

Started 5 months ago fucked up big time last night and lost ground to the point i am further in the hole.

June 8, 2017 | 11 upvotes | by [dirtyelmopuppet](#)

Found Red Pill eight months ago and soon after married Red Pill. Five months ago I began reading the sidebar and the subs daily. I am morbidly obese and have lost over one hundred pounds in the past year. I currently weigh 335 lbs. Started Strong lifts a month ago after over a year with a personal trainer to just get to the point that I could exercise without my heart exploding. I have never been with any woman other than my wife. I have exactly no game and am a complete idiot when meeting new people.

Marriage-Married for 31 years with three kids. I love my wife and have a serious case of oneitis. She had an affair 23 years ago and it still guts me to this day when I think about it. As far as I know she has been faithful since we reconciled but who knows. The fact that I cannot put it behind me 23 years later is one reason I need the principles of MRP so bad.

Kids- I am their dad period. This is the one area where I have excelled and have no doubts. They have all transitioned to good solid adults with no major issues at all. Just the normal growing pains.

Sex- I am tolerated. Frequency during my marriage has been about every other week. During the past five months it increased to twice a week but still very vanilla. I have never had a blowjob. Never. Few apparent starfish sessions but nothing overwhelming. This past weekend no hard no's but three times in a row I got "I don't want to but if you have to get the lube and I'll let you." First time I took the opportunity but the other times I passed.

Finances- Good. Not much I can add.

My problem is my big fat stupid mouth. I know I am unattractive. I know my wife detests having sex with me. I know I should lead and I do in more areas than not and was getting better everyday. But I have a long road ahead to get to the point that I could even be considered tolerable to look at much less nice looking. No rose colored glasses here. But I need a fucking muzzle. I have worked hard over the past year and a half to get healthier. Not once have I looked at myself and said, "You need to lose weight so your wife will like you." Never. It has one hundred percent been about me being a healthier person and tired of the chronic pain that comes with being over four hundred pounds. But, the limited success I have had went to my head I decided that maybe its about time my wife validated me. STUPID STUPID STUPID. This lead to my complete and utter failure in maintaining any type of frame.

The above exchange regarding "get the lube" caused me to start pouring out my anger and feelings about how she made me feel when she says stuff like that (normally I have been good at not being butt hurt)...it snowballed into the affair and culminating in me telling her how much I resented the fact that she had such passion for her fuck buddy years ago that she was willing to throw me and our son away to go off and fuck him. And that I never got that passion from her. We have not spoken except for taking care of things around the house. Until this point I had laid a small foundation of Alpha behavior and was slowly building on it. I knew it would be a long time but I could not STFU.

Now my question- Do I try to fix this somehow by owning it. Or do I shut up and ride the storm out and start over. Hell, how do I own it? I am at fault for losing frame and slinging feelings around like a monkey slinging shit. I just need some guidance on how to navigate this guy's.

Update ** Damn... You mother fuckers are awesome. Thanks for your encouragement and much needed truth. Because if this I have changed my goal that I have had for the past year and a half from trying to be a healthier man to flat out being the best man I can be period. I have changed my view of what happened

from a failure to an opportunity to improve. And that subtle shift in thought is powerful to me right now. I see it now as an opening to really internalize the sidebar.

Vision. Goal. Action. The pieces are there.

Again thanks.

Archived from theredarchive.com

Comments

donedreadpirate • 13 points • 8 June, 2017 09:28 PM

Don't look at it this way. You are making huge fucking progress. Don't beat yourself up over some dumb fight where you relapsed. The important thing is that you are level headed about it, learning from it, and accepting your misstep. Keep pressing on. You may have surprised yourself. You are bothered by the affair. You just didn't realize it. Will be interesting to see where your story goes. Keep losing weight and lifting for now. Focus on that *as much as possible*. Other than that, read like your life depends on it.

dirtyelmopuppet • points • 9 June, 2017 02:59 AM **[recovered]**

Thanks.

RuleZeroDAD • 2 points • 9 June, 2017 04:24 PM

Don't relax too much though...Sorry I was not around much yesterday.

From one less (but still) fat guy to another, the issues associated with attractiveness will never resolve completely until you are objectively healthy looking. You'll have to celebrate your progress to yourself, because if a person just met you for the first time, he or she would assume you were 335 your whole adult life.

I remember this DEERing I did (before I discovered TRP) and it went this way:

"Sure I'm a "big guy" (euphemism for fat coming from considerate others) but you should have seen me _____ months ago."

It's harsh. It sucks. Embrace it all.

We mean what we say when it comes to "be attractive, don't be unattractive." You sound like a reasonable human being, so while you are becoming more attractive through discipline (lifting and strict dieting), you must avoid unattractive BEHAVIORS (like your "notice my progress!" tirade above.)

I'll be rooting for you.

screechhater • 10 points • 8 June, 2017 09:30 PM

Relax You are on the right path and ya, there is an anger phase

Read the sidebar and lift work with the trainer as you started and just FYI, keep going no matter what she says, did in the past or is doing now, keep going. Do not give up

As per the comments if you must, get the lube and fuck, the comment is a shit test and how you handle it, is up to you

Look, you are a lot further along than you started, and next week and month will be better. This is a journey, so as I stated, relax. lift and read like your life depends on it

Watch the movie "forks over knives"

[deleted] • 9 points • 8 June, 2017 09:10 PM

Your thread title describes exactly the way I felt multiple times in my journey. Maybe I did take actual steps back at the time, who really know. But that feeling really did help me get my head out of my wife's ass. "Oh well, I fucked that up. She's not going to like me for a while. But I don't feel like moping anymore, so I guess I'll find some other things in my life that are fulfilling". Helped me learn NGAF.

The feeling will go away, and the tension will dissapate. Will you be a better man because of this?

You failed? GOOD. Opportunity to learn and get better.

Big_Daddy_PDX • 6 points • 8 June, 2017 07:49 PM

You come off like you don't realize how early you are in this process.

After a year of lifting you are at 335lbs? I need some perspective here. Are you a 6'5" linebacker that can bench 350?

You say you know she doesn't want you, then great. You understand that to be an indicator to your SMV. If it isn't where you want to be, then lifting and monk mode is for you. And reading the sidebar.

dirtyelmopuppet • points • 8 June, 2017 07:59 PM [recovered]

The exercising started before the MRP. I was just tired of the chronic pain caused by the excessive weight. I started at 436 lbs in December of 2015. I am only 5' 9". body fat was 49% when I started and is now around 39. Note this was determined by measurements so take it for what its worth.

I know I am early in the MRP process and my SMV is probably not even measurable its so low. Lifting is giving me a lot bang for my buck with my diet right now. While I am losing slower I am stringer and can now do things physically that were impossible a year ago.

I think monk mode is a given right now. I guess I was wondering if there is anything that I as the leader her can do to at least own up to my failure in this particular screw up.

[deleted] • 9 points • 9 June, 2017 01:15 AM*

I know I am early in the MRP process and my SMV is probably not even measurable its so low.

Sure it is. It's zero. That's right. Zero. You need to lower your expectations to the same: Zero.

Once you do that, pick your felling sorry for yourself ass up off the floor and get to work. Don't take your anger out on your wife. You did this to yourself. Now you have to un-do it. It took a long time to get there and it's going to take a long time to get back. There is hope if you stop feeling sorry for yourself and get to work. Nobody is going to care more than you. Pitty is for the weak. Look at yourself in the mirror and get mad. Use that anger to kill that pathetic motherfucker that got you there and WIN!

dirtyelmopuppet • points • 9 June, 2017 02:55 AM [recovered]

Damn near full adrenaline there brother. Thanks.

[deleted] • 3 points • 9 June, 2017 04:08 AM

Thank me after you start getting unsolicited BJs

mtdog • 5 points • 8 June, 2017 07:38 PM*

How and when did you find out about the affair?

It seems to me you aren't over it.

dirtyelmopuppet • points • 8 June, 2017 07:45 PM [recovered]

She confessed. We separated. One month later I filed for divorce. Began custody battle and seven months later she wants to get back together.

I agree I still have issues with the affair. But fuck me twenty-three years later? Where the fuck did that come from? I had never used it against her before.

mtdog • 10 points • 8 June, 2017 08:13 PM

It came back because you never dealt with it. I suspect you buried that demon in pizza and beer.

Now you are starting to handle your shit a tiny little bit better and that big old devil of resentment came back.

I would embrace it and use it as fuel to change.

Stay plan is the same as the go plan.

Big_Daddy_PDX • 2 points • 8 June, 2017 07:45 PM

That was my first thought. At least he could be honest with himself. If you can't get over it, the. At least be man enough to close out the marriage.

dirtyelmopuppet • points • 8 June, 2017 07:51 PM **[recovered]**

Yeah it still hurts like a mother but I honestly did not see this coming. I never used it against her before. Closing out the marriage maybe what happens ultimately but I don't want that or so I thought. I have really seen this issue as my my not having the tools to move past it not has something I held against her this long.

weakandsensitive • 3 points • 9 June, 2017 07:35 PM

Your anger over the affair is with yourself. You should know this.

Big_Daddy_PDX • 2 points • 8 June, 2017 11:22 PM

Again; it will take deep honesty with yourself. You're at the point now that you are supposed to be selfish and think of yourself (instead of putting "other" people in front). Do you genuinely like her today? Can you let go of the negative feelings? Is she providing value to your life?

drty_pr • 1 point • 9 June, 2017 11:38 AM

Yeah is still hurts like a mother but I honestly did not see this coming

It's because you hamstered all sorts of bullshit for why she did it and why you forgave her. Now that you see the world from a different perspective, you see both those bullshit reasons for what they are and know exactly why it happened.

That does hurt man. Knowing your wife wanted other cock but upon retrospection, realized your provisioning is something she didn't want to give up, so she "made it work". Knowing that you allowed yourself over the years to become what you are. Knowing there's a chance it's still happening and she is smart enough not to get caught.

It's fine man. We all have a realization of the world for what it is from our own subjective situations. The good news man, you've found a place to become the best you you can be, with a bunch of guys who will tell you when you're being a dumb fuck.

Foot on the gas man and don't let off.

[deleted] • 5 points • 9 June, 2017 01:43 AM

I just wanted to offer some encouragement brother on your excellent start at self improvement. I too started at 400+ many years ago. It's a hard, long road but 100% worth it for you and you alone. Work hard!

weakandsensitive • 4 points • 9 June, 2017 07:32 PM

I really enjoyed the rawness of this post.

crimson_chris • 3 points • 9 June, 2017 03:25 AM*

Just stay consistent. Always make progress. I have been digesting MRP for about a year. I have had ups and downs. At this point I have 100% lost oneitis for my wife. Which is actually a weird feeling to tell you the truth. Set your goals. While I have made progress, goal setting is where I have failed. Someone said the "winners post in OYS". Post in OYS - be a winner.

Also..think about killing the beta/bullshit in you little by little. I buried my old self about 4 months ago. But it took my a year of scrapping the BS away and setting boundaries. Just keep pushing. For example earlier this week I told my wife "stop acting like an asshole" cause she was acting like an asshole. LOL. I would have been scared shitless to say that a year ago. Told her and guess what, she chilled and we moved on. Build your frame.

And something to look foward to. About a week ago one thing happened that has never happened. And one thing happened that has not happened since we got married (17yrs ago).

Not in 17yrs - she initiated a blow job. Have I gotten bj's in the last year? Yes(more last year than all of my marriage), but I had to tell her to give me a bj. This time, she just went down on her own.

Never has happened - that bj happened after she rode me. Got off and then sucked me. PIV to PIM has never happened with her. Weird, but for me it's progress to making her my slut. So...that is not the goal, but use it as a gauge. Keep improving brother.

redsprinklersystem • 1 point • 9 June, 2017 12:20 PM

I can totally relate. Just over a year of mostly lurking here but making what I think is less than optimal improvement.....

Last week during sex (which was decent, but average/ordinary) she pushed me off to change position (nothing unusual) and said "turn me over and fuck me up the ass"

Whoa! Holy shit! I almost fell off the bed in shock!

Anal has been completely off the table since a botched drunken attempt about 16-18 years ago (despite my undoubted desire for it). She has always frozen up if I ever even accidentally brushed the rusty sheriffs badge, and now seemingly out of the blue.....

I feel truly blessed to have stumbled upon this sub.

[deleted] • 2 points • 9 June, 2017 05:13 PM

Nice post dude.

Seems like you are owning your shit for the most part.

Careful about the covert contracts and be aware of the need for validation.

i.e. I'm working hard!! you should fall on my dick every day! and " Look at me mommy!, Aren't I a good boy?"

You're doing this for YOU, right?

DDP is right. Don't let a setback derail you.

Onward,upward.To infinity and beyond!

Just don't be this guy....

https://i.kinja-img.com/gawker-media/image/upload/s--SRi5FL7M--/c_fit,fl_progressive,q_80,w_636/17g9h43b5bwu0jpg.jpg

nightmancommeth • 1 point • 9 June, 2017 12:11 PM

Keep working on you bro. You need to go monk mode right now and fix your weight and find something you actually like about yourself. I have been hitting yoga lately and not only do you get a physical aspect of it, it has also improved my mental game immensely.

Id suggest going hard in the gym and ramping up that diet. Read the 4 hour body by Tim Ferris and follow that slow carb diet. It really works and isnt a diet but a lifestyle. Secondly google loose skin and gotu kola and read about that. Any questions about fitness, diet or whatever shoot me a line. I have been up in the 270 range before and now am under 10% body fat

dirtyelmopuppet • points • 9 June, 2017 01:55 PM **[recovered]**

I have been on low carb. That accelerated my weight loss tremendously. I'm always looking for a better way and you can bet I will check this out. Loose skin is a big deal. A really big deal. The good news is my doctor is already on board with the removal when the time is right. I insurance will pay for a good portion of it.

nightmancommeth • 1 point • 9 June, 2017 04:36 PM

The gotu kola protocol is 1 gram a day for 6 months. You will see little progress then its like over night your skin will fix. What it does is it breaks down the scar tissue at the cellular level so it can retighten.

Look up the Tim Ferriss podcast and the first one with Charles Poliquin. He mentions it in there that one of his students had a client who lost 200 lbs and they did that protocol. That podcast is also a wealth of nutrition and workout knowledge. Its long but i listened to it while working out over about 3 days.

nightmancommeth • 1 point • 9 June, 2017 04:38 PM

Also Gotu kola you can buy it buy the lb online for \$27 bucks 2 lbs is 8 months

chachaChad • 1 point • 9 June, 2017 12:16 PM

There is some great advice in this thread. Just wanted to join in and congratulate you on your progress. Yes, progress... This was a bump but only because you were doing something different and that is good. Your frame was tested and will continue to be tested. You recognized your frame was weak so now work on it.

As far as duty sex goes, you need to stop accepting it and you need to stop being butt hurt about her offering it. You're simply not attractive enough for her... yet.

Continue to work on yourself. Become that rock or oak. Stand tall for yourself and working. :)

[deleted] • 1 point • 9 June, 2017 04:30 PM

I resented the fact that she had such passion for her fuck buddy years ago that she was willing to throw me and our son away to go off and fuck him. And that I never got that passion from her.

Do you think this anger gets easier when you are at your ideal weight and bf%?

BluepillProfessor • 1 point • 12 June, 2017 10:42 PM

This is not a reset. It is just a speed bump. No worries. Carry on and try not to get butthurt.

Also, you have moved from hard NO to grudging compliance most of the time. That is a HUGE improvement! The wife is deferring to you and no longer feels right denying you outright. In case you didn't notice that is what we mean by "submission." It only gets better as you go forward. Don't forget, a bitchy moment can only ruin the foundation you are building IF YOU LET IT.