

Well -- how did i get here?

July 31, 2017 | 8 upvotes | by [ThrowTheEgg](#)

You may find yourself... calling this victim puke. And you may ask yourself, has he done the work?

My sense is, there is always more work to be done, but without question, there is much work there.

But I am at a point - and just endured a specific action - that makes me wonder if I am in a totally different place with this situation, than just 'my wife won't fuck me' or 'my wife is being a bitch, how can i make her stop?'

My latest/ongoing question marks around my marriage are, am I trying to apply RP tactics to a wholly different arena of psychological depression.

We're at one year of the pills (Zoloft) with which she had a previous history years ago. They've helped stabilise somewhat, but they're definitely not a 'cure' nor does she seem to really desire a cure, just an avoidance of whatever issues she's grappling with (and I have asked and probed and supported).

Tonight was a curl-up, lights-out in bed with not a single word or good night, let alone an affectionate peck let alone anything else. That's happened often, and that's OK, it's just tonight was, yep, my birthday. You can't tell me AWALT on that one.

My question that I'm Asking Married Red Pill is: am i really dealing with something where striving for even more leadership, lifting more, gaming more, side-barring more ... having done all that, and *hard* ... is that really what you'd suggest is going on here.

Is that a wife who 'just isn't attracted to me?' Is it victim-y puking by questioning if I need to think about a whole new re-think about our entire life?

If I'm wallowing, and you can see something I can't or won't - I'll look at it again. I'm not asking for a leave pass, I am willingly raising my hand to say, if I am being so blind about the fix on this one, please slap me in the eyeballs as hard as needed to see my way through on this one. Because at the moment, I sure as fuck cannot see how to move forward, at all.

Thanks.

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Comments

chachaChad • 12 points • 31 July, 2017 12:31 PM

So you think you're the only fucking guy here who's broken wife wouldn't suck his pee pee on his birthday? Get in fucking line, pal.

I honestly can't tell from this post or your post history how much, if any, work you've actually done. It would seem your entire mission is to have sex with your wife and you can't see that that may never be possible. Continue doing the work and decide what would make you happy then do it. Follow the 12 steps of dread all the way up. If she's not meeting your needs in the relationship, tell her then get out. It's that simple.

ThrowTheEgg[S] • 0 points • 31 July, 2017 12:32 PM

Mission is a happy and fulfilling marriage.

[deleted] • 15 points • 31 July, 2017 01:01 PM

Hate to break it to you, Briffaults law. Thats her mission. Your mission is to be a high value male that women latch onto.

Your issue at it's core is that you're trying to be a great wife.

chachaChad • 4 points • 31 July, 2017 12:33 PM

That's a great mission to have, I guess. Good luck finding someone else to follow you in that mission. Your current wife isn't capable.

ThrowTheEgg[S] • 2 points • 31 July, 2017 12:38 PM

True - That is entirely possible. Thanks for your perspective.

cholomite • 7 points • 31 July, 2017 12:21 PM

Stop thinking so much about her and her emotions and shit. Women love guys who literally couldn't care less about them. Do your own fucking thing man, if you want to bring her along, great, if you don't, great. Stop asking and prodding her issue, she probably doesn't even know what they are herself.

Instead stop giving a fuck, keep becoming more awesome and share some of that with her if you choose.

ThrowTheEgg[S] • -8 points • 31 July, 2017 12:28 PM

Doesn't really seem an OK and human response. It really doesn't. I'm not baiting you. I defy anyone reading what I wrote, and your response, as human and reasonable within the curve of a well adjusted man in 2017, let alone a man proclaiming to be one who leads. Odd.

cholomite • 10 points • 31 July, 2017 12:40 PM

Women want a rock, not a soft squishy pillow. You can tell me I'm wrong and an asshole or whatever, but my evening last night ended with a BJ while I watched tv, yours ended with you wife ignoring you on your birthday.

Give the selfish asshole lifestyle a chance, what do you honestly have to lose? I thought it was common knowledge by now that nice guys finish last.

*read this

https://www.reddit.com/r/TheRedPill/comments/3x3tzd/women_want_a_rock_not_an_equal/

[deleted] • 5 points • 31 July, 2017 01:00 PM

If you're not getting what you want, and he is, did you ever consider that you're wrong, and he has something to learn from?

matrixtospartanatLV • 9 points • 31 July, 2017 01:48 PM

"...within the curve of a well adjusted man in 2017,..."

How's that working out for you, champ?

I'm pretty new, show respect to my seniors here, but fuck me if I'm going to give you a pass on that, so...

FUCK YOU FAGGOT.

Let me explain to you where you are, because after a year of not doing whatever you think you've done, you have deluded yourself.

You are a freshman in the locker room. You come in here with your bitch tits, pimples, and tire around your middle (its a fucking metaphor, run with it) and you start talking shit about what you did in middle school.

Nobody fucking cares. Your post shows you are not progressing.

I know what I'm talking about. My first wife took an anti-depressant (huge red flag) before I married her. Over the years, after the pressures of being a corporate wife and having 4 kids, albeit a SAHM, she folded. I left corporate life, moved her closer to her family, and went from 80 hours a week to 50 hours a week. I was a great BB with nothing but mission to 'save' my family, and I sacrificed everything for my family.

After her second trip to the nuthouse I had enough. I divorced her. Got full custody of half the kids, and we started writing child support checks to each other. She got behind and I went to the child support office to force her to pay. Not surprisingly, I was the only human with a dick in the entire building. I made sure and talked loud at the front desk about how can my ex wife ignore her financial responsibilities and not pay her child support because the boys need new shoes and a coat for school and...you get the point.

I was going to write a lot more but I'm tired of you already. You bore me.

Your mission is a happy marriage?

You've already failed here.

MRP doesn't give a fuck about your wife or your marriage.

If you are not here to fix YOU, then YOU are in the wrong subReddit.

Your wife may or may not notice, she may or may not care, ever.

Would she notice Brad Pitt or Michael Fassbender? Which would she choose, Zoloft or sucking their dick on ANY day?

Start over.

Sidebar.

Lift-read-STFU

And not just the prerequisites, ALL of it. The WIKI, beginner shit, ALL of it.

Work the dread levels. When you get to the end of #5, decide if you are going to stay there and sacrifice (no bitching allowed) for your mission? Or push on through to the relationship you want, whether it's

with your wife or someone else.

You've got a shitload of work to do, more so because you think you already know something.

So STFU.

Get to fucking work.

and STFU

[deleted] • 3 points • 31 July, 2017 01:31 PM*

And THERE's the problem.

You're doing all this shit for the relationship. For her. For the big fat covert contract that if you improve yourself, you'll save the marriage.

WAY WRONG ANSWER.

You better fucking realize that all you do is for you alone. Women, even wives, are secondary objects in your life. That's the hurdle you must leap.

Right now, you're just letting the days go by, letting the water hold you down.

BigAjax • 2 points • 31 July, 2017 03:53 PM

Doesn't really seem an OK and human response.

"Human" as in the stories we tell ourselves to make us feel like we're radically different from and superior to all the other animals on earth? Or "human" as in how human beings actually are? You know which one RP deals with. What u/cholomite said is one of the most core RP principles. It's good advice, especially to a guy who has been RP-aware for so long but who can somehow still manage to say that his marriage is his mission.

Knock off this "well adjusted man in 2017" shit, too. Christ, did you plagiarize that from Sheryl Sandberg or Jessica Valenti?

Look, it sucks that your wife is some sort of unresponsive zombie and totally ices you out, especially on your birthday. She sounds awful to be around. So, what are you going to do about that? You know you can't fix her. What can you fix? If you fix what's in your control, what options do you have?

You need to read (or re-read) Rollo's Reconstruction series, especially part four. It's one of the most important things Rollo has ever written, at least for MRP guys. As a man who is slowly but surely crawling out of a hole similar to the one you're in, I am telling you that the only way to start genuinely improving things for yourself is to mentally break up with your wife and make yourself your own mental point of origin. Maybe that changes things with your wife for the better. Maybe it doesn't. It is absolutely necessary for making your life better in whatever ways are actually possible for you.

SteelToeShitKicker • 1 point • 31 July, 2017 03:32 PM

After this response, **why is anyone helping you at all?** You are the **worst kind of blooper, the sanctimonious kind**. You show no desire to analyse your assumptions, analyse why you are in the situation you are in. You only cast judgement on those trying to help you.

Go fuck yourself and stop wasting everyone's time.

Mods, please ban this shit for brains.

[deleted] • 2 points • 31 July, 2017 03:59 PM

Notice how he disappeared?

I think this should stay as a testament to his hubris and a cautionary tale to others, but he'll probably delete it himself before long.

I do like "sanctimonious blooper" though...probably gonna steal it.

Flew too close to the sun did poor Icarus.

[deleted] • 3 points • 31 July, 2017 05:30 PM

It's common enough that we call it alpha-as-wolf syndrome, in honour of the first ego invested blowout.

[deleted] • 8 points • 31 July, 2017 12:52 PM

Took a romp through your post history because you neglected to tell us the basics of your timeline/relationship/your map.

You've been married 20 years. That's 2 years of work. You're a year in. She's been depressed for at least this last year. What's her medical history? Is it all related to where you guys are now?

What dread stage are you at? Height/weight/BMI/bodyfat? Have you been working all this past year or just jerking?

Antidepressants have the effect of "flattening" all emotion, so while you don't get the low lows, you don't get the high highs either. This can hinder her seeing your progress, anhedonia can cause defeatism and introversion. This in effect lengthens the 1000 foot rope. You may need to work for another 16 months for her to come around.

You have a covert contract about your birthday. Drop it. It does no good for either one of you. It's not a special day. This simple fact that you expect special treatment on your special day tells me you're NOT a year in on doing the work. Killing your ego is a primary expectation here.

Answer the questions I posed above, often it'll reveal a buried lead that might help.

From what you've written, though, two possibilities...

1 - You haven't put in the work you think you have and you're lying to yourself.

2 - Your wife is truly broken and will never be able to step up and enjoy the amazing ride you're keen to take her on. Unfortunately you have to cut the towrope at that point because you're simply dragging dead weight.

I get the feeling the overriding issue is #1.

weakandsensitive • 6 points • 31 July, 2017 06:53 PM

it's just tonight was, yep, my birthday

Are you a 3 year old? No one gives a fuck. For some reason you still think you're special. You're not.

If you really need to feel better, try blowing yourself.

The reason you deflect from talking about the work you've done is most likely because you haven't done any.

The_Litz • 5 points • 31 July, 2017 01:31 PM*

Problems with depression, anxiety and the rest are a double sided sword that cuts both ways.

Take my friend for example. She suffered from depression. Was on medication and went for treatment. She was pretty butch so I was not too surprised when one day she 'discovered' her true sexual orientation. Once she sorted out the conflict she carried around, and divorced her devastated husband, her depression lifted from her mind.

She now has other issues, but they are related to the stigma of being gay.

I am not saying your wife is a rugmuncher, but trapped in a situation she feels like she cannot escape from. **You play a smaller role in it than you think.**

She may or may not resent you directly, but she hates the situation she is in.

Alpha or beta, she is going to feel like that. She may feel better for a while with a new man in her life, but it won't last long. You can not change much except lead your family.

Not much advice, just putting it in a different light.

Edit: Punchline is, you cannot fix her, and it is not your job to do that.

Tebulus • 5 points • 31 July, 2017 04:31 PM

Come on mr smarty pants, you know the answer. You are just lying to yourself. Dont try and tell me after 20 years of dealing with her bullshit and lack of affection that the "fuck this shit" mentality never crept in. But hey, if you want to be all defensive and "deep" waxing on about the duality of existence with your snowflake instead of facing the music then enjoy the rest of your sexless birthdays. Protip: It was my birthday recently and I specifically planned and executed an awesome trip my ltr was a part of but not responsible for. Waiting around for things to happen is what women do. If you choose to stay with this particular shrew, at least throw yourself a kickass party or go mountain climbing or something, anything.

yamgninrub • 1 point • 1 August, 2017 02:06 AM

^ This is gold!

[deleted] • 7 points • 31 July, 2017 01:07 PM

I read your post and u/cholomite gave you a really solid answer. I am just lost that you have a problem with what he said. I can tell you are in pain and that sucks. I wish there was a magic answer for you but there isn't. In another answer you give below I think I can see the root and core of your problem. You said:

"Mission is a happy and fulfilling marriage."

That cannot be the goal. That is a purple pill reaction. You cannot come to the red pill in the hope of achieving a blue pill goal. Your problem is that you believe in fairy tales. You think marriage is like a Disney story. You are chasing a lie. You are like an adult who believes in Santa Clause. What you need to do is realise two things, firstly that humans are not monogamous, marriage is just a social construct.

Second is that you can be happier than you currently are if you can get a real understanding of what it is you want. First you need to kill your false ideas. There are many ways to be happy, pinning your hopes onto a false and impossible task guarantees failure and misery. Focus on improving yourself and forget about setting any other goals. Set a goal to look the best you can from the gym and your diet. Focus on making money or achieving financial or personal goals. At the moment you are chasing shadows. Stop it.

man_in_the_world • 3 points • 31 July, 2017 01:28 PM

it's just tonight was, yep, my birthday.

So by your post history you've been at this for more than a year, and yet *you're butthurt that she's not making a big fucking deal of your special snowflake birthday?* WTF?

You clearly still haven't come even *close* to killing your ego, avoiding butthurt, and developing OI. Which means your frame is probably still beta, fragile as shit, or fucked up. This is your problem, and you clearly have a *loooong* way to go; focus on this.

You still harbor an elementary "I'm a special snowflake so I deserve special recognition on my birthday just because I'm special" covert contract *without even recognizing it as a CC*. You need to reread NMMNG

thoroughly and do the exercises; you'll have great trouble developing proper frame until you kill the CCs and lose the ego.

You can't tell me AWALT on that one.

Are you kidding us? This is *totally* AWALT, except for your mother.

[deleted] • 1 point • 31 July, 2017 04:00 PM

It's spelled "speyshul sneaxflaque".

Jeez.

man_in_the_world • 2 points • 1 August, 2017 02:58 AM

Wow, he's even more specialer than I had realized!

[deleted] • 3 points • 31 July, 2017 05:20 PM

My wife was on Zoloft. I blamed it for the lack of sex, made her come off of it, and still things weren't improving. The only thing that changed was that she regained ability to achieve orgasm, so that was indeed a plus. Her desire to have sex in the first place never really came back though.

Then I discovered MRP and things have been on the up and up ever since, despite her going back onto anti-depressants (Wellbutrin this time, with no orgasm issues FYI)

In short: the Zoloft is likely not helping, but the main problem is you.

screechhater • 2 points • 31 July, 2017 11:22 PM

Just straight up, you are in her Frame and you lack abundance with a missing mission The mission would be you "am i really dealing with something where striving for even more leadership, lifting more, gaming more, side-barring more ... having done all that, and hard ... is that really what you'd suggest is going on here."

Dread straight up

Won't even read your history

Decide, this is good for me, or it's not You want some fun, be fun

Want her in your frame sucking you off and fucking you ? Your frame and dread

Dread level 5 and watch the drugs and her problems go away, or you will be strong enough to move on

Dread step by step

BigAjax • 1 point • 1 August, 2017 12:38 AM

One of the surest signs a guy is balls-deep in his wife's frame: "why isn't she responding?" And a woman is certain to sense if a guy is in her frame - the tells might be subtle, but she picks up on them, even if only unconsciously. If he is in her frame, it kills attraction, any effects of dread, etc. The less you think about her, her view of you, and the relationship in general and the more you think of yourself, your projects, and what you want to get out of life, the better off you'll be, no matter what. The outer man is always a reflection of the inner man.

I don't doubt that her depression makes his path harder. But, that's either bad vetting on his part or just bad luck. Either way, tough shit, he's got to get to work on himself and approach it with the right mindset.

Otherwise, all he's doing is building a better Beta and that's a sure ticket to a living hell of serving someone else's needs and interests.

screechhater • 2 points • 1 August, 2017 01:16 AM

"Either way, tough shit, he's got to get to work on himself and approach it with the right mindset"

I wonder if she is clinically depressed or internalizing the hell she is living with a beta that bends with her every fleeting emotion and sway of her feelz

BigAjax • 1 point • 1 August, 2017 01:54 AM

Yeah, the depression could just be a result of feeling trapped with a Beta. On the other hand, if it's something that's internal to her (history of it, runs in the family, whatever), feeling like you have some male's fee-fees on your plate of responsibilities won't help a woman deal with that shit.

Depression is some awful shit and is hard enough to overcome on its own. Carrying some weak, co-dependent dude's emotional garbage only makes it worse.

-ChillPill- • 2 points • 1 August, 2017 11:42 AM*

Mate, this is my first comment on this sub, I've been applying red pill and improving myself for 6 months now. Your relationship sounds very familiar, especially the birthday part. What I've learned with red pill is that men initiate. For 7 years of my relationship I received no birthday sex or blowjob etc. That's because I never initiated. I expected her to just somehow know that I wanted her to initiate it. Prior to trp she would agree beforehand to birthday sex but then never follow through and I would get pissed off. I know now, that her offering beforehand doesn't mean she will initiate, it means that she won't reject me on that day when I initiate. She might soft no in the morning, but at some time that day I will successfully initiate. But being my birthday doesn't mean I don't have to bother with kino, being fun, being attractive and not being unattractive.

BobbyPeru • 1 point • 31 July, 2017 02:28 PM

The rules and norms are all different when you bring mental illness into the picture. Just curious: do you think she remembered your birthday but chose to ignore it, or do you think she was so depressed that she was in her own little world, oblivious?

[deleted] • 1 point • 31 July, 2017 10:02 PM

You came here as most do lack of affection usually being the primary reason. The thing you must try to do is move your point of origin. Currently you have it based on your wife you need to change that or you will be endlessly disappointed.

BluepillProfessor • 1 point • 1 August, 2017 04:35 PM

it's just tonight was, yep, my birthday. You can't tell me AWALT on that one.

The fuck we can't. AWALT brother.

lights-out in bed with not a single word or good night

So your wife gagged you and prevented you from speaking? I don't get it. Who is the leader of this relationship? (Hint: Not you).

First you are starting in a huge hole with Zoloft which kills the sex drive.

Second, Red Pill is great for restoring a dead bedroom and works with "normal" human females but not so much for mental illness like depression.

Third, it is clear you are not leading her but are waiting for her to lead you. Stop. Step back, and take stock of YOUR life, not your marriage.

What level of Dread are you on. I would bet the farm you have not done a cold approach in 20 years or more. I would bet the farm that you don't know the first thing about seduction. I would bet the farm that you are butthurt when denied and that you have no stable of male friends built up. I would bet that you are dabbling in Shit Test responses (aka Level 1) and have done nothing beyond that. Am I right?

There is a LOT you can do and focusing on cold, sexual denials is the WORST option.

Big_Daddy_PDX • 1 point • 1 August, 2017 07:09 PM

By asking the question "What's wrong with her?" you are admitting that you aren't owning your shit yet. Start with you first. Grow, practice, learn, and apply your craft and THEN you can stand up and look around.

Imagine you're climbing a mountain side by ladder. The view at the top is supposed to be amazing, but on the climb up you're in the clouds so visibility is very low. Don't be that person worrying about how the view will look or if you brought the right equipment because that's wasted talk. You've done the planning so what you need to do is execute. Don't worry about whether your wife is going to make it to the top at this point.

The questions for you are, Have you done the planning? Are you doing the work?