

FR 8 months in, DGAF works.

July 13, 2017 | 21 upvotes | by [Schlippery_Schlong](#)

Background. Long story short, Mrs. Schlong and I were having problems. Fighting a lot, Near DB with weekly starfish sex. Was recommended NMMNG by, of all people, a female shrink. NMMNG lead me to this subreddit which opened my eyes to why my wife didn't want to fuck me. In 5 years, I had turned from the hawt Marine that she married to a lazy, smelly fat fuck. (Current military guys, when you EAS you need to pay extra attention to your weight.) After I cried like a bitch, I started lifting, read WISNIFG, MMSLP and most of the sidebar. Unfortunately, lifting aggravated an existing neck injury which put me out of commission from February to May. Since that I've been doing daily cardio and yoga three times a week. I'm down from 230 to 205 at 5'11". My goal is to get down to 190. Started identifying shit tests, used STFU at first but I've become great with AM. Been owning shit around the house, took charge of finances and have been hanging out with my bros more.

Mrs. Schlong has been responding to the changes very well. Enthusiastic sex almost nightly, cleans more, cooks more and has become generally pleasant to be around. I would say that she acts better than she did when we were first married.

Tonight was just a normal night that would have gone really shitty in the past. Wife and I got home from work around the same time at 6, she had a stressful day at work and was very moody. A year ago I would have encouraged her to vent about it, listened to a two hour rant about office politics and not get laid. That was the old me, he's dead. The new me invited her to smoke a bowl with me, she vented for a few minutes, I cracked some jokes then hopped in the shower and then took care of some things around the house. Around 7, Mrs. Schlong came to me red in the face bitching that there was poop outside of the litter box and that it was somehow my fault. In the past, I would have apologized, cleaned it and begged for forgiveness. This time I simply through my hands up, gave a deadpan look and said "You know what! You're right, I need to work on doing my business in the box." She started scoffed, told me that I better clean up the mess and stormed off. I did some yoga and came to an amazing moment. My wife was PISSED, what I said seemed to make her even more mad, but I honestly didn't care.

Around 7:30, my wife approached me and apologized for her behavior. I accepted her apology, hugged her and kissed her on the forehead then announced that I was going to go pick up some dinner (cheat day!). I didn't tell her wear I was going, she asked me if I wanted to know what she wanted. I told her that I had it handled. Despite her protests, I went out and got her a meal of my choice. She loved it. When I came home, around 8:15 she was freshly showered and wearing a sexy outfit. We smoked pot, ate shitty fast food burgers, and then had rough, enthusiastic sex.

TL:DR Wife was acting shitty, I chose not to get wrapped up in her emotions. She apologized, changed her tune and almost broke my dick off.

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Comments

mountainbiker178 • 4 points • 13 July, 2017 12:23 PM

I love reading the positive outcomes of a RP changed man. Great job. Keep it up.

zeno_of_shitium • 3 points • 13 July, 2017 02:43 PM

Congrats.

I don't want to shit on your parade but one thing stood out for me. Smoking pot and 'diet' don't usually mix - unless you've got some unbelievable self control.

burningBluePills • 1 point • 13 July, 2017 08:03 PM

Smoking pot and 'diet' don't usually mix

I know many people who do not have the munchies while high. Not something I was blessed with as years of smoking gave me an extra 30lbs around the midsection.

Personally I've found IF and meditation has helped get past the munchies on the days I had smoked with friends. However, it's best just not to put that shit in you in the first place.

Haus_of_Pain • 2 points • 13 July, 2017 04:26 PM

(Current military guys, when you EAS you need to pay extra attention to your weight.)

Sums it all up right here: <http://terminallance.com/2012/08/14/terminal-lance-218-life-after-eas-freshman-fifty/>

Schlippery_Schlong[S] • 1 point • 14 July, 2017 12:04 AM

Terminal Lance is spot on about so many things.

DanceMonkeeDance • 1 point • 13 July, 2017 12:27 PM

Congratulations on the win. Quick question, though. Who cleaned up the cat shit?

And for the experienced members, does it matter? What is the response to the shit test in which the wife points out something that needs to be done and which is commonly the husband's job around the house? Sometimes this is simply being helpful; other times it seems that it is a (literal) shit test.

Schlippery_Schlong[S] • 2 points • 13 July, 2017 02:45 PM

Congratulations on the win. Quick question, though. Who cleaned up the cat shit?

She did. Usually I take care of the cat box, but I wasn't going to hop to it when she came at me in a fucked up manner.

illusiveab • 1 point • 13 July, 2017 01:42 PM

Where exactly does STFU come from literature-wise?

[deleted] • 6 points • 13 July, 2017 03:41 PM

"It's better to keep your mouth shut and be thought a fool, than to open it and remove all doubt." --attr. Abraham Lincoln

STFU become some stock advice here to a lot of newbies for a couple of reasons.

--STFU is good advice for guys who reflexively start explaining themselves after being confronted. The reason guys go into DEER mode is because they think they can convince someone else what they did was right or advantageous; or at least they can get their interlocutor to stop badgering them. Never works. Better to just shut up and say nothing.

--some guys think that talking is doing. If they're talking about doing something, they're doing it or accomplishing it. Nope. STFU and do it.

--guys who are new at TRP/MRP tend to talk too much about it, explaining what they're doing and why, etc. No need for that. No one will believe you or care anyway. The wife certainly won't, and if you start talking about what you're doing and why, it just devolves into fights:

"TRP is for losers/assholes/jerks/guys who can't get laid".

"I read that subreddit/manosphere website! WHAT ASSHOLE MISOGYNISTS!! I CAN'T BELIEVE YOU ARE FILLING YOUR HEAD WITH THAT SHIT!! I WANT A DIVORCE YOU MISOGYNIST/BIGOT/HOMOPHOBES/PIG/SEXIST/RACIST!"