

# FR: NMMNG is like a punch in the gut

March 10, 2017 | 13 upvotes | by [sixdownsevenup](#)

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I started my MRP journey in earnest Jan 1st. I just finished WISNIFG (previously read MMSLP), and started reading NMMNG this morning in earnest.

This is just a warning for other newbies like me. By the time I got to the end of the first chapter, I felt as if R. Lee Ermey walked up to me wearing a wry smile, put one hand on my shoulder, gave me a knowing nod and then punched me right in the fucking gut. I mean, I literally felt nauseous as I read this description of me - right there in black and white - and it was not pretty.

Fuck. Do I have a lot of work to do.

So, fair warning faggoty newbie fellow travelers ....

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## Comments

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[deleted] • 6 points • 10 March, 2017 03:11 PM

Good on you for actually reading the material. It is almost comical how many men here have been "reading" the sidebar material forever and yet don't seem to understand some of the basic concepts. I have read it all, some books multiple times, and branched out into more advanced titles as the years have gone on. These books have made me a better husband, boss, lover, and man. I also have much less stress in my life now that I have internalized the truth about the reality we live in. NMMNG was a punch in the gut for me too but it was When I Say No, I Feel Guilty and Rational Male that really completed my Red Pill Newbie training.

sixdownsevenup[S] • 2 points • 10 March, 2017 03:21 PM

I plan on rereading WISNIFG after this first thorough reading of NMMNG. I just feel, as a n00b, that NMMNG is so important - even after just one chapter - I felt compelled to post. If it spurs some other newbies to get after it sooner, then I can live with the criticism of my posting this.

dandar4600 • 5 points • 10 March, 2017 02:28 PM

That's why that book should have been read first. That one is the one that opens your eyes.

sixdownsevenup[S] • 3 points • 10 March, 2017 02:31 PM

Yes. I see the wisdom of the order in the side bar now. Other newbies - please read these in order. I thought I was making a good decision since I had already previously read MMSLP. It was not. NMMNG is strong medicine and should be taken first.

discobolus\_ • points • 10 March, 2017 04:17 PM **[recovered]**

Is it? Why would you feel shitty about how you were? We were lied to about the rules of the game.

I guess one man's gut punch is another man's "AHA!" I read this shit and thought "Oh thank god there's a better way". Took me a while to understand it, but I skipped right on past the anger phase because every other man in my life was just as clueless. They can't teach me shit they don't know themselves.

AmericanViking64 • 1 point • 10 March, 2017 09:53 PM

Same here.

[deleted] • 2 points • 10 March, 2017 02:54 PM

Jan 1st.

Top KEK. Most lead with actions, questions, or failures. Brokebackmountain haiku works though

capn\_barnacles • 2 points • 10 March, 2017 04:14 PM

Thanks for the tip. I've started reading MMSLP along with the sidebar/wiki first. I think I'll put MMSLP on hold and start NMMNG.

Guidance on the order is very helpful to me. Lots of material to absorb, and I want to make sure i don't get ahead of myself.

[deleted] • 2 points • 10 March, 2017 06:22 PM

Welcome to the party.

[deleted] • 2 points • 10 March, 2017 11:25 PM

Fuck. Do I have a lot of work to do.

Yes you do. Approach it as a long term journey. Embrace it. Enjoy the work.

You are starting through your freshman year of MRP. You will be on this path for the rest of your life.

As you do the sidebar, realize many of the resources you will read again, but with a higher level of understanding in the future. Best.

[deleted] • 2 points • 11 March, 2017 11:30 AM

You were me 18 months ago.

Welcome. read. Everything. Devour.

I cringe when I think of all my failings as a man. It's been work, but the work is invigorating because I know I'm doing it for me.

Advice? Dump your ego. You're so new you don't even know what you don't know. Keep reading, thinking, working on yourself.

Congrats on opening your eyes.

ReddJive • 2 points • 10 March, 2017 02:32 PM

This isn't a field report. A field report is about an action of actions you have taken, doing an evaluation on them, and then looking for advice or criticism from others.

This is:

I read a book. It was cool. Hope you read it to.

sixdownsevenup[S] • 0 points • 10 March, 2017 02:36 PM

You know - you are *exactly* right. Taking a risk by using slightly inaccurate terminology to try help other faggoty newbies was clearly a **major** fuck up on my part. Mea maxima fucking culpa. ;)

[deleted] • 5 points • 10 March, 2017 03:13 PM

Witty banter comes after work and contribution.

sixdownsevenup[S] • 1 point • 10 March, 2017 03:19 PM

fair enough.

Westernhagen • 3 points • 10 March, 2017 03:02 PM

Have you done any of the Breaking Free activities? If so, how did they go? How did identifying and getting rid of covert contracts change your relationship with your woman? Telling us about that would be a FR.

sixdownsevenup[S] • 1 point • 10 March, 2017 03:06 PM

I *literally* started reading this book this morning at breakfast (I take some solitary time to eat and read). The only breaking free activity I have done is the first one, and that was because I had already started some therapy (MRP friendly) and have 2 others I can talk to about NMMNG.

I was just so amazed at the visceral reaction I had to reading all these (really terrible) things that I

have been doing *my whole life*. I just felt like this is a lot of men, and was moved to share the experience.

Should have left out the FR tag. Roger that.

Westernhagen • 1 point • 10 March, 2017 03:10 PM

I know exactly how you feel. I had *precisely* the same reaction the first time I read it. The part about the "making of a nice guy" hit me hardest because it described my childhood exactly.

ReddJive • 2 points • 10 March, 2017 03:08 PM

We don't do passive aggressive here. if you'd been here more then 10 minutes you'd know that.

Do some real work before you come back.

sixdownsevenup[S] • -1 points • 10 March, 2017 03:18 PM

I see - so I should have just DEER'd in the face of your criticism? And we're calling "Agree & Amplify" passive aggressive now?

I have looked at your post history and can see your experience and the value you have contributed. I respect that.

That said, tell you what - I will be the ultimate judge of myself and whether I have done real work and have something I think I need to contribute.

[deleted] • 3 points • 10 March, 2017 03:57 PM

ReddJive isn't wrong - I read nothing light and funny in your response, only a snarky reply. You seem to be willing to listen to criticism, so as a further mini-exercise for you: once you have a chance to cool off a bit (a day maybe), re-read that response, and consider how you'd react if someone said that to you, then consider whether you often react to your wife that way, and whether that's going to be a productive way to build respect, trust, desire, or any of those other nice intangibles.

sixdownsevenup[S] • 1 point • 10 March, 2017 04:44 PM

So - just to be clear, I wasn't angry or mad. I do see guys get crucified here for DEERING to criticism. That was my faggoty attempt at A&A - wasn't meant to be passive aggressive.

I understand now that I haven't yet earned that right here. I have received the message and am processing it. I knew I had a long way to go, but it is much much longer than I even knew when I started.

innominating • 3 points • 10 March, 2017 06:44 PM

It has nothing to do about earning the right to AA, your comment is such a poor attempt at AA, your are getting called out on it.

Reread your comment; you ARE DEERING, explaining that you took a "risk", and used "slightly inconsistent terminology" to "help" others. You are trying to protect your ego through a faulty attempt at AA.

sixdownsevenup[S] • 1 point • 10 March, 2017 06:48 PM

Interesting. Fair point. I didn't see that.

innominating • 3 points • 10 March, 2017 06:58 PM

Of course you didn't, that's why i showed you. There's a lot of shit you won't see for a while. There will be a time when you wish your could unsee the shit you see.  
Welcome to the club my man.

ReddJive • 1 point • 10 March, 2017 03:37 PM

If my comment was meaningless, we'd laugh, poke each other in the tummy and go get ice creams. Instead your argued and entered my frame.

Let me know how Chapter 2 turns out.

sixdownsevenup[S] • 2 points • 10 March, 2017 03:41 PM

Fair.

I think I'll wait until I absorb the whole book and have something more substantive to contribute.

BobbyPeru • 1 point • 10 March, 2017 08:22 PM

You really need to read the whole sidebar to have something "substantial" to contribute.

sixdownsevenup[S] • 1 point • 10 March, 2017 09:10 PM

Hmmm ... I'll consider that statement - but I am not sure that agree with that.

Especially, since this is the "ask"MRP sub. I would think that contributions take the form of asking for help.

BobbyPeru • 1 point • 10 March, 2017 09:16 PM

At a minimum, the sidebar should be systematically read (in process) as questions are asked.

bogeyd6 • 1 point • 10 March, 2017 03:01 PM

There are plenty of good articles in /r/marriedredpill talking about which book to start with depending on who you are. Nice guys obviously need NMMNG and push overs need WISNIFG.

RBuddDwyer • 3 points • 11 March, 2017 12:14 AM

**Nice guys** *obviously need NMMNG* and **push overs** *need WISNIFG*.

But you repeat yourself.

sixdownsevenup[S] • 1 point • 10 March, 2017 03:08 PM

That is why I started with WISNIFG - I thought I was more of a pushover. Now I see that was a *symptom* of Nice Guy Syndrome. My physical reaction to that discovery motivated me to post.

FistFullOfBitches • points • 10 March, 2017 04:02 PM **[recovered]**

You certainly aren't the first guy to have that reaction to NMMNG. This was the book that started to crack open the rabbit hole for me a couple years back.

SeamusAwl • 2 points • 10 March, 2017 09:18 PM

Nope. That book railed me something fierce. It was a punch in the gut followed by a knee to the nuts.

bogeyd6 • 2 points • 10 March, 2017 04:38 PM

Different strokes for Different folks.

BluepillProfessor • 1 point • 11 March, 2017 10:57 PM

punched me right in the fucking gut

Love the image though I saw it as more of bitch slap that knocked me on my ass. NMMNG has unplugged more men than any other source. The idea of covert contracts is so obvious and so ubiquitous with men today but almost none ever see it.

sixdownsevenup[S] • 1 point • 12 March, 2017 01:44 PM

I was sitting in a McD's having my morning caffeine when I read that first chapter or so and I literally felt like I was going to throw-up for a minute. It was an amazingly visceral reaction.

I mentioned in another comment that I just completed the first read-through last night. It is tough coming face-to-face with the fact that I am *not* the person that I try so hard to get everyone (including myself) to believe. It is so clear to me right now that my personal integrity is for shit and I have got to come to grips with some serious shit. It is way worse than I thought ...

mundocorde • 1 point • 12 March, 2017 05:33 AM

It was also a kick for me.

I am convinced that it's not enough with reading the books once. Only after several reads the info starts becoming second nature.

By the way, I highly recommend the audiobooks, especially for long commutes.

Sincerely, another noob like you.

sixdownsevenup[S] • 2 points • 12 March, 2017 01:39 PM

For NMMNG I decided to take a much more structured approach and start the sidebar reading over from scratch. Yeah - I've read MMSLP a couple times, and just finished WISNIFG, but I just *read* them. So much just slid off me like oil off of teflon.

I just finished reading NMMNG from start to finish over the past couple of days. Now I am going back and work on a chapter or so each week and really work every one of the exercises. When I finished the first reading last night I was mentally exhausted. It was like someone looked into my *soul* and saw *everything*.

I can already tell that some of those exercises are going to be epic struggles.

TaistoKarhu • 1 point • 13 March, 2017 06:47 AM

Yeah it was the eye-opener book for me. It felt like I was getting beat down in every page, everything I had believed in was shred to pieces. It's strange how the book included most of my former dysfunctional foundations of belief and explained their flawed mechanisms to me in such a way that I couldn't help but agree in the end. I remember wanting to argue with the book all the way until acceptance came.

It was painful and for that I'm ever grateful to Robert A Glover. I'm reading it the third time now because I really want to internalize that book inside out.

sixdownsevenup[S] • 1 point • 13 March, 2017 11:06 AM

It has become clear to me that it is going to take me many months, and probably years to change some of the dysfunctional "nice guy syndrome" behaviors.

firstorbit • 1 point • 18 March, 2017 11:18 PM

I'm about a third of the way into NMMNG and I'm only identifying with about half of what he's saying. I started with MMSLP and I found it had much more relatable and practical, usable info.

Like I don't get how staying sober and staying in shape are approval seeking behaviors and then he tells you to try not doing those things. So becoming a fat drunk is supposed to help somehow?

sixdownsevenup[S] • 2 points • 18 March, 2017 11:25 PM

So, I read the books out of order so have finished MMSLP (a couple of reads) and WISNIFG. I identify with *most* of the traits in NMMNG. Although I see it as an important book to read, certainly not every man will have "Nice Guy Syndrome". I definitely do. Not only that, but exactly as it is described in the book I can see how my childhood responses to my parents shit fucked me up.

I really don't think that Glover means that anyone should not pursue things like staying in shape, or staying sober - but that those things should be done **only** for you and you are the only one that needs to approve of them.

In a sense, this sort of goes to the heart of what I am trying to process. It is not so much that I am worried about initiating - but that my entire frame is fucked because I will tend to monitor availability for practically *every* woman. In fact, Glover pointed out that he has seen this behavior in Gay men - even though they would have absolutely no interest sexually in women.

So, I think there is a little something in NMMNG for every man, but not everything in NMMNG is applicable to every man. As you pointed out, some of the other books may have more applicability to a particular man and situation.