

A Question on "Rudeness" and Avoiding Shit Tests

January 20, 2017 | 3 upvotes | by [resolutions316](#)

Hi all,

I'd love a bit of clarification on avoiding shit tests.

TLDR: How do you ignore/avoid getting sucked into an emotional, shit-testy conversation without it coming off as butt-hurt or overly rude (thus, indicating that you're also wrapped up in it)?

Context:

My wife is a stewart - when she gets mad she shuts down, goes silent, and broods, typically for about 12-24 hours.

Once that's done, she'll typically reach out, often via text, to try to engage me / get me to DEER / suck me in.

Example: My wife is a SAHM. Last night, I went to BJJ class before coming home for dinner. Got the kids ready for bed, put them down, got downstairs and started cleaning up some dishes. My wife suggested we eat together, so we hung out.

After eating, I no longer felt like doing the dishes. So I said "You know what, I'm tired. I'll do these tomorrow." To which my wife said "See? It's just like I said - you go to the gym and get all tired and can't help around the house." (A Ghost of Shit-Tests Past)

Me: "Yes, you're right. On some nights I don't do all the dishes." **Her:** "Well, it makes me really stressed out the next day." **Me:** "I'm sure it does. It can be pretty stressful." **Her:** "And you don't care about that?" (shocked, hurt look) **Me:** "I don't want you to be stressed, no."

Then, silence. I go to kiss her before a shower and she says "Don't touch me." I smirk and go take a shower and proceed to just do whatever I want the rest of the night while she mopes.

Today she texts me, trying to suck me in - "I'm pissed, so stop pretending like everything's normal and just going about your day."

Me: "I realize you're pissed. Let's talk about it tonight." **Her:** "Yes, let's. But you please initiate the conversation. That'll show me you actually want to have it."

Ahhh, I think to myself. I fucked up here - I'm getting sucked in. I don't take this seriously, but I've backed myself into a corner.

At the same time, if I just didn't reply to her first text - does that seem like I'm weak and avoiding conflict? Or am I just overthinking this completely?

Thanks!

Archived from theredarchive.com

Comments

cholomite • 8 points • 20 January, 2017 02:32 PM

You need to show her you don't give a fuck from the start. She opened the door to her frame with that first line about the dishes and you jumped right in. Next time, don't give a fuck from the start.

"Yea I am tired, can you carry me to bed?"

Or some other smart ass comment, then just tease, ignore, deflect or A&A any other shitty comments she has going forward. This is a tough part for a lot of new guys, but it's ok to just let your wife be angry. She bases reality on her emotions, which isn't always accurate, you base your reality in reality, which is usually spot on. She won't die doing the dishes tomorrow, or letting them sit until you do them. The more you engage her, the more you are validating her emotions and telling her that she is right and you are wrong. Don't even begin to engage her and show her she has no power or influence over you from the very beginning.

I personally think this is a stupid issue not worth any kind of follow-up conversation. It's not going to get you anywhere and any "compromise" you come to will just be seen by her as weakness on your part, but it's too late because you already took the shit test bait and now you're swimming in it.

If I were you I would try to say as little as possible, tell her some dishes in the sink won't kill her, and that you don't give a fuck if she's mad.

Also, why doesn't she do the dishes? You know men that engage in traditionally "female" chores are viewed as less attractive by their female partners? Don't get me wrong, I do dishes sometimes but I try to make sure my girl does more feminine shit than I do.

resolutions316[S] • 2 points • 20 January, 2017 02:41 PM

Got it. All solid and helpful advice.

You're absolutely right that while I'm getting much, much better about avoiding covert contracts and not worrying about her emotional state, I'm still very uncomfortable with actively making or letting her be angry. Still a long way to go.

RuleZeroDAD • 3 points • 20 January, 2017 02:44 PM

No one makes another person feel anything.

It's lazy and egotistical to think so. Let her own her emotions, you work on being attractive.

jtzabor • 5 points • 20 January, 2017 03:50 PM*

always loved the "You make me feel like shit" conversations.

Eh, nope. You did that. Literally do not control what you feel. If I did you would think the temperature was too hot to ever wear pants.

resolutions316[S] • 2 points • 20 January, 2017 02:52 PM

Very true. Her emotions, especially in this case, have no basis in reality, and so I couldn't have "made" her feel anything.

[deleted] • 2 points • 22 January, 2017 01:49 PM

Good. Be uncomfortable as you work through this. When lifting, if the bar isn't heavy, I don't get stronger.

This may help. You don't control another's feelings.

Agree?

OK, next step

Where a man has no control, he has no responsibility

[deleted] • 2 points • 20 January, 2017 06:29 PM

Don't be so sure, OP may be fucked lol

drty_pr • 1 point • 20 January, 2017 09:57 PM

What a crock of feminist bullshit. Could you imagine sitting around having a beer with this guy as he tries to explain this?

Once men really grasp that and accept it as true even though it doesn't make sense to them?

Their soul slowly dies and they become sad lumps of shit.

Everything changes forever.

They get the cock locked in a cage while they patiently wait to drink Chads cum out of their wives pussy.

[deleted] • 2 points • 20 January, 2017 10:20 PM

You should see his rebuttal. Its even funnier.

Either way, each ego invested clueless faggot that joins reminds me of this guy. The good ones shed that nonsense, the rest just leave

drty_pr • 1 point • 20 January, 2017 10:43 PM

Yep. A la u/IAmSteveMcQueen

sh0ckley • 1 point • 21 January, 2017 12:40 AM

Cool Hand Luke deleted his account.

BluepillProfessor • 1 point • 21 January, 2017 03:49 PM

That guy just gave me cock cancer.

BrazilRedPill • 4 points • 20 January, 2017 02:35 PM

Agree and amplify: *Yes, I never do anything, you are the one that always do everything.* Slap her ass, STFU and go to sleep or do anything.

resolutions316[S] • 2 points • 20 January, 2017 02:53 PM

When you A&A, is it deliberately over the top? So, clearly she doesn't think I do *nothing*. When I amplify, do I amplify to the point where it's clear I'm being facetious, or simply turn up the volume a bit on what she's already saying (For example, turning it into "You're right - I haven't done the dishes *in a while*" when I did them yesterday)?

discobolus_ • points • 20 January, 2017 02:58 PM **[recovered]**

Absurdity is the key to A&A

resolutions316[S] • 3 points • 20 January, 2017 03:00 PM

Gotcha. I need to get more into this - I haven't quite gotten into much of the PUA-related stuff yet, still working through general assertiveness + boundaries.

BrazilRedPill • 4 points • 20 January, 2017 03:05 PM

The more extreme you push it, the better. You could say this:

You are the one that always do everything for me, for this family, and why not say, to the world as a whole.

[deleted] • 3 points • 20 January, 2017 03:51 PM*

"I'm pissed, so stop pretending like everything's normal and just going about your day."

You want a man of such greatness to SINK to the level of normal?

OH I'm going about my day all right. You just watch me go about it. It's going , see. Lots of about... about it.

Whatever stupid shit you send , you either don't respond at all or one thing like the above that purposefully shoots down her drama with I could give a fuck and am in a good mood humor.

My wife was talking about some molehill of some situation (not pertaining to me) the other day she was trying to make into a mountain. I really wasn't going to participate in helping her rile herself up (honestly can't remember what it was about).

At one point she got flustered and said something like "Way to belittle my emotions".

My response was along the lines of "Correct, they need to be littler for sure." And changed the subject. She didn't resist.

My perspective has change so much over the past few years of women speak. 90% of talking is just them throwing out fishing lines and seeing what strikes and how. Then they can keep fishing the same spot, reel you in, or hit you with the oar.

I actually enjoy it more, and am participating with my male speak correctly. The reason it goes to shit is when we participate like they would. Emote like they would. Own the shit they say. Nope, I'll nibble then dart when the line gets pulled on. They don't really want to catch you most of the time anyway...just sport catch and release.

[deleted] • 3 points • 20 January, 2017 03:58 PM

I've noticed the same thing, when I first started unplugging. The earlier you are in your MAP, the easier it is to see.

A lot of the time, you need a gestation period between you asserting your masculinity, and her receptiveness, and it's counter productive to push the matter too quickly.

Do what you have to do, and let it linger. that 8-12 hours afterwards is where (if you've gotten the hamster to work for you) the hamster does it's spinning.

Pushing past that has the effect of talking yourself out of your successes

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

If you don't want to do the dishes, then own it. Nobody says you have to do dishes. And if she gets pissed, that's her problem. Find ways to connect with her. That's all she really wants. To feel like you listen to her.

Go to the gym, come home, pick her up and laugh. She won't give two shits about the dishes because she has a high value man

anythinginc • 3 points • 20 January, 2017 05:41 PM

After eating, I no longer felt like doing the dishes. So ...I go to kiss her before a shower, telling her she needs to join me. She declines. or agrees. Another day out of 365 is in the books.

See what happens when you STFU and don't feel the need to be constantly preemptively be apologizing and defending and DEERING and instead own your shit and hold your frame. You showed weakness and apathy and low value and she pounced, what the fuck you expect?

Let's have a worst case scenario:

After eating, I no longer felt like doing the dishes. So ...I go to kiss her before a shower.

HEY! Are you not going to do the dishes asshole?

Why do you think I married you honey? *smirk*

Shitstorm ensues, silent treatment for a week, divorce papers served to you.

Now, it probably won't go like that, but you are too fucking chickenshit to say what every man has ever though about saying to a SAHM who won't do dishes...and what the husbands of SAHMs who get fucked actually do say occasionally with amused mastery...and handle any banter or teasing or feelings or whatever that comes afterwards. The great thing is if it did happen it wouldn't be the end of the world.

At some point, when you have frame, OI, DNGAF, AA, AM, and are the captain of your ship, you are going to find that you just ARE NOT doing the dishes anymore...they are just done. She does them, because she values you, and respects you, and wants to contribute more and please you. You won't have to apologize for not doing them, you won't have to issue a proclamation stating "I don't do dishes anymore ever" and let the chips fall...they'll just be done. You might have to just silently OWN doing them first, because you own your ship, and don't want shit sitting in the sink all the time...but once you have the value and the SMV, she's likely going to have it done....or it will just be another example of how she doesn't value the new, valuable, high SMV man you've become..and added to the amalgamation of things that make you decide to leave her worthless ass for greener pastures.

Nyquil-Junkie • 5 points • 20 January, 2017 02:28 PM

Why does a SAHM not have the kids in bed and the dishes done before you come home..... and have dinner ready?

RuleZeroDAD • 6 points • 20 January, 2017 02:36 PM

Too busy making feelz stew when hubby is away. No boundaries, entitled scroller, living a dreadless existence.

When the hubby is locked down and thoroughly predictable, she knows she doesn't have to do shit around the house, because there is no danger of him leaving.

resolutions316[S] • 5 points • 20 January, 2017 02:54 PM

The scroller thing is dead on. That fucking phone.

gettingmymojoback • 3 points • 20 January, 2017 02:49 PM*

That was going to me my first question as well.

Way too much guilt and entering her frame for not doing something that SHE should have been doing all along. If she's a SAHM she has no excuse for not putting the kids down herself, doing the dishes and making

dinner. It's the role she's chosen.

If it was a case of you both work full time, and are sharing the responsibilities, then lead by example and stop being lazy and do the damn dishes before bed. Case in point, in one of the sidebar books (I think Ironwood Collection of Alpha Moves) there was an anecdote about making the bed, because that's where you fuck. I realized I hated the fact my wife never made the bed when she got up (she gets up for work hours after I'm gone). So I started making the bed every night after work without saying a word. After about a week she asks why I'm suddenly making the bed. I say, because this is where I sleep and have sex with you, and this is how I like it. A week later she's making the bed everyday, and seeking my validation. See, look I made the bed because that's how you like it. Lead by example.

If you're SAHM wife is bitching about the dishes, either set some expectations of what value you expect from her OR lead by example by showing her that even when you're exhausted from BJJ, you get your shit done because it needs to get done. Either way, you don't enter her frame and feel guilt for not doing something she knows she should have already done.

resolutions316[S] • 1 point • 20 January, 2017 02:57 PM

This all makes sense to me. I think one of the traps I've fallen into is endlessly trying to "lead by example," only to realize too late that me doing everything has become the expectation.

In many ways, I've relieved her of so much of her responsibility that I've infantilized her. The key moving forward is to lead by example but not become the patsy that does everything for everyone.

RuleZeroDAD • 3 points • 20 January, 2017 03:35 PM

I may have to coin this phrase here, although I can't take credit for it, men need to stop "confusing Christmas for Easter."

Giving the gift of your value, in the form of time, attention, affection and expertise is up to you, and a masculine man and father does this without seeking anything in return.

Contrast this with a man sacrificing time, attention, affection and expertise to his family expecting something covertly in return "for all I've done" for his crew.

See the difference?

resolutions316[S] • 2 points • 20 January, 2017 03:49 PM

Totally. That was 100% me until I found MRP. Still a deeply ingrained behavior I'm working hard on changing.

BrazilRedPill • 2 points • 20 January, 2017 05:48 PM

So you are a carrer beta.

Read this: MRP Beginner's Guide for the Career Beta

[deleted] • 3 points • 20 January, 2017 03:46 PM

Being a plow horse is not leading by example. You've given no expectations, only covert contracts. Rule0 is bang on here

resolutions316[S] • 1 point • 20 January, 2017 03:50 PM

The plow horse metaphor is super apt, I like that a lot.

[deleted] • 2 points • 20 January, 2017 03:57 PM

As I suggested in the original post, the sidebar books will enlighten all kinds of behaviour you can start addressing. Way too early to have a 'conversation' about your problems IMO, but we are here already, and this is the place for noob questions.

You shouldn't like it either, you shouldn't like any of this. Your life is shit, you admit it's shit, and you aren't helping it any.

If this doesn't piss you off enough for some focus, and smart sacrifice to get to your goal, then none of this will work.

Coniferous_88 • 1 point • 20 January, 2017 04:17 PM

Leading by example is good...but also remember that effective leaders delegate responsibility and hold their team accountable to their performance.

atlhart • 1 point • 20 January, 2017 02:37 PM

That's a her problem. OP needs to focus on HIM and owning his shit.

Your post is veiled victim puke. You need to read more sidebar.

resolutions316[S] • 1 point • 20 January, 2017 02:39 PM

I take your point, but she did make dinner and the kids were still eating. She essentially made the dishes by cooking.

redxanax • 2 points • 20 January, 2017 02:33 PM

go dark via text. The only texts you should be sending/responding to are logistics. "I'm on my way home", "I'll be out till later", "going to the store, need anything?". Everything else is just noise. She's trying to get you to validate her emotional tantrum and you are.

Why is her being "upset" over you not finishing the dishes worth a conversation? Hint: it's not. If she's a SAHM and gets stressed out over a few dirty dishes what value is she bribing? You probably should have finished what you started with the dishes, and you definitely should not have DEERd not finishing them, but minor offenses.

If you go home and strike up a conversation about how you're oh so sorry for not being a good house boy while mommy sulks on the couch you, she will feel validated for acting that way.

Ignore her texts. Go about your day at home as if it never happened. If she brings it up ignore, fog, or deflect and then disengage. If she persists, leave the room or house.

You don't owe your wife words.

resolutions316[S] • 1 point • 20 January, 2017 02:42 PM

Got it. All makes sense - I never should've responded to the initial text.

BobbyPeru • 2 points • 20 January, 2017 05:11 PM*

Fogging was the wrong move. I can actually see her point - you are clearly showing that you do care about her emotions. You are in her frame deeply.

A&A was your go to move there. Your mistake was the initial argument, and the argument after was just an extension. But, you could have even A&A'd the extension. STFU is your go-to since I don't think you're at level to make advanced moves. Best just to STFU until you can learn, otherwise opening your mouth will just make it worse. This is a case in point.

resolutions316[S] • 1 point • 20 January, 2017 05:51 PM

When you say A&A was the move, you mean in response to the "see what I mean about you not doing the dishes"? Or to something else?

I think i was fogging because I was trying to STFU without literally saying nothing, but it clearly didn't come out as smoothly as I intended.

BobbyPeru • 2 points • 20 January, 2017 09:19 PM*

Yes - I was referring to the original shit test about not doing the dishes. Fogging is different than STFU, and STFU or A&A were the better moves. In your case, I get the feeling that STFU would probably be better until you can develop your A&A skills.

Your fogging probably came off like you were an autistic robot. Fogging isn't just agreeing. Sometimes it's owning you don't feel like it. And really that's her problem. But I digress.

Master STFU first, then work on A&A and fogging.

[deleted] • 2 points • 20 January, 2017 11:11 PM

So when you get that addicting feeling of "I don't wanna do this, I'd rather the instant gratification of not doing work" do you always skip doing the work?

resolutions316[S] • 1 point • 21 January, 2017 02:43 PM

No - but at the same time, I'm working on doing chores because I feel they need to be done, not solely because *she* feels they need to be done. (Keep in mind, I am coming from a place of hysterically trying to do everything, both at work and home, to make her like me.)

[deleted] • 2 points • 21 January, 2017 03:07 PM

The mindset (chores for chores, not her) is right. The mindset "I don't want to do this relatively simple task because I'm tired" may be indicative of complacency. Not a big deal here and there, just keep it in mind so it doesn't become habit.

resolutions316[S] • 1 point • 21 January, 2017 04:07 PM

gotcha. good point, and will keep in mind.

screechhater • 2 points • 21 January, 2017 05:41 AM

In a Shit storm I yawn.

I intentionally yawn. I listen, then I yawn.

I yawn really well cause she knows that this means I couldn't give ten fucks about what the swarea is today.

This morning I got 17 texts of what a fucking asshole I am. I swerved off the road and cried. Ok. Not really.

I went radio silent Got that ? Cause I own my emotions and Shit. I am responsible for me.

I make my comments stay in frame and generally yawn when she is acting shitty. Why ?

To prove to her it's not exciting. I will not fall into her frame. Boring. Night night

BluepillProfessor • 1 point • 21 January, 2017 03:47 PM

My wife is a SAHM.

you go to the gym and get all tired and can't help around the house.

Can you reconcile these statements?

You want "truth?" Here you go:

You are a slave, Neo.

resolutions316[S] • 1 point • 21 January, 2017 04:09 PM

Are you just using the video to underscore the general point, or are you specifically recommending the zeitgeist movie?

BluepillProfessor • 1 point • 21 January, 2017 07:09 PM

I am saying you still need to take the Red Pill if you have a SAHM who is demanding that you help around the house. I am saying that you are indeed a slave and need to wake up to reality.

[deleted] • 1 point • 22 January, 2017 01:51 PM

Savage.

Using reality to teach

discobolus_ • points • 20 January, 2017 02:34 PM **[recovered]**

A solid example of fogging, but I think you're taking her too seriously.

When she goes here: "See? It's just like I said - you go to the gym and get all tired and can't help around the house."

Flirt with her or tease her. A&A. Bite her neck, slap her ass.

I would say something like "If I did these dishes now, what would you even have to do tomorrow?" Then grab her by her waistband and pull her over to me and grab a handful of ass. "I'm going to take a shower."

Then, get up in the morning and do the dishes, because that's what you said you would do.

resolutions316[S] • 1 point • 20 January, 2017 02:44 PM

Got it. I'm still not particularly good at the flirting, probably because my SMV is still too low (digging out of several years of BP horse shit) and she's just not receptive. But everything you said would have been waaaaay smoother.

I did, in fact, make sure the dishes were done this morning.

Coniferous_88 • 1 point • 20 January, 2017 04:19 PM

This is spot on...I agree the OP used fogging well.

atlhart • 1 point • 20 January, 2017 02:41 PM*

Here's how I view this situation:

Where you fucked up is that you weren't owning your shit. Your house was a mess because you went to play time and didn't do your chores. Your behavior was that of a child, and Mommy is pissed about it.

So I said "You know what, I'm tired. I'll do these tomorrow."

Means: "I'm a big boy, I do what I want. I don't *feel* like doing these right now".

I've heard those exact words coming out of my 5 year old.

Listen, life is work. Shit has to get done. I don't care if you're tired. You're too tired? Jesus. Own your shit.

It's fine that you went to the gym before the house was in order. Not my choice, but it was your choice and that's

fine. But then you came back and procrastinated even more about doing the dishes.

Own your shit.

When you start owning your shit, and become a leader, you can start to delegate:

"Wife, I'm going to the gym. While I'm gone, why don't you finish up these dishes, and when I get back we'll open some wine and bust out the massage oil"

resolutions316[S] • 3 points • 20 January, 2017 02:48 PM

OK - Is it my responsibility that the dishes be done every night?

That may sound pissy, but I mean it as a literal question. One of the more confusing bits of advice around here is that we should be in charge of making sure the house stays in order, but also that we shouldn't do too much, since that's a beta behavior.

I think I do a pretty good job around the house - get the kids up every morning while she sleeps in, make everyone breakfast, clean up everything before I'm out for work at 8. The only time I take for myself is jiu jitsu and the gym. Get home, get the kids cleaned up, put the kids to bed, and *usually* do all the dishes before I relax.

Isn't owning my shit more about being open about how I feel - "Hey, I'm exhausted, and I don't feel like doing these now. I will do them in the morning, because that's what I want" - whereas doing these dishes because I'm afraid my wife will feel bad is simply a giant covert contract?

atlhart • 3 points • 20 January, 2017 02:54 PM

You're on the right track, but part of owning your shit, and being a man that women want to fuck, is having everything together.

A man that women want to fuck and other men want to be isn't a slob. His house is clean and organized. No, it's not your responsibility to do it all, but you have to establish yourself as the leader before you can delegate.

Right now, your wife is the leader. And you can't change that with words, only actions. You need to take back control of your house from your wife by being the leader, and that means getting in front.

If you're behind in a race, and you want to be in front, you have to work that much harder to not only catch up, but then to pass the race leader.

Work harder. Get you shit together. Become the leader. Then you can delegate.

And it will take time before you are the leader. 1 month for every year of marriage.

gettingmymojoback • 2 points • 20 January, 2017 02:55 PM

Why are you doing the dishes because you're afraid of her feels? Why aren't you doing the dishes because they just need to get done?

Bigger question, why do you have so much on your plate when she's a SAHM?

resolutions316[S] • 1 point • 20 January, 2017 02:59 PM

The SAHM question is a legitimate one - essentially, I took on more and more in my BP years in an effort to make things "easier" for her - a huge covert contract I am now trying to roll back, hence the resistance.

As for her feels - it's interested. I *normally* do the dishes in the morning/evening if they're there, because I much prefer a clean kitchen in the morning. Today, even though my behavior was the same as it would have been, I did notice some urgency, trying to frame the debate. That's me being pulled

into her frame, for sure.

rocknrollchuck • 2 points • 20 January, 2017 07:35 PM

Make sure before you go Rambo and just up and announce that "You're a SAHM and this is BS, I'm not doing all of these chores around here anymore" or something like that, you read this and apply that thinking to restructuring the chore distribution.

Nyquil-Junkie • 2 points • 20 January, 2017 09:54 PM

I think I do a pretty good job around the house - get the kids up every morning while she sleeps in, make everyone breakfast, clean up everything before I'm out for work at 8. The only time I take for myself is jiu jitsu and the gym. Get home, get the kids cleaned up, put the kids to bed, and usually do all the dishes before I relax.

And she does what all day exactly? She sounds like just one more child to care for. You know what a SAHM actually stays at home to do right?

askmeanything2 • 1 point • 20 January, 2017 04:45 PM

"You know what, I'm tired. I'll do these tomorrow."

Why did you say this?

resolutions316[S] • 1 point • 20 January, 2017 05:52 PM

Because I actually went up to the sink to do the dishes, realized I was tired, and then just said my thought process aloud.

sh0ckley • 2 points • 21 January, 2017 12:47 AM

I used to do that. Thinking out loud is deadly.

Not only does she not give a shit about you or your thoughts but it *makes it look like you've changed your mind* when you simply *haven't made a decision yet* and that gives her a extra ammo for brutal shit tests. Even when you have made a decision - acta non verba.

STFU applies. Avoid TMI. Strong silent type is a cliché for a reason.