

Nice guy married to someone who feels love from random acts of service, help me out here.

October 20, 2017 | 8 upvotes | by [\[deleted\]](#)

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Comments

oak_water • 10 points • 20 October, 2017 06:10 PM

Acts of service huh? Been reading 5 Love Languages?

That book actively instills covert contracts in its readers. And you're one example, and so was I. I utterly despise the book for that reason. Great concept, horrible execution.

Ditch the "I fill your love tank, you fill mine" mentality. And replace it with this one:

If I never receive praise, recognition, reward, or results from what I am considering doing, will it be worth it? Does it add intrinsic value to *my* life?

Yes, forget about her needs for a minute. Be selfish. Does completing acts of service enhance your life? There are things I do for my wife that add value to her life, and a happy wife adds value to my life, so I continue doing them. If she stopped being happy, I would no longer do them because there's no value to me.

This needs to be your mindset, at least for now until you can fine tune and adjust it later. It will help you start thinking about yourself for once.

She doesn't like it? Don't explain yourself. STFU with intelligence and keep doing what's best for you. She'll either see that you're taking care of yourself and that she should thus start taking care of herself. Or she'll implode or explode the marriage. Either way, you have progress.

Red-Curious • 4 points • 20 October, 2017 06:13 PM

5LL

I couldn't agree more. One of my first posts on here was about that book. Covert contracts galore. It does have value, but more in how to game. But even then, you have to figure that part out for yourself because he doesn't tell you how to use the 5 tools for that purpose.

red-sfpplus • 3 points • 20 October, 2017 06:14 PM

Acts of service huh? Been reading 5 Love Languages?

I had no idea what that was until I just Googled it and threw up a little...

MRPFuckMe1 • 2 points • 20 October, 2017 06:51 PM

And every man's love language is touch, I.e. Sex. Every woman's is acts of service, I.e. Choreplay and enabling.

NightFire45 • 1 point • 20 October, 2017 07:04 PM

Exactly and if anybody checks the other acts they'll have violent nausea...hint one is actually gifts. Yes you can buy love.

dcapt46 • 2 points • 20 October, 2017 08:53 PM

...hint one is actually gifts

Last time my wife complained about not enough gifts I brought home a new Vibrator.
... all you ever think about is.... She Loved it.

maybe_tom_cruise • 1 points • 20 October, 2017 07:36 PM [recovered]

Yeah you nailed it, great thing to keep in mind.

MRPFuckMe1 • 0 points • 20 October, 2017 10:28 PM

Wait a minute. You're Mormon? GTFO out that cult. I left 20 years ago and trust me, from the outside, it's so obviously a nightmare.

BluepillProfessor • 1 point • 21 October, 2017 03:12 AM

We have had plenty of discussions about moralizing lately- usually in the context of people arguing against "cheating" but I have trouble seeing how criticizing a man's religion isn't "moralizing."

I see the moralizing rule as kind of: Who the fuck are you to judge another man? That covers the Christians and others decrying "cheating" so why not this example as well?

Inquiring minds.

MRPFuckMe1 • 1 point • 21 October, 2017 03:24 AM

How is calling a cult a cult moralizing?

I know there are a lot of Christians around here, and it baffles me. This is a space supposedly dedicated to harsh realities, and truth, be it about male-female dynamics, or how a man fits into society, or whatever. And yet, when it comes to religion, it's perfectly fine to believe in an all-powerful man in the sky, people rising from the dead and all manner of magic and miracles.

But to speak to morals, you'll get no argument from me. That's the only valuable utility of religion. How people conduct themselves in relation to others, or in a grander sense in society, is the one legitimate contribution of religion.

Nevertheless, having grown up in the Mormon church, I'm here to tell you firsthand, it's a Ponzi scheme, and it destroys people from the inside out, and it's a surprisingly powerful institution. I will openly recommend any Mormon I come across to leave immediately.

Express your faith, devotion, belief or gullibility in some other way, because Mormonism is a moral, cosmological, financial, social and psychological cesspool.

weakandsensitive • 1 point • 21 October, 2017 06:40 AM

if it helps make a person's life happier - who are you to judge? don't tell someone else how to live their life. really simple stuff. as long as they're not going around saying YOU MUST BE CHRISTIAN TO BE HAPPY - I don't give a shit. As long as you don't go around saying YOU MUST NOT BE RELIGIOUS - I don't give a shit either.

maybe_tom_cruise • 1 points • 20 October, 2017 06:21 PM [recovered]

Acts of service huh? Been reading 5 Love Languages?

Thanks for the response, I haven't read the book, but I suppose the term did come from that, she brought it up.

I think I need to focus on not Deering next while only doing things that enhance my life. Doing shit for her so that she won't explode isn't good enough. And if she does explode, I'll leave the house more often.

oak_water • 2 points • 20 October, 2017 06:22 PM

Leave the house more often any way. She can't miss what doesn't leave.

red-sfpplus • 2 points • 20 October, 2017 06:28 PM

she brought it up

If my wife said the words "acts of services" to me, IRL I would just assume she was talking about sexual things...and probably LOL IRL.

It is literally the most faggotry 3 words coupled together which I have read in a while.

weakandsensitive • 2 points • 21 October, 2017 01:39 AM

Well... give her the option to find a guy to be a lap dog for her.

[deleted] • 6 points • 20 October, 2017 09:02 PM

u/matrixtospartanatLV

wrote out a step by step roadmap of how to unfuck yourself less than two weeks ago...

Here's your life for the next year.

P.S. Your ego is huge. Drop the butthurt tone, shut up, and realize you are the problem. Not wife's depression, not her "love language", not the fact that as a male our love language is getting blown in the kitchen on demand.

You've allowed your wife to stop contributing to the marriage in any way.

You have a shitty roommate who doesn't even pay rent. Doesn't matter. YOU CAN'T FIX HER.

You're here for a reason. The actions and attitudes that got you here are obviously not working for you. So, try something different.

The answer to all your issues is simple. Not easy, but simple.

Get to work.

You have much homework to do.

red-sfpplus • 10 points • 20 October, 2017 06:11 PM

Your a self confessed nice guy married to a typical entitled woman.

Have you done any work other than this post? Like read a book, perhaps the one called No More Mr Nice Guy?

Next her? Why? WTF has she done wrong? Your the nice guy cuck who has no problem being taken advantage of time, and time again.

Read a book, do an ounce of work.

maybe_tom_cruise • 1 points • 20 October, 2017 07:06 PM **[recovered]**

Make sure you are reading the entire post professor.

I asked for help changing my thinking, not my actions. My actions are in line.

I agree that r/realalpha is a piece of shit but this guy is why it exists. Neckbeard like him can't formulate any real advice in his rick and morty fueled brain. All you know how to do is call people a faggot and tell them to go read. But it's the best way to get upvotes around here. Cool.

cholomite • 2 points • 20 October, 2017 08:40 PM

Did he hurt your sensitive feelings? Maybe if you weren't such a pussy, your wife would respect you. Your ancestors had to walk and run for miles, survive bad weather and disease and kill dangerous animals with stone and wood tools, and you're getting your panties in a bunch because some guy on the Internet called you a nice guy and a cuck? If you had put in any effort and read the material at all, you would know that women take the shape of the man they are with. Women are the water, men are the container. You are a shitty container. Accept it and move forward to make yourself a better man. Her behavior is entirely a reflection of you, you're a weak man and a weak leader. Sugar coating the truth would be doing you a disservice, we help men here, we don't lie to them and worry about their precious feelings.

red-sfpplus • 4 points • 20 October, 2017 07:22 PM

Both of the women my wife and I had threesomes with were.....Mormons. Depressed Mormon wives. Absolute children of god.

Hahaha.

There is a stereotype for a reason. And you are that reason.

SteelToeShitKicker • 2 points • 20 October, 2017 06:29 PM

If you were worth a damn, giving her a bag of skittles would count as an "act of service" to her.

Height / weight / How much do you squat?

maybe_tom_cruise • 1 points • 20 October, 2017 07:09 PM [recovered]

Took her to go see Michelangelo's David in Italy a few months back. She told me I look just like him. Ways to go still. I'm toned but not big.

Triadis3 • 1 points • 20 October, 2017 10:40 PM [recovered]

She a shitty person and you rewarded her with an Italy trip?

And you have the body of an idealized male? (according to your wife *don't listen to what they say* - who won't fuck you. *Watch what they do*)

This guy - who took out Goliath

Really? These pieces are not adding up.

Are you sure this David is not the one you were looking at?

Telling that you won't post ht/wt/bodyfat/lift numbers.

Also, don't do the standard thing of getting all butthurt, then deleting your post.

This invalidates all the advice you're given here, as others can't use the wisdom/parallels. Also, it's a fantastic metric to look back on in a few months to actually see how far you've come. Plus, you're an anonymous guy on an anonymous forum - what have you got to protect?

maybe_tom_cruise • 1 points • 20 October, 2017 11:48 PM [recovered]

Figured it was rhetorical, 5'10", 150lbs, don't really track my lifting numbers. Using r/gainit for bulking.

We don't all come here as lazy fat asses. I'm in a "captain and constantly complaining passenger" situation so owning my shit is not what I need. Keeping frame and changing how I act is.

weakandsensitive • 2 points • 21 October, 2017 01:42 AM

hahahahahaahhaahah.

your dumb ass thinks you look like David?

no. you're in the i'm a huge fucking faggot with a huge fucking ego situation.

Triadis3 • 1 points • 21 October, 2017 02:33 AM [recovered]

Tiny dick it is.

Jesus man, I'm your height and use 150lb dumbbells to shoulder shrug.

You don't track your lifts? Why are you even there then? "Toned?" Strike that feminine word from your vocabulary.

You don't need to Own Your Shit???? That's step two, comes right after DROP YOUR FUCKING EGO.

You're deering all over. Maybe take a break from feverishly trying to prove everybody wrong and you are right, and reflect on how a bunch of guys who have gone through exactly what you have may have some wisdom to impart.

Good luck bud.

rocknrollchuck • 2 points • 20 October, 2017 06:32 PM

So I'm working on fixing my marriage

Fix yourself. Sidebar is that way ----->

Don't worry about fixing your marriage. Men fix themselves. Women fix relationships. It sounds counterintuitive to the new guys, but there have been enough success stories on here to prove without a doubt that it works.

Many times your marriage gets fixed too, but don't worry about that - focus on becoming the best you can be. Do you lift weights? If not, start today. Check out Stronglifts 5X5

bogeyd6 • 2 points • 20 October, 2017 06:58 PM

This is pretty simple. Look at what she does, not what she says.

man_in_the_world • 1 point • 20 October, 2017 06:26 PM

You could also call these acts of service. When I do these things, it's a covert contract and I expect to get something in return.

A true act of service is one you perform because you *want* to give value to someone else, *with no expectation of return*. Do not confuse your covert contracts with true acts of service.

How can I change my thinking to be able to show her love in the way she claims to feel it, while not building up nice guy resentment that she doesn't bring anything to the table, and requires me to or else she gets pissed?

You are a Type 2 Dysfunctional Captain of MRP, and you are asking us to tell you how to make yourself even more dysfunctional in that way. No. Read that post, read NMMNG, read the sidebar, and fix yourself; the instruction manual is all there.

SteelSharpensSteel • 1 point • 20 October, 2017 07:10 PM

Stop being a nice guy.

dcapt46 • 1 point • 20 October, 2017 08:49 PM

"I don't want to pick it without bettering myself first."

SO DON'T. Get your ass busy and better yourself.

What do her actions say? You bring her flowers and she doesn't really care but she wants random acts of kindness. Bullshit.

She wants a guy who is fit, good provider, takes care of stuff, leads, is social outside the home, dresses well.... and brings flowers. Become the guy who's doing all those other things and worry about the acts of kindness later.

thunderbeyond • 1 point • 20 October, 2017 08:59 PM

How can I change my thinking to be able to show her love in the way she claims to feel it

And here is the problem. You're trying to change the way she feels.

If you've done any background on MRP you'll notice that we are about fixing the *man*. But you're trying to change *how she perceives* your servitude. You don't want to change your actions, you want her to think differently about them, i.e. appreciate you more.

It's not gonna happen. You've created a shitbox for yourself after [how many?] years of marriage where now she *automatically expects* you to do what she says. You've created a shitbox for yourself where she does nothing, and you do everything. You don't even get credit for doing these things, just attitude when you don't!

Do you feel resentment towards her now? Anger? Let's hope not - because **all of that anger and resentment should be directed at yourself**.

Here's an opportunity to realise that you *can* be charming, charismatic and helpful to others without needing their validation. Here's an opportunity to realise that you can change your **actions** so you aren't simply her errand-boy. Here's an opportunity to make yourself a better person, and if she lifts her effort - great! If not, who cares.

What are you going to do?

screechhater • 1 point • 20 October, 2017 10:28 PM*

Random acts of fucking bullshit

You are a fucking chump, she is depressed because you don't take care of yourself

Don't give me your rinse and repeat crybaby shit, go the fuck to work on yourself to be a top masculine specimen and you will see why she is depressed, she married a guy that looks in the mirror and believes what he sees is better than what it actually is

Fuck the languages of love

bigOlBeta • 1 point • 20 October, 2017 11:44 PM

A turning point for me was getting so mad at my wife that I stopped caring about her. I stopped caring about her feelz and now she...chases

RPAternate42 • 1 point • 21 October, 2017 12:39 AM

Even before I found out what covert contracts were,co knew this book was garbage when I read it.

It's all "if I do this then she will do this."

And if each party tells the other, it basically says sex is strictly transactional, which makes her a whore, and you to a degree.

BluepillProfessor • 1 point • 21 October, 2017 03:06 AM

1st sentence:

I'm probably going to come across as a butthurt nice guy

2nd sentence:

I am a textbook nice guy

LOL

I don't have worth in my romantic relationships if I don't do "nice" things for people.

So? Do them if that is what you want to do.

it's a covert contract and I expect to get something in return. When I don't get something in return, I build up resentment and usually end up saying something mean.

Nice guys aren't really "nice." There should be a book about how to get over 'nice guy syndrome' on the sidebar.

My wife claims to feel love from acts of service, but when she receives them, there are no observable changes in her behavior. She doesn't act happy.

Didn't you just acknowledge that expecting her to be happy is a COVERT CONTRACT. Are you clear that this is a covert contract? Let's be clear. This is a covert contract. Got it?

Do acts of service to make YOU happy. NOT to make HER happy.

when she DOESN'T receive them, she gets super pissed.

That is a valuable tool for you to use. The 12 stages of Dread walk you through how to use that tool (i.e. your time and attention).

married to a depressed person

married to a ~~depressed person~~ woman flailing around hoping her husband will lead her to a better place.

[deleted] • 1 point • 21 October, 2017 12:25 PM

Less than 11 hrs post to delete.

fuckmrp • -1 points • 20 October, 2017 06:32 PM

Is polishing turds a Mormon thing? I wonder what happens when you rub two turds together.