

# How do I track her cycle if...

January 5, 2017 | 1 upvotes | by [RedPillQuest](#)

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Wife has an IUD so she doesn't have regular periods and only spots a little if she does... No tampons. She occasionally tells me she's hormonal (crying, angry at the world, and feels "blah") but it's random... Could be 2 weeks or a few weeks from one instance to the next. She's also been taking a daily SSRI for as long as I can remember. Any reliable way to track or estimate when she's ovulating?

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## Comments

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FuzzyKittenIsFuzzy • points • 5 January, 2017 10:43 AM [\[recovered\]](#)

If she's on a hormonal iud, she's not ovulating. Full stop.

There may be very slight ups and downs in the hormones but they will be extremely, extremely slight. IUDs release very consistently. The days she's feeling "hormonal" are normal bad days and hormones are her explanation for it.

RedPillQuest[S] • 2 points • 5 January, 2017 10:58 AM

I don't even know if it's a hormonal iud. I'll have to ask.

FuzzyKittenIsFuzzy • points • 5 January, 2017 01:02 PM [\[recovered\]](#)

If she has occasional spotting, not full heavy periods, it's hormonal. The other option is copper and that makes periods heavier and doesn't change cycle lengths.

RedPillQuest[S] • 2 points • 5 January, 2017 01:11 PM

Well then... I guess I have my answer. She doesn't ovulate.

[deleted] • 4 points • 5 January, 2017 06:28 PM

I'd think it was really weird if my SO was tracking my cycle. Really weird. Just sayin'.

Mecha75 • 1 point • 5 January, 2017 10:34 PM

Not really. It is kind of clever as women tend to get hornier around ovulation time. My wife should be ovulating around the 8th. Sooo i am having a really good week.

screechhater • 1 point • 5 January, 2017 11:30 PM

Did you read this ?

Just curious

[deleted] • points • 5 January, 2017 08:53 PM [\[recovered\]](#)

If you were a 100% bitch 3 days before shark week, I guarantee that there's value in it.

think of it as a peripheral thing. be aware of it, but don't obsess.

Besides, if OP wanted to up the comfort, he can bring you a box the week prior, to show how great he can be lol

[deleted] • 3 points • 5 January, 2017 10:27 PM

I'm just a bitch if I can't have sushi ;).

Nyquil-Junkie • 3 points • 6 January, 2017 12:52 AM

This is the most bizarre thread.... surely this is a troll.

RedPillQuest[S] • 2 points • 6 January, 2017 05:03 PM

The original question is totally legit. Read the fucking sidebar. Knowing where she's at in her cycle makes a lot of sense for a few reasons.

Let's start here... I grew up with a mom who would frequently double ovulate (she'd tell us that anyway) and be off the rails bat shit crazy for two to three weeks at a time. I'm talking about a complete melt down about whether the 8 year old put every dish where it belonged when he emptied the dishwasher, resulting in a ransacked kitchen with the box of Cheerios everywhere, broken plates on the floor, etc... Every day... Except that she'd apologize and be more than happy and loving for a week after... Until it started again. As I got older it was just common sense to know when to stay out and when it was ok to go home to hang out. It had everything to do with her cycle.

Cut to wife. Early in marriage it was easy... No IUD and a lower dose of happy pills... Periods were regular and it was clear to me when hormones were affecting her moods and actions (in multiple ways... Don't get your panties in a knot). As a result of paying attention, I could tell when to use a little more beta to comfort her or a little more alpha to turn her on (i was bad at that one anyway). When she was pregnant, all of that shit went out the window (as anyone who's lived around a pregnant woman can attest).

Now I'm in a situation where I can't really tell when something particular is bothering her, when it might be heavily affected by hormones, if she forgot to take her happy pill that day, etc. So I asked the question and got some really good answers mixed in with all the rest of the BS.

So yes, great idea to know what her cycle is. For a ton of reasons... Horniness being just one of them.

But my wife apparently doesn't ovulate at all, leaving me to wonder what the hell is going on when she tells me she's feeling PMSy...

Nyquil-Junkie • 1 point • 7 January, 2017 02:32 AM\*

You guys have lives that sound like a living hell.

I'm talking about a complete melt down about whether the 8 year old put every dish where it belonged when he emptied the dishwasher, resulting in a ransacked kitchen with the box of Cheerios everywhere, broken plates on the floor, etc... Every day...

Nope... would never put up with that shit. Someone convinced her she could get away with it and.... she always did.

BobbyPeru • 2 points • 5 January, 2017 08:15 AM

Next time she spots, use that as day 1.

RPAlternate42 • 5 points • 5 January, 2017 05:59 PM

Won't matter... hormonal means no ovulation.

BluepillProfessor • 1 point • 5 January, 2017 11:03 PM

There is still a tamped down behavioral effect that you can track. Not nearly as effective, however.

RPAlternate42 • 2 points • 5 January, 2017 11:45 PM

I call it unreliable, at best.

My wife was on BC pre me on RP... and a few months in she went off of it and has been off for about 2 years. She recently went back on to get rid of her period.

I've seen, first hand, what the pill does and doesn't do and how immediate its effects can be.

That being said, any "libido" or "desire" from her is still 98% a result of the man's presence; plenty of CC-riding sloots are on the pill and regularly find Chad in their bed on Saturday morning.

OPs wife needs to exercise, regularly and with some intensity. The hard work will drive hormone

levels to something more steady (less emotional surges.)

On a similar note: My wife asked me if she can go back on the pill.

"Why are you asking me?"

"because I know it can affect my sex drive." (she's convinced herself that the pill was the reasons he didn't want to fuck me... not because I was a non-leading skinny bastard with no excitement or hobbies in his life who constantly tried to validate through her.)

"Take them if you want... it's not going to stop me from groping you and then entering you swiftly."

Gallbladder\_Summoner • 2 points • 5 January, 2017 10:28 AM

Your circumstances make this difficult due to the irregularity, but I'd still give a tracking app a try; you may be able to spot some sort of larger pattern over a longer period of time, given the data.

I use the Clue app to track my wife and there are a lot of extra variables, such as mood, emotionality, occurrence of sex (don't be spreadsheet guy, however), and so forth.

RedPillQuest[S] • 0 points • 5 January, 2017 10:44 AM

Thanks! I might try that. Of course, she'll think it's weird when she sees the app pop up on her phone... I really need to get her off of my iTunes acct.

drty\_pr • 1 point • 5 January, 2017 12:55 PM

Unless she is on a steady schedule, it's extremely difficult. Probably isn't worth your time unless you're looking to plant seed?

My wife is anywhere between 24-32 days. It's so consuming, I'm at the point of making tracking redundant. I caught myself looking in the garbage last month. The garbage!

JDRoedell • 2 points • 5 January, 2017 01:31 PM

Would be lying if I said I've never done it. Gives whole new meaning to that Rollo post about not rooting through the garbage.

[deleted] • 1 point • 5 January, 2017 01:49 PM\*

Why do you need to track her cycle? Does your dick work differently somehow when you use a protractor to chart the aura of ovulation?

If you need some sort of placebo schedule for when your wife gives you imaginary permission to unhide your inner shitlord in the bedroom, maybe just follow the moon calendar. I hear emergency rooms get packed with all sorts of crazy when there's a full moon. Be a werewolf, I guess.

[deleted] • points • 5 January, 2017 03:06 PM **[recovered]**

It's good for calibration. Usually alpha behaviours do better during ovulation, and beta behaviours better during periods.

It's a tool, like any other. If you want to spin it into womanese, you're getting in touch with the way a woman is feeling, and being responsive to her emotional state.

[deleted] • 2 points • 5 January, 2017 03:24 PM

Well you don't have to stick your snout into her ass and sniff queefs to get in touch with her feeeeeelings. Watch what she does, not what the god damn calendar says she should be doing.

[deleted] • points • 5 January, 2017 04:08 PM [recovered]

Hormones. Anyone who has been around a pregnant chick will tell you hormones make a difference. Personally, I don't do it, it's easy to keep in the back of my mind, though many have reported good results by tracking, and keeping it in mind when interacting.

Farmers have almanacs, but they still watch the weather before planting crops. All tools brother.

[deleted] • 1 point • 5 January, 2017 04:30 PM

What are they keeping in mind, exactly? *"Today I'll initiate because she's totes less likely to reject me"* or *"Today I won't treat her like a china doll in bed"* or whatever? All it's doing is modulating their own confidence and expectations of success (i.e. pure placebo effect). At its core it's nothing more than fearmongering and insecurity.

Equating risking a sexual rejection with risking loss of harvest is a bit... melodramatic.

[deleted] • points • 5 January, 2017 04:36 PM [recovered]

You seem to think this is an argument, or a discussion. I could rehash years of guys already talking about it in MRP, and have you argue with it further, or can leave it be, and you can do your own fucking work reading and come to a conclusion.

Your move squirt

[deleted] • 2 points • 5 January, 2017 04:59 PM

No seriously, what do you think they are keeping in mind? It's just a CBT to deal with rejection anxiety and lack of confidence. If you need it and you can't track cycles use a different one. It's a crutch.

[deleted] • points • 5 January, 2017 05:09 PM [recovered]

You seem to think this is an argument, or a discussion.

This was the part where you fuck off for a while

[deleted] • 2 points • 5 January, 2017 05:19 PM

Why you so invested in defending a tool OP can't even use? That you don't even use yourself?

BluepillProfessor • 1 point • 5 January, 2017 11:05 PM

Why are you so invested in taking away a very powerful tool that men can use to gain an advantage?

BluepillProfessor • 1 point • 5 January, 2017 11:04 PM

What are they keeping in mind, exactly?

Whether I should throw her around and choke her enough to bruise her neck or whether I need to be gentle and sensitive with lots of kisses.

[deleted] • 2 points • 5 January, 2017 11:09 PM

Whether I should throw her around and choke her enough to bruise her neck or whether I need to be gentle and sensitive with lots of kisses.

I have never had a problem starting with one, finishing with other, have you?

BluepillProfessor • 1 point • 6 January, 2017 02:27 AM

Actually yes. I need to work on it.

[deleted] • 2 points • 6 January, 2017 01:49 PM

Pro tip. Start with kisses. Go to the rest. Always end with comfort

[deleted] • 1 point • 5 January, 2017 11:49 PM\*

Did I suggest variety is not important? Certainly nothing wrong with using a calendar to schedule variety. Use her cycle, use the moon, use the tides, use prime divisor patterns of powerball draws for all I care. Or... just do whatever you want?

Do you think post-menopausal women don't like to be choked?

OP's wife doesn't ovulate. The point is he's not actually missing out on anything.

Women love werewolves. That's just fact.

RedPillQuest[S] • 1 point • 5 January, 2017 02:06 PM

Uh.... Sidebar.

RedPillQuest[S] • 1 point • 7 January, 2017 03:08 AM

Uh.... Yeah... My dad... The guy who taught me to be blue pill.

Kyfhomyoba • 1 point • 21 January, 2017 07:58 PM

SSRI's are satanic. Find a shrink that's willing to wean her off of them.

RedPillQuest[S] • 1 point • 22 January, 2017 01:50 AM

Thanks. Easier said than done. She's been on them for over a decade.

[deleted] • 1 point • 5 January, 2017 09:32 AM

She's also been taking a daily SSRI for as long as I can remember.

Not really then. SSRI mess up menstrual cycle and gives it varying length. It might be 28, 56 or 10 days long and no certain way to determine its length until it ends.

FuzzyKittenIsFuzzy • points • 5 January, 2017 01:04 PM **[recovered]**

This is not true for the vast majority of women on SSRIs.

[deleted] • 1 point • 5 January, 2017 01:12 PM

Meant to say:

SSRI may mess up

I suck at english. Though I've encountered few examples where SSRI messed menstrual cycle.

FuzzyKittenIsFuzzy • points • 5 January, 2017 01:15 PM **[recovered]**

I deal with SSRIs at work. Not saying it's impossible, but out of hundreds of cases I've never seen that, not even once.

[deleted] • 1 point • 5 January, 2017 01:27 PM

I should start playing lotto then.

RedPillQuest[S] • 1 point • 5 January, 2017 10:45 AM

Ah. I didn't know if her cycle was weird because of the SSRI or the IUD.

[deleted] • 2 points • 5 January, 2017 11:19 AM

If IUD is hormonal (in simple manglish) her cycle is non-existent because her body is tricked into thinking she's pregnant.

JDRoedell • 1 point • 5 January, 2017 01:06 PM

My wife has a long and irregular cycle naturally. You need the clue app and then you need to think like a WWII submarine captain.

In WWII, torpedo targeting was done with good old fashion geometry and a side of luck. A captain would view the target through the periscope and take range, speed and angle on bow (vector of target) plot readings. The more plots they could take the more accurate their firing solution would be. So in your, and my, case you want to acquire data with clue over several months and compare the average "day 1" over several months. It's not an exact science but it will get the torpedo somewhere on target (pun intended.).

And get your own damn iTunes account FFS.

RedPillQuest[S] • 1 point • 5 January, 2017 01:16 PM

Totally my fuck up for letting her on my account in the first place. I'll fix it. It'll give her hamster something else to spin about.

JDRoedell • 1 point • 5 January, 2017 01:32 PM

Just make a second account and use it only for you

BanginAway • 0 points • 5 January, 2017 08:46 PM

When my wife got off hormonal BC and on Paragard (copper) good shit happened. Took a few months but she is horny as fuck when ovulating (duh). I track her schedule, she knows and we laugh about it. It's extremely useful to do so wether you tell her or not. Best sex is the day before the WomanLog app says is her prime day. Anything goes that night. Get on it boys.

BluepillProfessor • 0 points • 5 January, 2017 10:57 PM\*

Understand the female cycle and observe her behavior. The bleeps linked this as "creepy" so let me weigh in on really creepy shit. I can usually tell when my female students are ragging or ovulating and I only see them 2-3 times a week. You see your wife every day. You don't need the dogs to shred the bloody tampons all over the living room during shark week to clue you in. Pay attention and keep a calendar and it should not be hard.

However....birth control can screw up the cycle mostly by dampening the effects and make it harder to spot (That was a great joke, get it?). Some IUD's release hormones like the pill but there are still predictable swings in her behavior that you should be able to see.

Happy pills tamp down the normal swings even further.