

She's shit testing me right out the door.

September 28, 2017 | 12 upvotes | by [RedishPill](#)

My question: Is it ever her fault? If it is, what does that look like, aside from personality disorders and obvious addiction problems/slut behavior?

Now, before you give me the knee jerk, keyboard smashing, foaming at the mouth "ITS ALWAYS YOUR RESPONSIBILITY" answer I am expecting, hear me out.

Women shit test. I get this. I see it. Regularly. The problem is, I'm getting really fucking tired of it. To the point that when it happens now, I just stare up at the ceiling while simultaneously clawing at my face and start listing off the pros and cons of being with her. Yes, I could surely turn around and give her a wink and a witty remark, but I just don't have the energy. I did this for a while, but the thought of putting up with her shit for the rest of my life makes me want to end it now. It is often said on here "Women will never stop shit testing", but is there a point when it moves from shit testing to "this twats broken"?

I have often had the outlook on life that everything is my responsibility. With my discovery of redpill, this has confirmed even more so that it is, and I still maintain the idea that "If my GF is doing X then I need to 1) lift more, 2) read more, 3) smack her (ass) more often, 4) fuck her more aggressively, 5) be more active in setting boundaries 6) etc".

I have three thoughts:

1. my love for her has been eroded by other experiences with her, and without that foundation, I don't care enough to deal with her (which she has probably noticed and has caused a negative feedback loop on the shit tests).
2. as has been pointed out by other members on here from my past experiences with her that I have posted about: it really is 100% my fault. I am not leading enough. I am not being alpha enough. I am not DOING enough. I am not passing shit tests enough.
3. related to two, but when we first met I was in a really bad place. Depressed, hated myself, had strong OCD, and I can count off at least 5 times I cried in her arms and had complete meltdown. I am not there anymore, and I have been actively fighting to kill the person I was back then, but I wonder if she will never forget my past (even though she never brings it up in arguments or shit tests about it) and thus will never be comfortable looking to me as her oak.

I appreciate the feedback.

Archived from theredarchive.com

Comments

[deleted] • 34 points • 28 September, 2017 04:31 PM

My wife shit tests me NEVER.

I come and go as I please. I spend money freely. We have sex regularly.

Yeah, yeah, I know... She's not special and I don't have a unicorn. And AWALT is only a heuristic, right until I say my wife isn't like AWALT. Then suddenly it's bullet proof rationale that never fails.

Point is, there are women out there that don't shit test you every minute of the day. Sometimes a woman is just a cunt.

Persaeus • 8 points • 28 September, 2017 06:08 PM

I come and go as I please. I spend money freely. We have sex regularly.

really like hearing a man say this without using the "she let's me". i puke a little when people tell me how grateful i should be that my wife "let's" me live like a grown man.

your snowflake sounds real special and has peaked my curiosity:

is she hot?

does she make good money and other own her shit?

what's up with shit testing NEVER, that's interesting

[deleted] • 7 points • 28 September, 2017 06:20 PM

I'd say she's a HB8.

Not really. I'm the primary bread winner. However, she's a VERY traditional girl that very strongly supports gender roles. She accepts (and loves) me as the head of the household. She's very okay doing her "wife duties", like making dinner and cleaning the house, and in return expects me to do the "manly duties" of fixing shit, mowing the lawn and killing spiders.

Honestly, when I first found MRP, I was like, "I have to be missing these shit tests." I had a whole post dedicated to helping me find them, because I just wasn't seeing it.

I do have a theory though... Men who have great wives have no need to find MRP. So, in our little corner of reality, AWALT makes sense, because you're in a community where yes, all the wives ARE like that. If everyone you surround yourself with confirms it back to you, of course you're going to start believing AWALT. But the reality is, MOST women are decent, functioning adults that don't have a need to shit test their men. But you don't see that because these men don't need to Google "why won't my wife fuck me", and won't find MRP.

drty_pr • 12 points • 28 September, 2017 06:37 PM

But the reality is, MOST women are decent, functioning adults that don't have a need to shit test their men.

MOST is a little bit of an overstatement IMO

fuckmrp • 4 points • 28 September, 2017 10:22 PM

Ahh functional probably, decent situationally.

[deleted] • 1 point • 28 September, 2017 07:20 PM

Possibly.

straius • 1 points • 28 September, 2017 06:32 PM [recovered]

Some women just don't rely on shit tests to form their opinions of fitness of their mate. Doesn't mean they don't happen occasionally, but it likely has more to do with their levels of independence, their world view and emotional maturity.

Even a "great wife" married to the wrong man will exhibit all the classic problems we see here. It's not about the wife.

It has to be reminded all the time, but AWALT is a distillation, it deals with women at the level of population. It doesn't break down to the individual in a perfect way which is why it's not a set of rules you can just apply to your wife as a default set of expectations.

Just like the normal distribution of personality traits don't apply at the level of the individual.

AWALT is a mental model and abstraction of common behaviors you can use to help define and analyze your woman's behavior. It isn't a map she HAS to fit. Some do more than others. But an individual that breaks the theory doesn't make the theory incorrect. This is where a lot of confusion usually enters.

[deleted] • 2 points • 28 September, 2017 07:19 PM

Right. I totally agree with that.

In the past whenever I've brought up my non shit testing wife, it's been met with a lot of scrutiny and "she's not a snowflake" bullshit.

[deleted] • 3 points • 29 September, 2017 06:51 AM

She's not. You're just the right smv above her and do a good job owning your shit.

Rian_Stone • 2 points • 29 September, 2017 12:37 AM

It's fucking involuntary.

You just good enough that you dont notice them

straius • 2 points • 29 September, 2017 01:12 AM

I think you're right for the majority of women. Some women are a lot more cognizant of what they're doing than others. I've seen some that know exactly what they're doing when they shit test and others that are just on emotional auto pilot (usually a wreck of insecurity). And some (rare) that catch them and refrain.

It's still an exception to the general rule though which is the first assumption any dude should make until proven otherwise. I could be wrong and it could be like you say, I just see them rarely and that colors my view.

Rian_Stone • 2 points • 29 September, 2017 02:12 AM

OPS wife is doing it, for him, its 100%

His problem isn't that she's a cunt though, or that he doesn't need to do any DEVI.

His problem is a wee little girl is getting under his skin, and he's having a pity party

instead of just passing simple shit tests, so she amps them up.

straius • 2 points • 29 September, 2017 03:32 AM

Yep, respect doesn't exist there + too much routine/boredom.

[deleted] • 4 points • 29 September, 2017 06:49 AM

Nah man. Most women shit test constantly if you are perceived anywhere near their SMV. Either you're a 10 or your wife's not really an 8.

As long as she believes you are near the top of what she can get, she has no reason to reaffirm it via shit testing. Sounds like you run a tight ship at home and are at least two SMV points above her but it also sounds like you have wife goggles because an 8 would 100% shit test anyone with the time to post to MRP.

red-sfpplus • 2 points • 29 September, 2017 01:09 PM

Under rated comment.

[deleted] • 2 points • 29 September, 2017 01:59 PM

This is the dumbest comment I've read all day.

[deleted] • 1 point • 29 September, 2017 02:00 PM

You clearly haven't internalized the side bar.

[deleted] • 3 points • 29 September, 2017 02:06 PM

Again, AWALT is "just a heuristic", right up until someone says their wife isn't like that. Then it's all SHE'S NO UNICORN!!

[deleted] • 1 point • 29 September, 2017 02:46 PM

Whatever man. I don't care that much. But I think you've definitely got wife goggles.

[deleted] • 3 points • 29 September, 2017 02:58 PM

Quite possible. My wife is hot to me, and that's really all that matters.

Persaeus • 3 points • 28 September, 2017 06:36 PM

MOST women are decent, functioning adults ~~that don't have a need to shit test their men~~

yeah i don't subscribe to the women are children meme; but honestly i have never known a woman that did not shit test her man although with a good woman the testing is very playful and flirty

SteelSharpensSteel • 5 points • 28 September, 2017 07:31 PM

Absolutely. I agree that all women shit-test their men, but there is a scale of shit-tests. Some are mean and nasty about it, and the shit-tests are more frequent, while others are playful and fun about it, and the shit-tests are less frequent.

You're just calibrating the scale by calibrating yourself.

fuckmrp • 2 points • 28 September, 2017 10:20 PM

Women being decent and functional has little to do with the subconscious need to shit test a man.

How easily can you make her mad?

Rian_Stone • 2 points • 29 September, 2017 12:36 AM

Most women are women.

What's with this mark Manson shit today?

Rian_Stone • 1 point • 29 September, 2017 10:33 AM

Also, that's now what AWALT means.

Its not a placeholder for shit chicks do that we don't like, even though plenty of guys do that

red-sfplus • 4 points • 28 September, 2017 07:43 PM

I'll answer to if to increase your sample size.

My wife is HB8 for her age 37. She is a SAHM, but she 100% owns her shit around the house. Always with the kids school, PTA secretary and keeps herself busy. My wife does not shit test, but she does comfort test quite a bit.

We are equal, if not I am slightly higher in SMV than her, but when she pops the girls in a nice shirt or rocks a short skirt, well there is nothing I can do about that. I get tons of IOI's from other women, with her around and even not. I am very outgoing and flirty and game pretty much everyone all the time. Part of being in sales.

I have always had the right mix of AF/BB through our relationship, and we have been together since High School. We were each others first.

Since I have found RP a few years ago and became "consciously aware" of what I was doing naturally it has allowed me to round out the edges. It has taken a really good relationship to even higher levels.

AmericanViking64 • 2 points • 28 September, 2017 11:06 PM*

Ive talked to angels_fan in the past, because I rarely get a shit test that I notice and he helped me out back when I got started.

Wife and I rarely fight. I did let her walk out the door for a couple of years about 10 years ago. Didnt chase after her. Probably should not have taken her back, although I dont regret it.

She is about as hot as it gets for a blonde white girl in America (age 37, fit, we have 3 kids). She makes better money than me and I have her dad and myself to thank for not responding to shit tests (or basically any bitching).

She does comfort test quite a bit, and if I see a shit test its almost always tied to her looking for my validation. I used to be the man and I slipped up for a while like most here, but I got my shit together and were closer and 10x more intimate than even when I was chasing after her in HS.

We are both born again Christians (since childhood) and honestly shes pretty much like most women at church, just super hot. And I did turn her into my porn star. She sexualizes things now more than I do. I gave her her first orgasm ever though on my parents couch when we were dating. Not sure exactly how that detail fits in as far as cause and effect but I do think it is important. My SMV has never been higher, and a lot of people say I look like Vin Deisel (although Im almost as big as Rob Gronkowski). My biggest battle is my ego and I fight it every day.

trp_dude • 2 points • 29 September, 2017 05:09 AM

Mine hardly shit tests any more. When I first found MRP, the shit tests were flying at supersonic speed,

left and right. Several times an hour.

I'd say it's almost disappeared. Maybe once every couple of weeks. There is a lot of dread now, without my even trying. Other moms coming up to her and telling her she's lucky she's married to a such a good looking guy. Young women flirting with me.

Frankly, it would be very hard for my wife to branch swing to someone even close to my SMV now. She was probably HB8 when young but 6.5 now. I was probably SMV 6 when I found MRP, but probably at least 1 or 2 points above her. And my beta credentials are impeccable. Great dad, great provider.

eiue • 1 points • 30 September, 2017 01:32 AM [\[recovered\]](#)

<https://youtu.be/3V35jvY0u7I>

Persaeus • 1 point • 30 September, 2017 01:56 AM

Meh , he ain't no Enimem and I really ain't into white women

red-sfpplus • 4 points • 28 September, 2017 05:16 PM

Agreed.

I live a very similar way.

470_2_700_nm • 3 points • 28 September, 2017 06:19 PM

Your wife shit tests you never? Is there any fun in your household?

[deleted] • 3 points • 28 September, 2017 06:24 PM

To be quite honest, it's so god damned pleasant in our house that sometimes I wish we could have a good ol' fashion fight! I miss that passion.

In 8 years, we've probably have a grand total of 4 "big" fights.

Persaeus • 3 points • 28 September, 2017 06:38 PM

this is pretty average for a good marriage i think.

[deleted] • 2 points • 28 September, 2017 06:40 PM

good ol' fashion fight!

is it like, sanitorium pleasant? a bit fake? or what?

otherwise, "wtf is wrong with you dude"

[deleted] • 1 point • 28 September, 2017 07:16 PM

Naw... We're just good at seeing the others point of view and compromising.

470_2_700_nm • 0 points • 28 September, 2017 07:14 PM

Why are you not stirring shit up? I'll tell you why, because you don't push boundaries.

Frankly you sound boring.

[deleted] • 1 point • 28 September, 2017 07:16 PM

Yeah, I prob am. I'm okay with that.

470_2_700_nm • 1 point • 28 September, 2017 07:28 PM

Why?

[deleted] • 7 points • 28 September, 2017 08:03 PM

Because I don't have a desire to be "exciting".

Especially if it means manufacturing fake drama. Gag. You might as well be a high school chick.

Rian_Stone • 2 points • 29 September, 2017 12:38 AM

You're the one who's bored with an unexciting broad.

[deleted] • 2 points • 29 September, 2017 01:21 AM

Ok

straius • 2 points • 29 September, 2017 03:25 AM

Doesn't have to be fake, just play up a small one. Make a small problem a bit more intense if things are too routine/coasting.

That need won't change even if you swap another woman in. You don't have many options if you're unwilling to introduce any excitement. Otherwise, suck it up and find another way to break up routine if it's so distasteful to you.

Not fighting doesn't = well balanced.

SgtSilverBack • 2 points • 29 September, 2017 03:55 PM

In a marriage like he has the only excitement needed may actually be them doing shit. For some women, going to the Opera provides the feels. Going to Starbucks and making fun of people, tickles under the table. All that kind of stuff is the replacement feels for arguments.

Still AWALT, just at a different place on the feels spectrum than a drama queen that needs to fight for her honor to get feels.

470_2_700_nm • 2 points • 29 September, 2017 02:21 PM

If you don't have the desire to be exciting, you are doing it wrong.

[deleted] • 1 point • 29 September, 2017 02:39 PM

I've been thinking about what you said for the past day and I think you misunderstand.

I do things to keep her on her toes, just not in the form of manufacturing fights. My main go-to is that she's a pretty conservative Mormon, so I like to push her buttons in the crudeness area. I'm constantly saying things to her that no respectable Mormon would say, and it makes her have an "open mouth, I can't believe you just said that, giggle" kind of reaction.

I've also stepped up my game in the dominance department. I was fucking blue pill as could be before I found MRP. I believed fully in equal partners, even though she was non-verbally screaming for me to take the lead in the household. I have since taken the lead, fully. I ask for her input, and then make the decision. We are a 2nd marriage and I live with her lazy ass kids. Blue pill

me was content not to over-step my bounds with them and let her parent. Fuck that noise. I tell them what to do now.

I'm also much more aggressive in the bedroom. Blue pill me believed that women want to be romanced and lots of foreplay and sweet tender love making. Which, sometimes they do. But now, more often than not, I just caveman fuck the shit out of her. That has been VERY well received.

All in all, I've taken the parts of MRP that are focused on self improvement and implemented them to my situation. MRP was never meant to be a one-size-fits-all solution. Every man must determine what parts will work for him and what doesn't.

I went rambo when I first found MRP and it was ruining what was a perfectly great marriage. I had to really dial it back. But I'm a much higher value man now than I was pre-MRP.

2gunsgetsome • 1 point • 29 September, 2017 11:29 PM

To be quite honest, it's so god damned pleasant in our house that sometimes I wish we could have a good ol' fashion fight! I miss that passion.

Hide her gloves.

[deleted] • 1 point • 29 September, 2017 11:39 PM

Lol

Now there's a great throwback!

red-sfplus • 2 points • 28 September, 2017 07:44 PM

Maybe one or two times a year. Comfort tests yes.

My 8 year old daughter doesnt even shit test me.

Tons of fun.

470_2_700_nm • 2 points • 28 September, 2017 07:50 PM

Mkay.

[deleted] • 1 point • 28 September, 2017 08:41 PM

Now here's where we diverge.

My 13 year old daughter shit tests me CONSTANTLY.

It's exhausting.

red-sfplus • 1 point • 28 September, 2017 08:50 PM

Yeah, I expect that will start to happen more as she "matures"

bogeyd6 • 3 points • 29 September, 2017 12:35 AM

Hear hear! Yes, sometimes women really are just unbearable cunts not worth a minute of your time.

straius • 2 points • 28 September, 2017 06:35 PM

Same, issues are centered in different areas. Never get shit tested. Never experience histrionics. She does not try to control me. Many AWALT aspects do not apply to her very well. Just reinforces that MRP is a way to think or view the world, but every man has to individualize it to their situation/dynamic and their desires.

man_in_the_world • 6 points • 28 September, 2017 05:58 PM

I reviewed your post history.

Let me be honest ... you still suck. Your frame is shit; you have a big, fragile ego that's a gigantic, inviting target; you don't fully own your shit; you're an unemployed slacker. You just suck.

Maybe your woman sucks, too. Some do. But much more likely, she's just reflecting you.

You posted this looking for us to give you excuses to blame her rather than yourself. No. Quit looking for excuses and blaming others; that's why you still suck. Get to work, own your shit, and fix yourself.

Once you know what not being a piece of shit looks and feels like, you'll be able to evaluate yourself whether she's capable of responding in kind. But not before.

RedishPill[S] • 1 point • 28 September, 2017 06:13 PM

You posted this looking for us to give you excuses to blame her rather than yourself. No. Quit looking for excuses and blaming others

And this is why I know I need to take a good look at me. Thanks.

man_in_the_world • 4 points • 28 September, 2017 07:49 PM

Your reply suggests that you don't suck quite as much as I thought, so I'll give you a bit more:

Look at how she treats **others**, especially those she's known long enough to feel comfortable with. Is she a bitch to everyone, or just you? Does she have and keep old friends? Do others who come to know her like her, or do most think she's a bit of a bitch, or entitled, or selfish, etc.?

There are enough ballbusters out there, men and women both, who are tough on everyone else but sweet with their spouses, to make the above not absolute, but they may give some indication of how much of a "project" she'll be, and how quickly she'll backslide if you do.

Rian_Stone • 2 points • 29 September, 2017 12:38 AM

Then why come here for the pity party with this 0 value shit?

blargggggggggg • 4 points • 28 September, 2017 05:22 PM

I get where you're coming from but you're asking the wrong question 'is it ever her fault'.

The right question is, 'am I doing 100% of what I can to fix my shit and this relationship'? Lifting, making the effort to pass the shit tests, owning your shit and responsibilities around the house, building and holding frame, kill covert contracts, sidebar, etc, etc.

Only when the answer to that question is 'yes' can you begin to decide if she is worth dealing with anymore, or if she will never change her own view of you due to your excessive negative past.

I don't know how long you have been in the relationship but you probably could use at least a year to build yourself up.

justpickanyusername • 2 points • 28 September, 2017 10:54 PM

Do you ever have trouble remembering your username? I would be like typing it in to login and then be like, "did I type in 10 g's or 11 g's?"

[deleted] • 3 points • 28 September, 2017 04:37 PM

Examples of constant shit tests please

Westernhagen • 3 points • 28 September, 2017 04:46 PM

The other end of the spectrum is, she never shit tests you because she just doesn't care and has totally checked out. So there's that.

straius • 1 points • 28 September, 2017 05:14 PM **[recovered]**

That's not always the explanation. Some women just don't do that shit because they're self aware enough to view it as childish behavior. They choose to handle problems in other manners.

Yes, they exist. OP's case? I dunno. Maybe she's a cunt AND doesn't trust his resolve. But apathy is not the immediate explanation with higher quality women we often characterize it as even though given the context here with repetitive narratives of new dudes, we do see that more frequently.

Posting for the benefit of others that may be confused on the topic. Don't think we actually fundamentally disagree.

470_2_700_nm • 1 point • 28 September, 2017 06:58 PM

A woman that doesn't shit test? Unicorn much?

straius • 1 point • 28 September, 2017 07:01 PM

She's not a unicorn *and* I don't get shit tested. These things aren't mutually exclusive. There are deficiencies in other areas. But shit tests aren't a problem in my dynamic. In fact, I would prefer there were some.

And no, I'm not a drunk captain and no she's not checked out. People vary widely.

470_2_700_nm • 1 point • 28 September, 2017 07:16 PM

Fuck that stir that bitch up. Glad she's not a unicorn, but it sounds like you never go on the offensive to force her into some feelz.

Get going on that.

straius • 1 point • 28 September, 2017 08:09 PM

Nah, that happens, it's not sustainable though as a primary tool. She has some trouble embracing submissive acts in some areas but not others and most of the work revolves around that. More of a sexuality comfort level thing with her.

Used to have laziness problems with responsibilities that were split but those vanished a few months ago.

Progress is good, kink factor steadily climbs, process is going well.

SteelToeShitKicker • 3 points • 28 September, 2017 04:47 PM

5 pages of comment history, **zero mentions of lifting.**

You fail at MRP. Restart, sidebar is on the right.

RedishPill[S] • 1 point • 28 September, 2017 05:09 PM

Lift 3-4 days a week for the past few years, though that has gone down to 2 days the past month as I've taken on a labour job and bust my ass all day.

470_2_700_nm • 1 point • 28 September, 2017 07:12 PM

Ok if you have had enough of this bitch and have been MRPing it hard and to a T then it's plate time. Really. That's it.

Some of us are wondering if you have put that time in. Beacause other woman will want you, and this should either 1) reinforce your value to your wife so that she appreciates you and you enjoy life with her or 2) give you options.

[deleted] • 3 points • 28 September, 2017 05:04 PM

bla bla bla

what do you want?

and do you think the next one will be different for you?

RedishPill[S] • 1 point • 28 September, 2017 05:26 PM

From her: 2 days in a row where she is pleasant to be with all day.

For me: My career to get off the ground (applying and getting feedback/interviews, just a matter of time), a steady income so that I can start saving money for a down payment on a house and I can start building my life financially after all of the years of scholastic investment, a project house and acreage to spend my time building into my dream, and for this nagging shoulder injury to go away so I can get back to pressing 135 over my head again.

[deleted] • 1 point • 28 September, 2017 05:33 PM

why would you share this with this woman

RedishPill[S] • 1 point • 28 September, 2017 05:39 PM

Well, I don't remember specifically sitting her down and sharing this with her, but are you saying it's bad for me to talk about my goals for the future with my GF? I have a path. This is where my life is going. Walk with me or walk away. Have I fucked up somehow?

[deleted] • 2 points • 28 September, 2017 06:18 PM

nah. thats not what I am saying.

but she doesn't sound like someone I would have a conversation with anyway.

by share I meant why would you share your better future.

bogeyd6 • 2 points • 29 September, 2017 12:53 AM

/u/reddishpill I wholeheartedly say not to talk about your future goals with your current gf. Lead from the front.

470_2_700_nm • 1 point • 28 September, 2017 07:04 PM

"I just stare up at the ceiling while simultaneously clawing at my face and start listing off the pros and cons of being with her.". This is like rolling your eyes at something in the world. Very woman like. Change that.

"Is it ever her fault?" Are you looking for her to articulate that she feels it is her fault? Because even if it is her fault and she knows it, she will rationalize why it felt like the right thing to do and thus even in the process of admitting it is her fault she will still feel it is not. So to answer your question, NO.

Leadralan • 2 points • 28 September, 2017 04:37 PM

My replies to shit test come off effortlessly and I take it as amusing banter. I laugh in her face and game the shit out of that woman. Gotta fuck her properly later.

Chinchilla_the_Hun • 2 points • 28 September, 2017 04:53 PM

Look at it in financial terms. She made an investment of commitment in you. (You did the same with her, but let's ignore that part of the equation/analogy) Your negative behaviors were like massively compounding debt that accumulated over years and you've been putting off payments until recently. The monthly invoices turned into thrice-daily (or more) harassing calls. Now that you're finally owning up to the responsibility of payments, you're upset that you're receiving these reminders and want them to stop.

My guess is that - in her mind - you haven't paid off enough of the debt to warrant a reduction in the frequency of reminders that you're in poor standing; this is all **regardless** of how you feel. My advice for the short term is to adjust your attitude towards the process and ramp up your self improvements when possible.

ReddJive • 2 points • 28 September, 2017 05:11 PM

Two words

Cognitive Dissonance.

RedishPill[S] • 2 points • 28 September, 2017 05:33 PM

I'm not doing everything I can to be the best fucking man I can, while simultaneously blaming her for not being the woman I want?

470_2_700_nm • 1 point • 28 September, 2017 07:06 PM

Is this a statement? It reads like one but you have a question mark at the end of it. What do you mean here?

[deleted] • 1 point • 28 September, 2017 06:30 PM

How this fuck is this cog dis?? He's very much owning his role in things.

BobbyPeru • 2 points • 28 September, 2017 05:38 PM

Depends. You didn't give a time frame of when you took the RP or if you read the sidebar.

My gut tells me you need to give it more time. You came from a very beta place, so of course she's going to shit test the fuck out of you. She's having a hard time believing your changes, and on some level she's right, because internally you are in turmoil.

What I used to do early on is just leave... Not to punish her, but to take some time and get my internal frame back. I think you might be in the anger phase.

Ok, onto your question- some chicks are just plain bitchy and you need to leave those. I don't think you're far enough along to make that determination yet though.

[deleted] • 1 point • 28 September, 2017 05:04 PM*

Only way to know is to:

Up your SMV% to the point where you are fighting off other offers with baseball bat (or not) and see how she acts.

Where are you at in the looks, style, career and NGAF department? Why are you still sitting there after a minute

or two of her running at the mouth?

Hint: if her shit testing is making you MAD, then you're out of your frame , hoss. Time for OI

If it's disappointing, well you have the right attitude but she doesn't see it yet. Time for OI

If it's cute to you and steerable, you're in the zone.

[EDIT] and just a reminder the rule of thumb is (results may vary) it takes at least a month for every year to turn your ship around. And that's if you're doing everything correctly with no set backs.

RedishPill[S] • 1 point • 28 September, 2017 05:20 PM

Looks and style: Great. Sure, I need a hair cut (booked), and trimming off my beard was a bad idea (it's growing back, thank you Jesus). My bulk went too good, and I am in the process of losing 10-15 to get back into fighting shape. Career: applying for jobs and getting responses. Just a matter of time. NGAF: Needs work.

Sometimes she runs her mouth, and I often leave the house and do my thing in these cases, but often times its a bitchy/condescending tone when responding to a comment of mine that is there and then gone. It is not cute. Clearly that is still my problem. It's disappointing and often makes me angry.

straius • 1 point • 28 September, 2017 05:15 PM

Gotta give examples of the never ending shit tests or nobody's gonna know which way your problem's swinging.

RedishPill[S] • 1 point • 28 September, 2017 05:31 PM

condescending tones when talking to me/answering questions, using 'hangry' as an excuse to be rude, putting me down in front of our friends, telling me what to do. The vast majority of it is talking to me with a shitty tone though

drty_pr • 2 points • 28 September, 2017 06:50 PM

putting me down in front of our friends

I take a hard stand on this myself man. A lot of people frown against the verbal bitch slap, but I simply don't tolerate public ridicule of any sort. IMO, that's one of the biggest boundaries a women can cross. I cringe when I see some guy letting his wife disrespect him in front of the group. The fact that she does this, coupled with *telling you what to do*, shows you're really lacking in that frame department.

straius • 1 point • 28 September, 2017 05:41 PM

If it's respect issues then AM and AA probably aren't appropriate and you may be misdiagnosing respect problems as shit tests.

There's a similarity there and I'm sure there are legit shit tests in the mix, but respect problems are solved by focusing on 3 major variables.

Setting clear boundaries about her behavior and her understanding that they demonstrate a lack of respect.

Consistently punishing transgressions (make sure you have clearly outlined and defined the problematic behavior / boundary)

OYS

The OYS has to be on point independent of her behavior or you won't have the proper environment to see her behavior change. Otherwise what's the point from her perspective on acting better?

Lifting and looking good sweeten the pot and will get you more compliance.

That's my take.

markpf73 • 1 point • 28 September, 2017 05:49 PM

So your 6 months in based on your Reddit age - time spent lurking under a different user name doesn't count.

You can either beta out and quit - have fun MGTOWing.

Or you can alpha up. I'll allow you this victim puke this once on your marathon run that is your red pill journey. Take a quick swig of water, wash the smell of puke off your chin, and keep running like a Clydesdale (slow, hard working, and grinding without much finesse)

[deleted] • 1 point • 28 September, 2017 06:42 PM

The problem is, I'm getting really fucking tired of it. To the point that when it happens now, I just stare up at the ceiling while simultaneously clawing at my face and start listing off the pros and cons of being with her.

Your frame blows. That's why you get shit tested so much.

It is often said on here "Women will never stop shit testing", but is there a point when it moves from shit testing to "this twats broken"?

They're all broken. It's not a bug. It's a feature.

If you don't like this one, go pick a different pretty girl off of the pretty girl tree. There are plenty of them out there. Just realize that one is going to treat you like shit too until you solve this frame issue.

223552 • 1 point • 28 September, 2017 11:04 PM

Until a week ago, I had same mentality as you, I thought, I improving here for 9 months, and nothing is working, must have just got unlucky with this particular woman. Over the weekend, I had a huge mindset shift, and finally saw, how over the years, of being weak beta, my wife developed resentment, anger, and frustration towards me. I can't change that now, I can however, work on me, which in time may create new attraction. Women don't forget anything.

Its quiet likely, that your GF is still acting the way she is, is because of your past. She is not acknowledging your new you yet. That is something that will take time.

BirdManBrrrr • 1 point • 29 September, 2017 02:44 PM

You take her too seriously. Someone here once said "Someone else's opinion of you should not matter, especially hers" or something to that effect. This is part of the "You are your own judge" concept from WISNIFG, which you should read ---->

You care about what she says and you internalize it and here you are. Once you change the way you view her and view what comes out of her mouth you won't feel this massive frustration when she's shit testing constantly. Sure, maybe she's just a miserable cunt and she's programmed as such...but you have a lot of work to do before you can accurately discern between the two. At some point her nonsense should become amusing to you, even if shrill and bitchy. That's when you know you're making mental gainz.

Everyone else is correct on your OYS (or lack thereof), Frame (or lack thereof), sidebar(...), etc.

I wonder if she will never forget my past (even though she never brings it up in arguments or shit tests about it) and thus will never be comfortable looking to me as her oak.

In the middle of this myself and can relate. The only way to know for sure is to become fit and awesome, then you can see if she's worth keeping around or if its easier to start over. The stay plan is the go plan. Takes a lot of

work to get there also.

She also doesn't consciously realize what's going on, or its highly unlikely she will; she won't wake up one day and tell you "Oh good job ReddishPill you used to be the biggest faggot now you're my big strong man omgggg". It will be totally feelz and if you change your behavior she may (or may not) change hers in response. Stay on your path **for your own benefit** and see how she reacts over time, how her behavior changes, etc.

Get to work.

Big_Daddy_PDX • 1 point • 1 October, 2017 12:48 AM

When will you new its realize that Shit Tests are an invitation to play and have fun?

You sound very low value at the moment. Why would she want to stay with you? These are the shit tests that hurt the most; the ones that remind us of how much work we have to to before we can have fun.