

FR: Pick up your hat

December 16, 2016 | 28 upvotes | by [HeyItsHarvey](#)

The short of it: a friend introduced me to MRP, it made sense, so I implemented my MAP right away and gave it a shot. This was after we didn't have sex for four months. I know that isn't a lot of people and some of you guys have gone years without fucking, but it was enough to drive me crazy. Married for two years (together for four). We do not have kids yet but that is what I want, so we are going to start on that soon. I'm 34, she's 27.

I've been at this for eight months now. My frame is getting stronger and I refuse to go back to being beta. It's mostly now become "Your bullshit--no ones bullshit--effects me anymore." I think realizing that not only your wife is going to shit test you, but that EVERYONE shit tests you, is key. I read all the books on the side bar, absorbed it, read them again when I started slipping.

I lift now. I've put on a solid 15 lbs in the past eight months and she has loved all of it. In the time I've implemented my MAP she has done more things in bed with me than I thought she ever would. She's always been the shy girl type, so it is working, but I didn't do this for the sex. I am doing this because I want to be better. I want to make more money. I want to be bigger and stronger than the other dads. I don't want a dad bod. I want to be able to chase my kids and not run out of breath, pick up all the grocery bags at the same time and carry them in. This is for me. This isn't for anyone else.

I signed up for a gym membership and decided that instead of knowing my bartender and knowing the other bar flies, I want to be know at the gym. That is my community. I go to the gym for cycling, rock climbing, and yoga. I lift at home (built a home gym).

I've never done home improvement stuff. So now I watch home improvement videos on YouTube and I fix shit. That door that rubs on the carpet? Pull it off and sand the bottom so it doesn't drag and isn't a bitch to open. The backyard patio you don't like? Rip it up and build a new one. There is always something in the house that can be fixed or improved. Learn how to do it.

Right now the house is a mess (I keep on top of most of it by keeping a schedule of which room gets picked up that day on a rotating basis), but it's her mess. She's been shopping and buying Christmas presents, leaving them in bags around the house. The kitchen table was covered in crap the other day. She stopped cooking us dinner and looked at me "You need to clean your stuff off of the kitchen table."

Old me would have DEERed. "What do you mean? This is all your junk. Your shit has been all over the house all week. I am not going to touch any of it because you would yell at me that I messed up your system, or that something went missing, or you can't find something." This would end with me apologizing and cleaning it up. But only after we go to separate corners and I drink two or three beers.

Instead, I owned my shit. I said "You're right, I'll clean up my mess." I had a shit eating grin on my face and I just walked over to the table and picked up my hat that had been sitting there. "I'm done." And I held it up.

And do you know what she did? She went from pissy to giggling. Then she said "That isn't the only thing on the table that's yours." There was some other stuff there that was mine, I just hadn't notice. She walked over and was right in front of me about to start picking up my items. She started getting pissy again. "This is yours, this is yours." I replied back "Oh yeah, you're right." I picked her up (thank you deadlifts) and sat her ass on the table, grabbed her tits and said "These are mine too" and engaged in a ten second kiss. She pushed me away, giggled, and cleaned off the table.

The biggest thing I've learned is that you have to constantly be improving and never engage in bullshit

because it's never over. You always have to pick up your hat.

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Comments

cholomite • 19 points • 16 December, 2016 07:37 PM

Well done. Not enough guys manhandle their women the way they should. Maybe it's because they're too weak, or their wives are too fat, but nothing shows a woman your power quicker than picking her up like a kitten and claiming ownership over her body.

Picking up my girl and carrying her around when she is acting shitty has worked for me 99/100 times. Add in a nice hard ass slap at the end and she'll be in your frame quicker than a frame shop guy or something...you get it. Keep up the good work.

HeyItsHarvey[S] • 9 points • 16 December, 2016 07:50 PM

Thanks man. Too many guys who post here (I've been lurking for about seven months now) are afraid to do this. Just do it. She'll fucking love it. I've carried her to the back of the house where the kitchen is. It got me sex out of the blue:

"Go get me another glass of wine," she smiles. I don't feel like getting her wine. "Pleaseeeeeee," and I tell her no, I'm not getting her wine. She starts to pout. "You just went in the kitchen and got another glass without getting me one."

"No, get your own." She protests again. I said "Okay, I have a solution." I picked her up, slung her over my shoulder, while she had her wine glass in her hand, she let out a little scream but started laughing. I carried her all the way to the kitchen, told her to fill her glass up (still slung over my shoulder). Carried her back to the couch and sat down with her. We ended up 69ing on the living room floor ten minutes later.

[deleted] • 11 points • 16 December, 2016 07:37 PM

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when you can actually pick them up and move them, thats when tingles start to flow

freshona • 5 points • 16 December, 2016 08:03 PM*

Some time back, kissed a chick with us both sitting bowlegged(?) on top of a divan. She wasn't quite straddling me when we started. Things get going, I pick her up by her ass and move her on top of me and the *squeak* that comes out of her.. priceless. Afterwards, we hug, she tells me to grab her ass. "Why? I just did.." -yeah, but this is for ME.

Not even pretending humility, that shit was great.

bogeyd6 • 3 points • 16 December, 2016 07:36 PM

Solid progress. It's amazing what maintaining frame can do for you.

BobbyPeru • 2 points • 16 December, 2016 09:23 PM

Good example. Last night I grabbed my wife and kissed her against the wall. Her mouth said "why do you always like to manhande me," but her eyes said yes!

drty_pr • 4 points • 16 December, 2016 11:49 PM

Thats why I know I have lots of work to do. Her mouth says "don't kiss me so hard!", but her eyes say not a

chance.

BobbyPeru • 2 points • 17 December, 2016 12:01 AM

Try the 10 second kiss before hard kissing

Baby steps

drty_pr • 3 points • 17 December, 2016 12:24 AM

Oh I do. It's met with serious resistance at about 6 seconds. Lol

BobbyPeru • 4 points • 17 December, 2016 03:48 AM

Shoot for 7 haha

sunthas • 1 point • 16 December, 2016 09:27 PM

Sounds like major growth and improvement and I applaud you for that. But I don't know how you could even contemplate having kids with a woman who was okay with not having sex for 4 months.

HeyItsHarvey[S] • 6 points • 16 December, 2016 10:25 PM

It was on me. I was being whiney and beta. I was bitching about things constantly and not changing them. I also gained a solid 10 lbs of fat around my waist line (I've always been on the skinny side, so I started looking skinny fat). I was also the drunk captain who goes home at night and drinks four to six beers. Not cool, not attractive.

This woman is highly educated and respected in her field. She's also hot and has a banging ass (I am an ass man).

drty_pr • 2 points • 17 December, 2016 12:23 AM

Ive been in a dead bedroom for a lot of years man. The DB started before we had our second kid. I'm not sure she will ever want to have a fulfilling sex life. I'll cross that bridge when I have to. That's my problem and I **fully** own it. With that said man, make sure you do what's best for you. I'm not sure I would do it again...

sunthas • -1 points • 16 December, 2016 10:49 PM

sounds like she is up on a pedestal.

Texas_Sir • 5 points • 17 December, 2016 01:48 AM

I was in a DB situation. Would go for a few months. That's on me. I got fat and lazy. I wouldn't have wanted to fuck me either. Fixed that shit. She saw me losing weight. We were talking about how to split the property. She got her shit together.