field report of what I experienced last night. My eyes are starting to open

June 10, 2018 | 21 upvotes | by [InconspicuousWand](#)

Been together 6 years. I have been plugging away at the side bar like you guys have been telling me. My main 3 focuses for this month we're

- get to the gym 4-5 days a week.
- practice STFU
- STOP operating in her (or anyone) else's frame.

I have really been getting the hang of STFU. She's trying extra hard to get me to react. Pull me into her frame. Trying to pick fights. I'm not having it. I have either been ignoring her (esp if it's through text). Ignoring her. Changing the Subject. Or going and doing something else. The test have been getting less and less.

An episode happened last night. We had people over for food and drinks. It was a great night. But at the end of the night. We were all talking about going for a ride on my motorcycle. My buddies wife (who always hits on me so she doesn't like her to begin with) said she wanted to go on the bike. I tell her let's go (it was a joke we had all been drinking and I only have one helmet anyway)

She's like let's do it. My Wife says no you don't have helmets and been drinking. We keep joking about it for another minute. My wife goes outside. And I poked fun at her to my buddy and his wife. I guess my wife heard and took offense to it. Came back in and tried to throw a fit. I tell her stop it.

She goes back outside and sends me like 5 text.

"I can't believe my husband would talk shit about me" "So disrespectful" "If don't want to accept me and my morals. I'll leave don't act cool in front of your friends"

Stuff like this I honestly don't even know what she was talking about Bc it wasn't even like that. So I just ignore it.

She comes back in and we all split ways Bc it was late. The shit continues. I keep saying to myself "you will not enter her frame" she starts crying. Fake crying. I don't even know. I just keep dodging everything she's saying. And treat her like a 4 year old mostly because she's half in the bag and acting like one.

I finally grab her and start making out with her. She stops crying. Next thing I know she starts sucking my dick saying all crazy shit. Starts riding me. My mind has been blown. We always have sex. She doesn't deny me usually ever. But this was different. This was the slut I have been waiting for.

I will continue reading. Continue working. I know this is just a little thing and I'm no where near where I need to be but I'm starting to see it work. My wife is a control freak and wants to have a say in everything. I will go buy a shower curtain and she will come home with a different one 2 days later because she didn't like it. Stuff like that.

I guess my question is be where to go from here? Am i on the right track?

I will continue working. And reading. My next step is to really hone in on my mission and how to get a business going.

Archived from theredarchive.com

Comments

MrChad_Thundercock • 14 points • 10 June, 2018 06:15 PM

Living your own life - check

Not letting wife's feelz affect you - check

Having fun with friends - check

Competition anxiety - check.

Right track - check

Go from here? More game, more dread, up your SMV, enjoy life.

Edit: "My wife is a control freak and wants to have a say in everything"

Probably because you set it up like this from the beginning. She saw your lack of leadership and was forced to take over... which leads to resentment. Take control, be more dominate. Little things like shower curtains though, who gives a fuck, tell her that you decided that she can pick one out.

thunderbeyond • 2 points • 11 June, 2018 02:14 PM

You know that u/MrChad_Thundercock approves if his comment doesn't finish with "faggot"!

creating_my_life • 4 points • 10 June, 2018 06:11 PM

You're doing great. You get it. Read and STFU. Most men never get that far.

she starts crying. Fake crying. I don't even know.

It's just negotiating.

I tell her stop it.

I would have engaged less. Just disengage. A&A. But don't rationalize, DEER, or control. She's a smart girl, she'll get it.

InconspicuousWand • 2 points • 10 June, 2018 06:14 PM

I said stop it in a laughing "oh stop it" type manner but I will engage less next time. Thank you

creating_my_life • 2 points • 10 June, 2018 06:14 PM

Amused Mastery works well, too. You're fine.

tmh88mrp • 1 point • 11 June, 2018 05:01 AM

Man, that's an important point. When I read your OP I thought you told her to stop in a more stern way. Now it makes more sense how you proceeded to make out with her following that.

BobbyPeru • 3 points • 10 June, 2018 11:58 PM*

You did good by escalating the sex – obviously she was turned on by another woman wanting you.

Now when she brings it up (and she will, I promise) you need to focus on not DEERING about it. AM or A&A it. Or You might even be able to escalate sex again, so another words - AM it and Escalate the sex

InconspicuousWand • 1 point • 11 June, 2018 12:03 AM*

She brought it up this morning.

She said please don't talk shit about me or disrespect me.

I didn't really know how to AA so I just said I didn't. And changed the subject.

Then she brought up "X has the biggest crush on you"

I said "oh yeah?"

She said yea you can tell by the way she acts around you.

I just didn't say anything and then fucked her shortly after in the bathroom over the sink ☐☐♂☐

I kind of suck at AA. I'm good at it for simple shit like

"Are you cheating on me?"

Yes I slept with 3 women just this morning.

But I suck when it's more complex like. Don't disrespect me? She has a crush on you? Stuff like that

BobbyPeru • 1 point • 11 June, 2018 12:05 AM

Winning

InconspicuousWand • 1 point • 11 June, 2018 12:17 AM

Any advice on AA. I suck at it edited my post about talking about it

simbarlion • 2 points • 11 June, 2018 01:30 AM

Be cocky funny but don't force it. You will come across as a wanker if you try to hard.

The cheating / 3 women example was spot on.

I personally think AA is good in theory but tough in practice in a LTR. She knows you too well, unless you are naturally like that.

Don't go rAAmbo

BobbyPeru • 1 point • 11 June, 2018 03:49 AM

You have to develop your own style. Start small and build up. You can't just go from a bumbling DEER to the king of AA. Just try it here and there, and if you have any natural wit, it should come to you after a bit

Sepean • 1 point • 11 June, 2018 07:11 AM

Lots of good posts on it. If you can't do AA, you can fall back to amused mastery, it's pretty much just a smirk.

Persaeus • 3 points • 11 June, 2018 12:33 PM

it's time for you to move from STFU to AM/A&A with a vengeance.

who gives a fuck about the shower curtain. tell her to go get a shower curtain. when she brings it home, tell her you hate it even if you don't

InconspicuousWand • 1 point • 11 June, 2018 01:29 PM

Lmao alright. I suck at AA unless it's simple

maxofreddit • 2 points • 10 June, 2018 06:20 PM

From the sounds... stay the course.

You're seeing it work... so let it work.

Heisendrdd • 1 point • 11 June, 2018 12:23 AM

what is AA ☐

Chump_No_More • 1 point • 11 June, 2018 02:59 AM

Agree and Amplify.

Agree & Amplify Theory

Acing the Test

Learn it. Live it.

Heisendrdd • 1 point • 11 June, 2018 07:03 AM

Thanks!

SorcererKing • 1 point • 13 June, 2018 09:03 PM

I guess my question is be where to go from here?

Upward. Always upward.