

The butt

October 10, 2017 | 9 upvotes | by [ChumphreyGoHard](#)

Gents, Been sexing the wife up 3-4 times a week, lifting 4 times a week, getting complements, reading lots. Additionally, quality of BJ's have improved. This shit works obviously. Time to level up to the next challenge.

Here's the kicker. She won't take loads in the mouth and no butt stuff other than fingers. I've heard RP folks use this as a barometer of respect/attraction and thus there is work to be done.

The other day after some great sex, I said something like, "that tight butt hole better watch out tomorrow" and she was receptive but says "you need to be nicer to me" and hit me with some shit tests of times I didn't indulge her whims. I held frame, Stfu, and just smirked.

Now, I'm only 10 months in here so I know I'm still dealing with some anger and Rambo, so I'm chalking it up to needing to sprinkle some beta on it and focus more on gaming her...

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Comments

[deleted] • 14 points • 10 October, 2017 05:37 AM*

1 - She still thinks that she's your only option for sexual release,(and it sounds like she IS) so she knows she can maintain terms/some semblance of control over the sex.

Like others have said, dread is the problem.

She should believe that you will be fucking someone in the ass in the next 3 months, and as wife unit all she has is first right of refusal.

So, dread is your "next challenge".

2 - Think before you go racing up the dread ladder about why you want her to swallow and gape... it better not just be some dudes on the internet said you need this to be a complete man. The idea behind the barometric statement is that she finally sees you as the dominant one in the relationship, which by default makes her the submissive.

What do submissive women do in bed? Whatever pleases their husband.

Your wife is not submissive to you.

3 - Hidden in the foliage is a third option... the "hard limit".

All women have hangups/preferences/lines in the sand that they simply will not cross. (Just like us - where's your line?)

For some, it's buttstuff. Others, it's not getting gangraped and choked out by Dirty Mike and the boys at noon in the Walmart parking lot. (But you'd be surprised..)

So you have to consider... Is she balking because of you not being enough man yet , or because you've hit her "safeword trigger"?

Aim to be able to turn her hard limits into soft limits. All women have dirty dirty sluts inside them crying to come out.

My wife likens it to an actual secondary personality, "The Whore" that sometimes rears her head during subspace play. She's actually afraid of what "The Whore" might bait me into doing.

ChumphreyGoHard[S] • 3 points • 10 October, 2017 05:54 AM

Thanks for this. You inspired me with #1. Challenge accepted. You are 100% right on #2. #3 NOT Man enough---yet.

straius • 2 points • 10 October, 2017 09:00 PM

#3 from her perspective will be some version of "I don't feel emotionally connected"

If you have some Rambo anger simmering still, be cognizant that being "Man enough" doesn't = being a "hard mother fucker" enough. Too much alpha will shut down her sexuality in your context of being married just as surely as being a beta faggot dries up that vag.

Either end of that spectrum is partly why the tone of challenge in your "that asshole is my next target" line produced something other than tingles. Generally speaking, using challenging language often serves as motivation for men, but it more typically produces anxiety in women. Especially with sex (performance anxiety).

Rather, what you want to elicit from her is a desire to open up to you more. To motivate women,

compliment them. Tell her how much you enjoy being in her ass.

Then outside the bedroom you own your shit, lift and be a good captain. Being a successful captain along with being clear about what pleases you is how you get everything you want in bed.

If you just target sex, it will always be evasive and just out of reach and you'll miss the cues day to day that actually represent where your opportunities in bed are unlocked.

Cock_Klepto • 1 points • 10 October, 2017 03:26 PM **[recovered]**

She's actually afraid of what "The Whore" might bait me into doing.

She fears being labeled as that one facet 100% of the time. Women go through a lifetime of being told what is and isn't sexually proper. Even with a life long partner it can be scary to think, if I cross X line my spouse will lose respect for me, things will change for the worse, and he'll see me as garbage when he looks at me. There's no coming back from that kind of thing. It's similar to if you found out your husband was hiding a child from you from a previous relationship or any other big thing. You just can't view the person in the same light and many women think they'll lose their man because of the sexual things.

In a perfect world this would be a completely irrational fear for women to have, but look around, the experimental and high N count women are the ones kicked to the curb. Naturally that's due to other factors as well, but the fear remains that no matter how good you might be in other areas, you could end up just like them.

[deleted] • 2 points • 11 October, 2017 02:27 AM

I see your point but not the case in my personal story.

My wife is a true sub. Not a bratty sub, not a "funishment" sub, she truly wants to please me. This has taken years to internalize, for both of us.

She has two personas that appear during playtimes, the little girl and the whore.

She's a pain slut, she loves restraints,caning,bastinado,breath play, choking, forced deepthroat and flogging. Her point is that when the whore comes out, she's afraid the whore will incite me to go above and beyond her limit/safeword.

Definitely not a label fear... there are very few kinks we haven't tried.

AustralianArm • 8 points • 10 October, 2017 04:00 AM

I bet she'd strap on and have a go at you though.

HB3234 • 4 points • 10 October, 2017 04:49 PM

You've gotten solid advice from the men here.

My only other comment is, do you know what you're doing when it comes to anal? If you're fingering her ass properly, she should be growing more and more interested (even if shy about expressing it) rather than stay reticient. Does she not let you give her oral until you are "nice to her"? Yeah, it never works that way for stuff you enjoy -- only stuff you see as an annoying chore.

Anal isn't just about submission; it can give women some of the most powerful orgasms. If your fingering is telling her anal with you is gonna be a chore, you're doing quite a disservice to both of you. Her desire to be fingered is a communication that she is open to the act, but being clumsy and unskillful will make her feel you can't do it without hurting or even possibly injuring her.

I've heard RP folks use this as a barometer of respect/attraction and thus there is work to be done.

You do you. There is no checklist.

I don't like butt stuff. What's the bfd?

"that tight butt hole better watch out tomorrow"

Negotiating.

Questionnaire7 • 2 points • 10 October, 2017 05:39 PM

Sexulizing her ass and planting the idea in her mind. "Ill do x y and z for anal" is negotiating

beta_no_mo • 3 points • 11 October, 2017 05:57 AM

Good immersion+dominance+good dirty talk (basically SGM) over time will make anal happen. If you do it right, she'll be practically begging you to do it and eventually she'll actually lol forward to it because she feels like you're worth it.

Once you get to the point where she's willingly submitting and saying what you tell her to say with enthusiasm (this belongs to you, fuck me daddy, I'm your slut/whore/girl/etc) AND you're making her cum regularly from PIV, start implying that you're going to take what's yours. ALL of it. The key is to do this *while you're giving her the best dick of her life* and ideally during the build-up to her orgasm. Don't stop to gauge her reaction or ask what she thinks about it (duh). Just keep doing your thing and she'll get to the point where she starts dripping at the thought of it or cumming really hard while you're talking about it.

"This pussy is mine, that mouth is mine and soon I'm going to claim that ass of yours. I'm gonna fuck every part of my INSERT SUBMISSIVE NAME HERE. I'm going to fill it with my cock and then I'm going to fill it with my cum". Ideally this is right before or as she's cumming so hard she can barely breathe. Once you get her responding positively while thinking about it, start putting your finger on it, then your tip, etc. Eventually she'll get so comfortable with the idea of having you in her ass that she'll willingly give it up and will probably beg for it.

You'll probably get some shit/comfort tests (most likely comfort, though) and ASD/LMR (usually during pillow talk or some time later on while she processes what you want and how she feels about giving it to you), but they should be mild if you've laid the right foundation. Apply basic RP principles with a little extra emphasis on comfort without ruining dominant/submissive dynamic. Simply talking about it (even if you're being dominant like you did) outside of sexual activity is giving yourself an uphill battle because you're not giving her anything positive to associate it with, so she becomes anxious just thinking about how it hurts (every woman I've done anally says the entry always hurts whether it's the first or the 100th time I've been in there) instead of thinking about how good it will feel to give her man what he wants.

Depending on how well you've been gaming her overall and her experience level, she might just come right out and tell you out of the blue one day that she wants to give you every part of her, but most will do the "silence is compliance" method of simply not telling you no when you start putting it in.

She will likely be nervous, so make sure you are reassuring her from a place of dominance (I can't wait to feel you slide over me, you're such a good girl, etc) take your time and *maintain immersion* As much as you can. Don't just stop talking/touching and fixate on trying to plug the hole while she sits there grimacing with anxiety. Keep her as relaxed as possible and *take your time*. Once you get past the initial resistance of the sphincter (it might take a few tries over a period of time, not necessarily during the same session), treat it like taking a vaginal virgin: start slow and eventually she'll relax enough to start enjoying it and will probably start telling you

to go deeper/harder, etc.

I've found that doing anal the first time is easier from missionary rather than doggy. You can gauge her comfort level better, she can look at how much you're turned on by it and you can rub her elsewhere instead of her bent over, feeling vulnerable and just waiting for something to happen.

As far as taking it in the mouth, the same principal applies. Talking and maintaining that dominant immersion is the key to expanding any woman's sexual boundaries. They all *want* to, but they need to feel at least a little comfortable with you and therefore trust you so they can get out of their heads long enough to please you. If you're not OYS and gaming her properly, it will not happen....with you.

SimilarSalvation • 0 points • 10 October, 2017 06:52 AM

I second /u/creating_my_life

You're using anal with your wife as some sort of MRP scorecard. It doesn't work like that.

and would like to add that this is the **most pathetic** question ever asked on /r/askMRP.

Your post clearly states you understand nothing about TRP. Everything screams bluePill...

covert contracts

not outcome independent

not working on yourself

I am here for the (anal)sex

butthurt (pun intended)

TRP is about **working on yourself**, to *become the best possible version of yourself*, **not about** getting (anal)sex **with the missus**. Getting laid is a byproduct of being awesome, not the goal or our main focus. You seem to be focused on getting your finger up her pooper... That, my smelly friend, is a **covert contract**: if I get ripped, she will **let me** (haha, let you) jizz in her mouth and fingerbang her asshole...

Basically, you are treating your **wife as a prostitute**. Sure, you don't pay her in money but you are trying to get sex by exchanging goods: you getting buffed = deflowering her butthole. If kinky sex is your main goal, cancel your subscription to the gym. The money you spare can **go to real hookers**. You can pay them to swallow your load and invite your thumb up their asshole...

Because, have you ever come to think that maybe your wife just doesn't like to get **raped between the buttocks**? Who in gods name **asks for anal sex??** You have got to **work your way up** to that magical moment: playing with her cheeks, slipping a finger through her crack while making out, oiling her butt up while giving her a sexy massage. How would you feel if she straps her dildo on, warns you (*that tight butt hole better watch out*) and shoves it up your ass??

And now, because you are not allowed to treat her like the slut she may become, **you are crying like a little boy**.. But all of my friends can put their weewee in their girlfriends brown cherry... Why can't I? -> because you want it too much...

Stop fixating on this fetisj of yours

treat your wife with respect

for fuck sake: don't ask for (anal) sex!!

become outcome independent: at least look like you don't care

work your way up so she can get comfortable

and if this really is a dealbreaker for you: either visit a whorehouse of next her...

Rian_Stone • 1 point • 10 October, 2017 10:56 AM

It most certainly is sexual strategy, dafuk you talking about?

As for ops anal problem, not my thing. Having options tend to solve these problems. Learn to be a flirt with everyone.

Also op... Unless your body language can sell It, your but those line isn't helping. Go read up from stupidslutsclub subreddit, see if that kind of dirt talk works better

SimilarSalvation • 2 points • 10 October, 2017 11:50 AM

all I see is someone who tries to take the MRP-shortcut to get his finger up his wifes butt.

no frame, no OI, no MAP. Just a whiny little boy who can't come and play outside...

Rian_Stone • -1 points • 10 October, 2017 12:15 PM

I'm focused on your 'it's about self improvement!' meme.

RP has never been about self improvement. It's about strategy. Self improvement is storybook morality

SimilarSalvation • 3 points • 10 October, 2017 12:55 PM

I would love to have a discussion about this because I feel we are saying the same thing... And if we are not, then at least I learned something new today...

Self improvement does not mean: being political correct, do what is expected from you, be a regular joe or become/staying a Blue Pill. And while /r/TheRedPill is about "sexual strategy in a culture increasingly lacking a positive identity for men", /r/MRP is about "focus[ing] on how to become stronger men to lead our marriage and LTRs to happiness." - source

So yes, MRP is about *self improvement* because our beta-behaviour is the rootcause for our lack in sex, our lack in happiness and our lack in a good LTR. STFU, lift, OYS, no sulking, OI ... are all part of self improvement... And while they lead us to better and more and kinkier sex, they are the foundation of MRP..

So in a way our sexual strategy is self improvement. Because - unlike TRP - we are kinda stuck in our relationship, because of investments or because of children. And sure, your can next your LTR, but not as easy as you drop and pick your next plate...

Rian_Stone • 1 point • 10 October, 2017 12:58 PM

/u/strategos_autokrator in this case, was wrong, 100%, or theres nuance in that statement.

Like, you will have a great relationship, it may not be with you you started with.

SimilarSalvation • 1 point • 10 October, 2017 01:21 PM

Like, you will have a great relationship, it may not be with you you started with.

How is that different from everything I said so far?

Rian_Stone • 1 point • 10 October, 2017 02:25 PM

Nothing, you've put those concepts into your box. Do you really think the average newguy coming in here has any of that in his box?

Rian_Stone • 1 point • 10 October, 2017 02:25 PM

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newguy coming in here has any of that in his box?

[deleted] • 2 points • 12 October, 2017 12:21 PM

Your 21con talk disagrees. You're either grandstanding there or here. Pick.

Rian_Stone • 1 point • 12 October, 2017 01:15 PM*

And none of this self-improvement bullshit either. None of this vague, pleasant sounding, easy-to-bullshit plans either. Do this properly, or you're just fucking around, LARPING masculinity. Do you want to unfuck your life? Or do you want to learn how to cope. Do you want to be the pinnacle of you? Or do you want to protect your ego and identity? As shitty as it is, lots of guys would rather read that same shitty autobiography because it's familiar; would rather read that, then to write a whole other story, with a protagonist who may win in the end, but no idea how the story will play out.

you mean here?

We, the men at MRP, we are ship builders. Every one of us are shown a set of tools, the basics of what makes a ship float, makes a ship function, what makes a ship fight. You can use these tools to build what ship you want, and pilot the course that you, that you set. We won't tell you why you want a goal, we won't tell you what your ultimate goal is. We talk about the **how**. How to build your ship.

Or here?

A place, a place where a few thousand guys get together, read through a lot of work. Get together and read through a lot of the work built up over decades, decades. A lot of men swapping notes, much of it you will hear about this week. They read through it, they try things out, report what worked and what didn't. Eventually, **they started working towards a practical application of what all these men have learned.**

Or here?

Forget about me What about here? Swapping notes, strategy, no mention of self improvement.

Or Rollo. It's 100% about being ones own center point of origin. I don't recall ever reading self improvement

Or Dalrock. No mention there

Illimitablemen? Nope.

Nothing from Chateau H either.

[deleted] • 2 points • 12 October, 2017 01:22 PM

Oh, right. Words don't have meaning to you. Strategy is verba. Improvement is acta.

Rian_Stone • 1 point • 12 October, 2017 01:25 PM

Oh.. forgive me, I'm slow. Did I jizz in your cornflakes this morning? Would you like an internet fight?

What can I do to alleviate your grievance? Clearly we aren't talking about MRP, praxeology, or adopting a more risk taking model of behaviour. So cut the bullshit, what's really on your mind?

[deleted] • 1 point • 12 October, 2017 01:30 PM*

How is MAP *not* self-improvement? Self improvement means... improving your self? I think? I don't have Rollo to fallback on for that, though. Just Webster.

Rian_Stone • 2 points • 12 October, 2017 01:39 PM

you skimmed my writing enough to get that wrong, think it's possible that you skimmed Athol Kay's work as well?

You did read it, didn't you?

PART ONE – Fixing the Solution

PART TWO – Fixing the Problem

Even in his own words, on his own site. Even after the femenized whitewashing of his writing, they don't call it self improvement.

Look, ego's aside. I'm not rambling here to puff my chest. I've seen hundreds of guys in here, and a hundred guys IRL talking about it here. You see clusters of guys who are 'getting it' clusters of guys succeeding. And you see clusters of guys LARPING, clusters of guys half assing their lives.

The one thing I can say with 100% certainty, is that the 'self improvement' crowd. The Mark Manson, pep talk having, Testicular Cancer, bitch tit crying, guiness drinking, deadbedroom coping, PPD circlejerking, desperately searching for something they could build at home types have.

They all love self improvement.

Because it allows you to take what you're already doing, and pretend if you double down on it, that you will win. The only thing preventing you from being alpha chad, married king of the castle is MOAR CHOREPLAY! I mean, self improvement. Just gotta be that slightly better plow horse. Fuck The Manipulated Man. I'm an ALPHA MALE, because RITUALS AND IMPROVEMENT!

The ego, the narcissism, the laziness thats bundled up within those two words? I could spend ages on it. I probably will be. For now, you're just going to have to agree to disagree. And as everyone here articulates their self improvement vs strategy, we will see.

We will see which camp comes out the other end.

Of course, I can rifle off a list of names who already have, but you'll probably misread it, like you did the 11k words I spent summing it up already.

[deleted] • 2 points • 12 October, 2017 01:43 PM*

Just checked and it seems Rollo's books and NMMNG, WISNIFG, etc are included in the self-improvement category on Amazon (I could check others but I'm lazy). Oh no. What have you read? You're tainted with the insidious self-improvement meme □□□□

Rian_Stone • 1 point • 12 October, 2017 01:46 PM

If Amazon said so, who am I to disagree. Thanks, good luck.

Looking forward to hearing your field reports on the subject

[deleted] • 2 points • 12 October, 2017 01:50 PM

Speaking of field reports, where are yours?

weakandsensitive • 1 point • 12 October, 2017 04:26 PM

Ban everyone who's wrong and move on

Rian_Stone • 1 point • 12 October, 2017 04:30 PM

I'm finding that asking someone to post content has the same effect

[deleted] • 1 point • 12 October, 2017 08:24 PM*

So I needed to get to a computer to recheck because I wanted to be as generous in giving my benefit of the doubt but it just confirmed what I remembered. In your 21con talk you actually *only* mention two sexual strategies. The rest is guru-style self-improvement posing based on the false dichotomy that self-improvement only counts if Stone actually wants to do it. Because if Stone doesn't want to do it, nobody could possibly put any work in.

This is literally all the sexual strategy you talked about in 21con:

1. Ass smack strategy:

Give her a kiss on the cheek, a smack on the ass, and be on your way son. That's it, Fisher Price, your first sexual strategy.

2. Gym bag strategy:

Here, red pill is strategy, swapping notes, so here's your strategy. You go to the gym at 7PM, every day, right? Leave your gym bag by the door, it's your newfound bugout bag. Give some light flirting throughout the day. 6:59 rolls around, make your move. And when, not if, when, when you get shot down, get up, say OK. Grab your bag, grab your keys, and get your ass to the gym. Leave with a smile, come back with a smile. If she starts prodding you about being mad, poking at you to see if you crumble? Ask her why would you be mad? Why would you be butt hurt? Give her a playful smack on the ass, and get to the temple.

That's so deep. It's just a more bro-form elaborate ass smack strategy. Smack her ass and disappear. It's so much better than anything Manson or Kay or Currie got. It's mickey mouse.

But I also love how whenever the conversation here turns to "how can I get my wife to participate in sexual activity XYZ" you're guaranteed to show up with "meh, I don't really want to do that anyway".

In summary: Stoney's "sexual strategies" that are superior to "self-improvement memes"

1. Slap her ass and disappear
2. Don't want to do things (work needed = conveniently none)

Rian_Stone[M] • 1 point • 12 October, 2017 08:36 PM

12 steps of Dread - The entire speech is strategy, wrapped up in a narrative so that

anyone who is above 'fucking doorknobs' level intellect can grasp it.

1. DEER/STFU/Texting is for logistics
2. Develop a MAP/Goal
3. Build a life apart, value your time, lift/hobbies
4. Value your affection, attention, commitment, get a gym bag
5. Dress like you give a fuck
6. Learn game, Practice game on wife, expand on gym bag
7. Go be social and game other women, the pink drink example
8. You can't hide your value from her
9. FMOFY part 1. Clear language
10. preparing a separation, FMOFY
11. Get a mistress/cheat

Now I don't care what you have up your ass, this conversation ends here. You either can't read, or are willfully fucking with me because I've hurt you wee little feelings elsewhere.

Your call what happens next friend.

[deleted] • 1 point • 12 October, 2017 08:40 PM

Did you mention dread at all in your 21con speech?

[deleted] • 1 point • 12 October, 2017 08:43 PM

why does he have to say the name, rather than describe being an adult?

Rian_Stone[M] • 1 point • 12 October, 2017 08:45 PM

That's it, you're done

[deleted] • 1 point • 12 October, 2017 11:41 PM*

Noobs and guys who have not fully swallowed the pill have great difficulty with this aspect. They are purple in many ways, the sort of apologists who say "TRP is not about misogyny or getting laid, it is about being a better man". I call bullshit, TRP and 90% of the manosphere precursors are about getting laid. If TRP was about making better men and being an alpha farm, it would not focus on lifting as a prime directive but on fighting. Muscles are a form of peacocking, if we wanted to make alphas it would be about MMA and crossfit.

The red pill is sexual strategy, not self improvement. That is why people cry and call me a liar and a fake businessman when I make posts about money and status. Those posts belong on entrepreneurs and business subs. Noone in red pill subs wants to read that stuff, it makes their beta balls shrink up into their beta stomachs and say shit like "money doesn't make you happy", "beta bucks", and "you are a liar 88will88, noone believes you

are successful". If the red pill was about self improvement it would be like a male body, mind and soul workshop with business skills on the top.

Rian_Stone • 1 point • 13 October, 2017 12:19 AM

I dont get angry, or care.

The boys don't want to ban retards from askmrp, just in case they get their shit together, i often take their crap at face value, at least for a little while

JDRoedell • 1 point • 10 October, 2017 12:39 PM

I would tell anyone here that self improvement is a cog in the wheel of our sexual strategy.

Rian_Stone • 4 points • 10 October, 2017 12:50 PM

Heres my point:

Self-improvement is like being an asshole. It's a nice container word. Fill it with all the things you value, the put it on your porch for others to stare at and love you for.

What is in your box, isn't in my box. So question, which box is better? Neither, they are both reflections of our bias and our values. Our value that may be skewed to defending our ego, we don't know that, because we can't see past our box.

gaylubeoil calls it autistic storybook morality. Rollo calls it doubling down on beta sexual strategies. I call it what masturbation. Slef improvement is a vague attempt to work on things, and it ignores the failings of all men. We are ego driven, we do things that make our ego feel better, it's our original one-itis. Self improvement for a deadbedroomed guy to be 'even better with his kids' because for him, self improvement means being the best dad ever, because he already is a decent dad (or at least he thinks so).

On top of that, self improvement implies a deficiency. Of course, for you to be a standard to be deficient from. Guess what tends to be that standard? Fem imperative? About 99% of the time, yes. I

This is why I say self improvement is bullshit masturbation. It's both vague, tells a story to placate ones ego, and puts your frame firmly inside of the feminine. That's why RP isn't self-improvement. Save that bullshit for the Mark Mansons of the word.

It's strategy. Right now, I'm not getting sex, validation, or respect. I lift weights and learn game to get sex. I kill my ego to remove validation. I kick dead weight to the curb to either make room for those who respect me, or remove those who don't.

Nothing in there implies self improvement. Sure, your body is bigger, stronger, leaner than it was yesterday, that's not self improvement. If you were a marathon runner, it's probably detrimental to put on 20lbs of mass. And of course, that marathon runners version of self improvement is lighter, more endurance, and better joints. None of those things fix his deadbedroom or cunty wife, do they? So self improvement for him acts completely against his sexual strategy. Another reason that self improvement is bullshit. It doesn't even keep ones masculine point of origin as the center.

It's not a cog, there is no wheel. It's just mentla masturbation

JDRoedell • 2 points • 10 October, 2017 03:07 PM

Man, I wish this conversation wasn't in this low quality post but oh well. Anyway, I'm

trying to figure out if we are mostly saying the same thing. Your increasing focus around here on the sexual strategy over “improvement” hasn’t been lost on me and, in a way, it’s reaffirming some things I always thought about the MRP but couldn’t put my finger on. Just last week in a PM to one of our flaired brothers I brought up this very issue.... the fact that even after all the other stuff we talk about, all the OYSing and frame building and all that, 95% of guys found this place for one reason: because respect, affection from and sex with their wives was/is lacking. I’ll admit it’s why I found this place.

Slef improvement is a vague attempt to work on things, and it ignores the failings of all men

When I first found this place almost 2 years ago it was heavily focused on "improving the man in all facades of life", and yes some of that advice could be construed as doubling down on beta behaviors, no arguments there. These things do nothing to increase gina tingles. About a year ago I posted something about guys feeling like they have to join a BJJ gym, take up basket weaving and falconry just to maintain that outward impression of an "interesting life." This is the kind of dynamic where the endless quest for "improving" is mis-guided and masturbatory in nature. Never sat well with me. Because as you point out, who are we doing this for really then? This is where I started seeing that lots of this “improvement” talk was a bit off the mark. I’ll do the hobbies make me happy and nothing more. I lift because I like the way I look and feel, but at the end of it you just gotta know why and for whom you are doing all this. If the answer isn’t "for myself," you're wrong.

It's strategy. Right now, I'm not getting sex, validation, or respect. I lift weights and learn game to get sex. I kill my ego to remove validation. I kick dead weight to the curb to either make room for those who respect me, or remove those who don't.

To me sexual strategy comes down to these two areas;

1. Attraction(lifting)/Game
2. Not making the woman your mission / Masculine point of origin / OI Behaviors. (this is where all that talk about "improvement" and having a life and mission of your own gets extra emphasis).

What is the definition of sexual strategy within the RP community? This matters because if it’s to be fit (attraction), strong, more confident (game) and socially successful with women (game), then we are saying the same thing. If it has grown to encompass other areas: get better job, develop extra hobbies/skills, be better family man, do community service, etc then yes, that is straying from the core RP message and I agree with you.

Again, it goes back to “what do you want.” Many guys come in here killing it in the rest of their lives but their relationship with their wives is shit. More self improvement in those “beta” areas will do nothing to help their sexual strategy, not at all. For those guys who aren't there, I remind them that Dread Level zero is “don’t be a pussy” and have your shit together as a grown adult (not even necessarily a grown man). Having some base level improvement for guys who need to learn how not to be a pussy and to have **something** positive going for them goes a long way (essentially "successful adulting" in modern life). That’s where I still see it as important. For the rest of us, yes, it’s a sexual strategy.

SimilarSalvation • 2 points • 10 October, 2017 03:41 PM

What is the definition of sexual strategy within the RP community? This matters because if it's to be fit (attraction), strong, more confident (game) and socially successful with women (game), then we are saying the same thing. If it has grown to encompass other areas: get better job, develop extra hobbies/skills, be better family man, do community service, etc then yes, that is straying from the core RP message and I agree with you.

I wish I had your ways with words.. But this is what I was trying to say..

@Mods: is there a way to split of this discussion and continue it in a post of its own?

drty_pr • 1 point • 10 October, 2017 06:14 PM

is there a way to spilt of this discussion and continue it in a post of its own?

Make the post yourself

SimilarSalvation • 1 point • 10 October, 2017 06:35 PM

some bulletinboard software can split of part of threads into a separate topic, but keeps the layout, the usernames + karma, the date of posts, etcetera etcetera

Apparently, reddit does not have this feature...

JDRoedell • 1 point • 11 October, 2017 11:37 PM

You're such a dick, ha!

Rian_Stone • 1 point • 10 October, 2017 03:11 PM

Interesting.

SimilarSalvation • 1 point • 10 October, 2017 12:56 PM*

You guys type to fast for me :)

If you only limit MRP to lifting in order to get more pussy, you are right.

But even if I were never to laid again with my wife (I would of course next her) I have become a better man... Not political correct better, but better for me, in an ego-centric way: more muscled, more steadfast, more in touch with me, more frame

And yes: we are/were deficient: because we believed the female bluepill narrative.

Unplugging is also in a way self-improvement...

crimson_chris • 3 points • 10 October, 2017 02:18 PM

MRP most likely starts out for everyone here as a sexual strategy. At some point, I'd hope that we all come to understand that a winning sexual strategy is the byproduct of being an awesome motherfucker (AMF).

Now we may all have a different definition of what an AMF is, but if sex is your primary goal you will most likely fail as you will lack OI, DGAF and your entire journey is based on a covert contract. I want to turn my wife into the whore of my dreams, but that is not my primary goal. My primary goal is to be a man that other men and boys look up to as a AMF. Not because I care what they think, but because IDGAF. Because I OMS and I pursue my passions in life. Go forth and be awesome. Pussy will fall from the skies.

SimilarSalvation • 1 point • 10 October, 2017 02:25 PM

amen

[deleted] • 1 point • 10 October, 2017 03:09 PM

This is a great explanation. Having taken the last 20 minutes to ponder this, I can agree that indeed, RP is a strategy. It's all the tactics that ultimately point to sex, and none that don't. AM points to sex, conditioning time and attention points to sex, lifting points to sex. Game points to sex. Removing the need for validation points to sex.

Self improvement does not have the goal of sex at its center. In fact because the goal of self improvement can be basically anything, and has transformed into a feminized phrase like "man up" and "good person", it is vague and unreliable as a defined goal.

That said, I see self improvement, defined as the set of strategies to advance toward A goal, as an umbrella term that includes RP. As learning to game and lifting are strategies for improving the self for the goal of sex. Running 20 miles a day is a strategy for improving yourself for the goal of endurance. As such (strategies for) self improvement is not RP, but (strategies for) RP is self improvement.

There are goals outside of sex that we all have. Which is why guys who are swimming in pussy ask themselves "Why am I not completely happy?" Well, unless you're constantly having or pursuing sex, then you better be deriving happiness from bodysurfing or killing it at work or raising your kids. And there's a "yellow pill" for "making your own individual lives better" through a producer lifestyle, hell you could probaby invent a teal pill and call it making life better through mental manipulation (music, meditation, whatever).

It's all just the proper definition and context. Writing this to hash it out in my own mind because for a while I did not understand why you kept saying this, but your explanation made it clear.

JDRoedell • 1 point • 11 October, 2017 11:35 PM

As such (strategies for) self improvement is not RP, but (strategies for) RP is self improvement

A good way to put it

matrixtospartanatLV • 1 point • 10 October, 2017 03:59 PM

Fuck.

I had to read this shit twice.

Excellent comment.

Rian_Stone • 2 points • 10 October, 2017 04:24 PM*

And to think, Fight club only needed an underwear ad and a throwaway line to make this point to me. Id love to do these more, most guys are just a timesink when you do them.

straius • 1 point • 10 October, 2017 09:10 PM

I get your message and agree in principle, you just haven't found a condensed or distilled

way of communicating the idea yet. Hard problem though, there's a lot of universal understanding in the phrase "self improvement" which is why it's such a go-to.

Because it is self improvement, but it's atypical in its application within a RP perspective.

It's not self improvement in the usual guru marketed turn of phrase. Anyway, I agree and it's a difficult distinction to distill since on the face of it, becoming a better man and improving oneself to get there are somewhat indistinguishable as concepts.

weakandsensitive • 1 point • 12 October, 2017 04:26 PM

Self improvement is a self masturbatory term. That's the point .

creating_my_life • 0 points • 10 October, 2017 03:48 AM

She won't take loads in the mouth and no butt stuff other than fingers.

....from you.

What's your height, weight, bodyfat, and squat?

ChumphreyGoHard[S] • 1 point • 10 October, 2017 03:56 AM

Im 5'11, 174, sub 15%, Max squat is 235.

creating_my_life • 3 points • 10 October, 2017 04:11 AM*

so the issue is likely frame, dread, and desire. Why isn't she worried that a woman younger, hotter, and prettier than her would jump on your cock given the chance?

ChumphreyGoHard[S] • 1 point • 10 October, 2017 04:43 AM

Yeah, I'm sure all 3 need improvement. Frame is okay but butthurtitis still rears its ugly head now and then. Not so much sexual now but more in everyday life where I'm getting short/frustrated with her and losing frame. Dread man, yup. Strides have been made. I do regularly # close 6a and 7s but don't follow up. I've tried to chat up more folks both Male and female up randomly in the wife's presence and that has helped but I still give to many fucks in the desire department. Still a bitch and get too Shy around 9s and 10s and often have approach anxiety. Need to get myself more busy and in more social sitches where I can leverage the dread more often, with younger bitches. I need to focus on letting her hamster this more by being busier. I've closed the gap but She still is hotter by a half a point so there's my answer.

creating_my_life • 2 points • 10 October, 2017 04:59 AM

your answers are in this paragraph.

I've tried to chat up more folks both Male and female up randomly in the wife's presence

Dread is about women hotter than your wife CHATTING YOU UP without you initiating. You need your wife TO SEE WOMEN FLIRTING WITH YOU, NOT THE OTHER WAY AROUND.

Work on your frame, and the rest will fall into place.

You're using anal with your wife as some sort of MRP scorecard. It doesn't work like that.

ChumphreyGoHard[S] • 1 point • 10 October, 2017 05:21 AM

Thanks, great advice. Honestly, I've been humbled and surprised by the lack of this happening more so I know I need to tweak something...do they sense my thirst? Lose the wedding ring maybe? clearly I will keep lifting heavy until I just DGAF anymore.

creating_my_life • 1 point • 10 October, 2017 05:33 AM

If your stats are honest, your body isn't your problem. Grooming? Dress? Attractiveness? Happiness? Fun? You need to keep thinking about all that.

ChumphreyGoHard[S] • 1 point • 10 October, 2017 05:49 AM

I think the happiness and the fun part are it. Struggled with depression in the past. It prolly still shows. Stats are honest. Body looks great and getting better. I'm a solid 7.5 SMV. Wife is HB8.

crimson_chris • 2 points • 10 October, 2017 04:13 AM*

That's shit. I am 42, 5'6 and I can squat 315 for six reps. Chicken legs have no place in MRP!

Now that being said, my BF is prob at @ 20%. I am on the chubby side but IF is melting that shit away.

Women are weird. My wife will do anal but has never given me a bj to completion. That will be my reward for when I hit sub 15% bf. Things definitely open up as you improve. BJ's came back as I straightened the fuck up. If I had only know this when we started dating 20yrs ago I probably could have gotten a MFF out of it. I was sub 15% BF when we met.

2ndal • 3 points • 10 October, 2017 12:00 PM

That will be my reward for when I hit sub 15% bf.

Nice little covert contract you have going on there. The only reward for you hitting sub 15% body fat is having sub 15% body fat.

crimson_chris • 1 point • 10 October, 2017 02:26 PM*

Nope. I am gonna cum in her mouth. And that shit will be grand!

I am not dropping weight to get a bj to completion. But I'd like to have a bj to completion when I hit my goal. If I get my self proclaimed reward, great. If not, I will be fucking cut and that will be it's own reward. The cum shot is a nice to have. Not my ultimate goal.

2ndal • 1 point • 10 October, 2017 05:03 PM

don't DEER me. i ain't your wife

crimson_chris • 0 points • 10 October, 2017 06:12 PM

Oh, fuck. Thought MRP was an place where men discussed and exchanged ideas. Females see deer.

ChumphreyGoHard[S] • 2 points • 10 October, 2017 04:49 AM

Yeah, I need to keep lifting heavy for sure. Squat Goal is 300 this time next year. Achieved Lower BF with Keto and 5x5 but I'm still too small. I'm 10 months in to MRP so I'm confident I can get what I want if I keep going...Just got thrown off a bit her "be nicer" and was prob over analyzing it. By the 1 mo of RP/ year of BP, I've got at least 2 more years before I'm there.

470_2_700_nm • -1 points • 10 October, 2017 11:40 AM

At 20% body fat? And you are giving advice about what isn't enough?

Well we all know you've had enough twinkies.

crimson_chris • 2 points • 10 October, 2017 02:22 PM*

I was giving advice about strength. I can most likely squat 100lbs more than OP, so yeah. Fuck, I can bench more than OP squats.

As for my 20% BF. 80% isn in my cock. Your wife likes it that way.

470_2_700_nm • 1 point • 10 October, 2017 04:49 PM

Ok deer.

crimson_chris • 0 points • 10 October, 2017 06:12 PM

Oh, fuck. Thought MRP was a place where men discussed and exchanged ideas. Females see deer.