

MRP and Pregnancy

February 17, 2017 | 7 upvotes | by [MetalRP](#)

I've been unofficially unplugging for about a year (meaning I started some of this on my own before discovering these communities/literature). Anyway, I have a 2 year old and my wife is early into her next pregnancy. During the first pregnancy she went fucking wild with sex. The smallest touch could set her off, she loved her new big tits, etc. Lots of fun was had.

However, this time it could not be further from that experience. A couple of logistical differences between then and now - 1) I've been lifting so physically I'm more attractive, 2) doubled my salary, 3) Own my shit around the house. You know the absolute basics of what MRP preaches, 4) We have a toddler which does add stress to our lives (and joy). So the meaning of this last sentence is to say that I've worked at being more attractive this go-around and by my estimation I am. However, sex is not on her radar. I can tell she appreciates me gaming her but it doesn't really lead to sex. 8/10 she will agree to sex if I escalate but as many of us have experienced it's not the quality we really want. In fact last night she hopped off my dick as I was about to cum so quickly and went to the restroom. She apologized and said she just felt icky. It was funny in retrospect but man I've never gotten a response like that.

I've been reading up on pregnancy science and hormonal releases can vary greatly from pregnancy to pregnancy. It's common for them to be vastly different and low libido is as common, supposedly, as crazy high libido during pregnancy. So with that said my plan is to double-down on myself and make sure all of the house's shit is in order and pick up her slack since she has been having a rougher go of it this time (sickness-wise). Is there anything else I should be doing? Should I accept the hormones for what they are and just work on myself and forget sex for a while? The reason this whole post is so sex-centric is because for the most part everything else relationship-wise is good and personal-wise this is the happiest I've been in a long time.

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Comments

wally592 • points • 17 February, 2017 12:04 PM [\[recovered\]](#)

I've got five kids with one miscarriage somewhere in the middle there ... ALL OVER THE PLACE MAN.

That's all I can say.

All over the place.

The hair is awesome, and when she feels she's got awesome hair, she feels great. Skin is awesome ... same thing. Tits. Yup. Loved the tits. She loved the tits. Normally a B, so anything more was huge for her view of herself. And the tanks came as well. Tiredness were a big deal for her on later pregnancies. Your wife will obviously be more tired with the second than with the first simply b/c of all the responsibilities from the first. I also find that time of year (ie. winter and February in particular) affect things for my wife. Not getting outside for some sun ... staying in the house all the time. Bad mojo ensues.

I've had the hop off in the middle as well. Don't remember an "icky" response, but I'll be damn if I didn't press on her bladder the wrong way every time I got close to her.

No butthurt from you...That's basically the only thing you really need to worry about right now. All in all, just dabble in the waves of her emotions the way most posts here talk about. In time, you'll need to make sure you're staying the alpha around the house with more kids and more drama. Everything's going to turn into check-boxes that need to get done. Just make a mental note that you make sure you don't turn your gaming and your kids into mere check-boxes as time goes by. It'll need a major revisit from you probably 10 months in the future. Pretty sure that's a major factor that caused me to end up at MRP.

RBuddDwyer • 3 points • 17 February, 2017 03:59 PM

No butthurt from you...That's basically the only thing you really need to worry about right now. All in all, just dabble in the waves of her emotions the way most posts here talk about. In time, you'll need to make sure you're staying the alpha around the house with more kids and more drama. Everything's going to turn into check-boxes that need to get done. Just make a mental note that you make sure you don't turn your gaming and your kids into mere check-boxes as time goes by. It'll need a major revisit from you probably 10 months in the future. Pretty sure that's a major factor that caused me to end up at MRP.

That is easily the **best** advice I have ever seen anyone here give about pregnancy. I regret that I have but one upvote to give. **Nothing changes during pregnancy.**

Life_advice_me • points • 17 February, 2017 12:01 PM [\[recovered\]](#)

It would be good to see a post on this from one of the more senior MRP approved. Myself and other posters on MRP have experienced the wife having a drop in libido with the second pregnancy but not the first. For me, this continued for the year after my child was born as breastfeeding also reduces libido. It was at this time I found MRP, but unfortunately it was also the most difficult period as I had a tired low libido wife. Combine this with the necessary need to provide support around the house and it was a perfect storm. MSLP and MRP gave me the tools to increase desire and initiate but I was an MRP novice and angry because of my feels and wasn't getting the validation I craved from my wife (I was very much a beta blue pill at this time). My advice for what it is worth is to accept that your going to have to work allot harder to create desire and intimacy just to get back to the level you were at. Your playing the "RP on hard mode" in hard mode.

RBuddDwyer • 2 points • 17 February, 2017 03:56 PM

Your story almost exactly mirrors mine. I unplugged soon after the birth of our second child, during a drought initiated (not caused by) by her breastfeeding for six months. The sex during the second trimester of that pregnancy was some of the best I've ever had with her. Four to five times a week, with many occasions of her waking me up at 3am just to fuck. So when the drought rolled in about midway through the third trimester, and continued on for months after the birth, it just sunk me right back to where we were before.

Unplugging during pregnancy or soon after is no different than unplugging at any time, once you realize that the whole MRP thing is for you and not for her. When you change up what you are doing just because she is pregnant, then you not only put yourself in her frame, but you *also* put yourself reacting to someone who is driven by hormones even more than normal. That is not the place to be. So when I say **nothing changes during pregnancy**, I mean it. You do *not* let her (or her pregnancy) frame the relationship. You do *not* constantly walk around on eggshells. You do *not* backslide on your improvement just to accommodate her physical condition. If anything, she will lean on you *more* during pregnancy, as she will have even less control over her emotions. You will have to be stronger than normal. Lots of things will fly at you completely from left field during pregnancy. Ultimately you are still the oak tree in the relationship. Commandment XI still applies. **The last thing you do is supplicate or appease a woman who is driven by a huge surge of hormones, and has little to no self control.**

So what *do* you do? Understand what is going on. Understand that she will be confused, lost, scared, and generally feeling out of control. Understand that she may be so out of control, she doesn't even realize what she is doing. **This is when she needs the firm hand of masculine guidance to settle her down.** So you still bat down the shit tests, you still improve yourself, and you still control the frame. It is still your world that you are building, and that she *follows* you in.

Now, for those of you who are *really* looking for a challenge, this is going to be one of the best times to set yourself up for some *massive* drama from her. You are going to get some of the hardest hormonally-enhanced shit tests you've ever seen. Consider it a challenge and swat them down like normal, but always subcommunicate to her that you *know* what is going on, you *know* she cannot control this, and it *does not* affect you in the least.

The_Litz • 3 points • 17 February, 2017 12:49 PM

From what I read here she is not refusing you sex, just that your ego took a little hit when she jumped off.

At least you are just a little confused about it and not butthurt. Am I right? Do not sweat it, it is normal. If this happens a year from now.....well then it is a whole other remedy.

You got it tiger.

MetalRP[S] • 1 point • 17 February, 2017 03:33 PM

Right, if my ego hadn't taken a hit this post wouldn't exist. Thanks

brick_howse • points • 17 February, 2017 02:11 PM **[recovered]**

I'm a lady who's had two children....

Imagine your body had been hijacked by a mind-controlling "zombie" parasite. You're conscious. You're aware. You have zero control. That is what pregnancy is. It's a serious mind-fuck. Some of it is great. Some is awful. And you have no idea what you're going to get. So.... everything you think you know... about your wife, about women, about sex, about pregnancy... just forget it. She's probably just as bewildered by the whole thing as you are.

Like others said, take nothing personally. Just ride it out. She is literally not herself right now. Things will find their way back to your new normal after the baby arrives and she has had some time to recover.

(Related: recovery time can vary from woman to woman and pregnancy to pregnancy. So try not to have any expectations based on how things went after baby #1. After my first, I was back at the gym within a month... I felt great. Tired and overwhelmed, but great. After my second, I had some health complications that took me over a year and a lot of hard work to fully recover from. I'm not sure I would have been able to dig myself out of that hole without my husband's leadership and support.... and unwavering patience.)

MetalRP[S] • 1 point • 17 February, 2017 03:33 PM

I appreciate hearing your perspective. My wife recently also stated that she just hasn't felt like herself whatsoever for this pregnancy so it's interesting that you echoed that sentiment.

RBuddDwyer • 1 point • 17 February, 2017 04:06 PM

A broad who gets it. A unicorn indeed.

RBuddDwyer • 3 points • 17 February, 2017 03:36 PM

Nothing changes during pregnancy. You still act like a man, and you still initiate sex. A lot of times she won't be in the mood, either for logistics, hormonal changes, whatever. That is to be expected, just roll with the punches. Understand that at least *some* of the time, her unreceptiveness to sex is *not* directly because of a lack of attraction, so act accordingly. But whatever you do, **don't go all beta on her**. All you will do is trigger her hindbrain that she fucked up and you are *not* the real alpha she got pregnant by. You just roll with the punches, and keep working on you.

As a side note, don't write the entire pregnancy off yet. Women do tend to react differently to each pregnancy, and each trimester *can* be entirely different from the last. Usually, the second trimester is when the libido goes off the charts, as the pregnancy hormones have normalized, yet she is not far enough along that physical discomfort comes into play.

Thomaskingo • points • 17 February, 2017 11:46 AM **[recovered]**

When she's pregnant lots of the red pill advice become incorrect. She needs a lot of beta and very little dread if any at all.

RBuddDwyer • -5 points • 17 February, 2017 03:31 PM

Completely wrong. Nothing changes during pregnancy. She is still a woman, and you are still a man.

bangorlol • 4 points • 17 February, 2017 04:50 PM

Do you want drowned children? Because this is how you get drowned children. There are few things more important to a marriage during pregnancy than providing comfort and security to your wife - especially during the latter two trimesters when shit starts to get painful, hormonal, and embarrassing. Adding a ton of stress through useless dread isn't good for her or your child, and is counterproductive to the success of your marriage.

Plus she has your child growing inside of her. Even if you don't want to let some beta out for her, you do it for your kid.

[deleted] • 2 points • 19 February, 2017 04:24 PM

Dude. Shit is this... Eggshells? Be a comfort fountain or she drowns the kids?

Fucking retards

RBuddDwyer • -5 points • 17 February, 2017 05:12 PM

Do you want drowned children? Because this is how you get drowned children.

Complete and utter hyperbole. Your changes are *not* going to overrule her motherly instincts. If she decides that the best response to your improvement *is to harm her children*, then you really picked the wrong girl.

There are few things more important to a marriage during pregnancy than providing comfort and security to your wife - especially during the latter two trimesters when shit starts to get painful, hormonal, and embarrassing.

More important: **providing the strong, reliable masculine leadership she needs.** Making sure she knows that, no matter what she does, you are the strong oak tree she needs to steady herself. From The Sixteen Commandments of Poon;

XV. Maintain your state control

You are an oak tree. You will not be manipulated by crying, yelling, lying, head games, sexual withdrawal, jealousy ploys, pity plays, shit tests, hot/cold/hot/cold, disappearing acts, or guilt trips. She will rain and thunder all around you and you will shelter her until her storm passes. She will not drag you into her chaos or uproot you. When you have mastery over yourself, you will have mastery over her.

More important: reassurance that she is carrying the child of her **alpha male**. Pregnancy is temporary, children are forever.

Adding a ton of stress through useless dread isn't good for her or your child, and is counterproductive to the success of your marriage.

Dread is nothing more than *her realization* that *you* are a high-value man. Women are *constantly* looking for assurances that their man is the highest value man she can secure for herself. Hypergamy doesn't go away during pregnancy.

Plus she has your child growing inside of her. Even if you don't want to let some beta out for her, you do it for your kid.

Tell me, how *did* you get that pedestal *so shiney*! I'm blinded by how bright it is! **She gets no extra credit for fulfilling her biological imperative.** Pregnancy and childbirth are what *she was meant to do*. Don't worship the Golden Uterus.

As for your kid, the *last* thing I want to teach them is to pedestalize women, or that women are special because they have children. I can think of no worse punishment for your children than *lying to them* about the nature of women and how to achieve a successful relationship with one.

brick_howse • points • 18 February, 2017 01:34 AM **[recovered]**

Wow. Um, PPD has *nothing* to do with whether or not you "picked the right girl".... seemingly normal and loving and motherly women suffer from PPD and PPS (postpartum psychosis). You know that women used to kill their children *all the fucking time* right??? Spousal support is one of the most influential factors in a woman's navigation of the postpartum period.... and being supportive of a pregnant spouse in no way teaches children to unnecessarily pedestalize women... it teaches them to value our offspring. We teach children how to treat women by *the way they see adults treating women*. This is all basic primate social conditioning....

RBuddDwyer • -1 points • 18 February, 2017 02:03 AM*

And here I thought you were a Special Snowflake(TM), I guess AWALT.

Let me break this down for you:

u/Thomaskingo starts things off with this *wonderful* piece of advice:

When she's pregnant lots of the red pill advice become incorrect. She needs a lot of beta and very little dread if any at all.

u/bangorlol follows up with:

Do you want drowned children? Because this is how you get drowned children.

Which is presumably a reference to Andrea Yates. Let me ask you, how many pregnant women drown their children? How many PPD women drown their children? Shit, how many women *period* kill their offspring? Here is a hint: not many. Not many at all, in fact. His whole argument was to take a *rare* example of *extreme* behavior from a female and use it to justify treating *all* pregnant women the same way, PPD or not. You don't get to do that. (Not to mention he's using an argument about PPD when we are talking about pregnancy. It's called post *partem* depression, not "while she is pregnant" depression. If you suspect your wife *really* has PPD, then you get her help. That is not something you fix on your own.)

So in you come with:

Wow. Um, PPD has nothing to do with whether or not you "picked the right girl".... seemingly normal and loving and motherly women suffer from PPD and PPS (postpartum psychosis).

And fell right into the same logical fallacy OP did. You are supposed to follow a *good* guy who gets it, not some beta chump who can't argue properly.

But it gets worse:

You know that women used to kill their children all the fucking time right???

Really? How did the human race *ever survive*?!?!?

Spousal support is one of the most influential factors in a woman's navigation of the postpartum period....

Are we talking about post-partum or during pregnancy, because the original discussion was about pregnancy. No matter, though. **Spousal support for a woman during pregnancy is nothing more than the leadership of a strong man.** Not supplicating to her, not kissing her ass, not going all beta and throwing out most of the Red Pill like OP originally suggested. It's doing what attracted her to him in the first place, **being a high value man.**

and being supportive of a pregnant spouse in no way teaches children to unnecessarily pedestalize women...

Yes, kids seeing daddy supplicate to mommy's shitty behavior because she is a raging hormonal bitch *in no way* makes mommy look like she is more important than daddy.

it teaches them to value our offspring. We teach children how to treat women by the way they see adults treating women. This is all basic primate social conditioning....

Yes, and children need to see how a man should *actually* treat a woman, which is the entire

point of The Red Pill. MRP exists because decades of FI social programming have caused boys to grow up with the complete wrong idea of how a man is supposed to treat a woman in a relationship. It's what we do here *every day*. It's why this sub exists, so that *men* can give discuss and give real advice to other *men*. So kindly see yourself out. This is not a place for women to drop their useless, irrelevant opinions.

KTHXBYE!

Edited to clarify that the second quote, "Do you want drowned children?" was actually from a different person, and not the same commenter as the first quote in this reply.

brick_howse • points • 18 February, 2017 03:00 AM **[recovered]**

Okay. Let's get back to basics. Because I don't think we necessarily disagree.... we just seem to be having a semantic disagreement. I do not disagree at all that "Spousal support for a woman during pregnancy is nothing more than the leadership of a strong man." No one but you mentioned supplicating or kissing ass.... leadership and support can (and often are) synonymous. You also say quite sarcastically... "Really? How did the human race ever survive?!?!". Neonaticide rates are surprisingly difficult to come by. Please. Google it. Unlike measles rates, you'll have a shockingly difficult time ascertaining how often young infants are killed by their parents. According to the one (canadian) government source I could find 31 per million babies (under 1 year) were murdered by a family member... which is obviously not many, but ask any one of those parents and I'm sure they'll tell you that being one of those 31 of one million mattered to them. Support when caring for offspring matters. Period. I'm not at all suggesting that anyone should abide by shitty behavior from their spouse. All I was suggesting is that a little understanding should be given during pregnancy and postpartum.... because most women are not in full control of their faculties during such time. In my experience being kind trumps all. RP or not. No need to be rude.

Also.... this is r/askmrp, women are welcome to contribute. My opinion is not useless 'nor irrelevant.

KTHXBYE!

[deleted] • 2 points • 19 February, 2017 04:26 PM

Yeah, this one is done

Thomaskingo • points • 18 February, 2017 11:42 AM **[recovered]**

u/Thomaskingo starts things off with this wonderful piece of advice: When she's pregnant lots of the red pill advice become incorrect. She needs a lot of beta and very little dread if any at all. When challenged on this, he replies with: Do you want drowned children? Because this is how you get drowned children.

Uhh... what????????????? Are you saying i said anything about drowned children? I haven't mad any comments other than:

When she's pregnant lots of the red pill advice become incorrect. She needs a lot of beta and very little dread if any at all.

RBuddDwyer • 1 point • 20 February, 2017 07:34 PM

Edit: Correct your statement!

Corrected.

You might think this makes you come of as smart. It doesn't.

No, but the rest of my post does...

UEMcGill • 3 points • 17 February, 2017 03:20 PM

I have 3 kids, and my wife is a tiny woman, so she generally didn't carry easy. Both pregnancies were completely different so no assumptions can really be made. I suspect your first born is a boy? Don't forget she's got the hormones from two people in her. My one data point was my wife felt different with her first, a boy then her second pregnancy, one of each. In her words, "I could tell it wasn't two boys, but also not two girls."

I'm a firm believer in leadership at all times. If your wife is pregnant you need to up the "head of the household" idea. She'll be nesting and with all those hormones she's likely to be a bit whacky. Don't supplicate and give her a sense of entitlement, instead get out your best WISNIFG, and learn how to be that oak in an emotional storm.

Remember there's a big difference between caretaker, and caregiver. Caretakers will start fixing when a problem arises, caregivers let someone know they are there to help if help is needed. Keep your habits up, chores done, etc but jump in if she's struggling. "hey babe, you Ok? Can I help?"

I don't ever believe in supplication for the sake of calming the storm. If she's being a crazy bitch because of pregnancy, that's bad behavior and you need to address it ASAP. If it's just general slow down and effort, well cut her some slack and change the mission, crew safety should always be considered but you are still the captain.

Nucka574 • points • 17 February, 2017 05:15 PM **[recovered]**

I am trying to understand your analogy of caretaker vs caregiver and it seems there is a bit of grey between the two and I was hoping you could clear this up for me.

What I am gleening from this is: caretaker - take care of problem without being asked for help or ask if help is needed caregiver - take care of problem after being asked for help

Based on what I have stated above you are saying caretaker is the appropriate role to fill. Is this correct?

I ask because my LTR just broke her dominant arm and I think this applies to my situation as well. I am taking on more of the caregiver role as I am trying to stay out of her way unless she asks for help with something as to not make her feel smothered and like she can't do her own shit.

UEMcGill • 1 point • 17 February, 2017 09:22 PM

Caretaker is bad. It's manipulative at worst, unneeded at best. Care-taking is especially rampant in codependency.

Here's a quick google foo, it's a little woo-woo but I think it'll help you.

<http://www.expressivecounseling.com/codependency-caretaking/>

[deleted] • 1 point • 17 February, 2017 07:00 PM

This is where I find it helpful to disconnect sex from the most important things in your life. I made this mistake with my wife, where she felt like shit and had no libido, and almost blew the marriage up because the sex dropped off.

If she's withholding sex or being bitchy, those are problems to be addressed. But if she's making a good effort at being a decent wife, I say cut her some slack and focus on your mission. As always, your mission is your most

important priority.

I don't know if I'll ever get my wife pregnant again because it was such a shitshow the first time around.

RBuddDwyer • 2 points • 20 February, 2017 07:39 PM

I originally downvoted this reply, but I have rethought what you are saying. I think you have it right in the sense that her withdraw of sex should not affect you. You should always be OI. And certainly pregnancy can be an *explanation* for a lowered libido on her part. But she absolute does *not* get a free pass on no sex. Marriage is fundamentally a sexual relationship. When you take the sex out of it, for *any* reason, you are changing the nature of the relationship.