

# Proper response to "I can't get in the mood for sex unless you make me feel loved (aka do X, Y or Z for me)?"

December 13, 2016 | 7 upvotes | by [\[deleted\]](#)

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## Comments

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[deleted] • 9 points • 13 December, 2016 03:29 PM

So , she is trying to initiate sex by getting you to touch her? Cool

She wants JUST a massage, book her an appointment with Ingrid

She wants a massage from you, thats literally her asking you to make her **feel** like you want her.

The only difference is how YOU view it. If you view it as massage for sex, its not going to work.

Look, sometimes I just want my back scratched as I fall asleep. Sometimes I want head. So, you know what I do? I initiate getting what I want.

[deleted] • 2 points • 13 December, 2016 03:51 PM

[permanently deleted]

[deleted] • 4 points • 13 December, 2016 03:55 PM

I really, really don't want to reinforce the idea that she can use sex to manipulate me into acts of service.

Then its up to you to provide this act of service ( if you want) in situations that have nothing to do with sex.

This includes combinations of a) massage b) booking her a massage) c) getting her PT so she can strengthen her back / neck whatever so she stops having pain there.

And what you can reinforce, depending on where you are in your MAP, is that Adult relationships involve sex as a baseline. It really is non negotiable.

[deleted] • 1 points • 13 December, 2016 05:19 PM

[permanently deleted]

[deleted] • 7 points • 13 December, 2016 05:34 PM

She is probably thinking : G-d my back hurts, how can he think about sex when My back hurts!

What I am saying is, YOU need to untie it from sex. If you want give her a massage when sex is not possible for some reason. Or give her one when YOU DO NOT WANT SEX.

As for quid pro quo, this is not a game you play overtly. Once , I told my wife, that I would be more likely to be in the mood to be more romantic ( without even thinking about it), if I was getting fucked regularly. This came as a shock to her. You will become better able to seem more romantic when sex is not an issue, whether its because you are getting it from her, someone else, or have ceased to give a fuck.

[deleted] • 2 points • 13 December, 2016 05:51 PM

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[deleted] • 5 points • 13 December, 2016 06:00 PM

No. that's butthurt

[deleted] • 2 points • 13 December, 2016 06:26 PM

[permanently deleted]

[deleted] • 7 points • 13 December, 2016 06:31 PM

I guess. I can not imagine those words being **received** as anything other than butt hurt.

It was, at best, sarcasm. And that is a negative emotion when received.

[deleted] 13 December, 2016 06:33 PM

[deleted]

rocknrollchuck • 2 points • 15 December, 2016 05:51 AM

The first time I read this to myself I read it in a butthurt tone. This is what you need to work on.

[deleted] 15 December, 2016 12:08 PM

[deleted]

rocknrollchuck • 1 point • 15 December, 2016 01:25 PM

Butthurt means that you are emotionally affected and showing it in some way, whether verbal or by body language. It is a response to the situation that indicates you are upset by it even a little bit; this can be as simple as not talking as much the next day when she shoots you down for sex the night before. Women are particularly good at sensing butthurt, but I'm telling you if I read it in a butthurt tone before seeing your "not butthurt" disclaimer at the end, then it is painfully obvious. I would search MRP and AskMRP for the word butthurt and read up on all of it to get some perspective.

BobbyPeru • 1 point • 14 December, 2016 08:10 PM

I'll figure out a way to break that link in ~~her~~ My mind

\*fixed

PurpleVeteran • 7 points • 13 December, 2016 06:41 PM

Women need to be in the mood for sex, men just need the opportunity.

In her mind she's thinking "I'd fuck him more if he gave more massages." In my mind, I'm thinking "I'd prob give her more massages if she fucked me more."

Your mistake is making this transactional. She doesn't think that way... even the title of this thread is saying it. It's about emotion for her (mostly comfort, sometimes excitement or dread). When a massage leads to sex, it's because she's relaxed and enjoying your presence, but she's also aware of the expectations that it creates for you. Your job is to stir her emotions without it being conditional on some act (chores, backrubs, etc). That's what kino and game are for.

For now, flip the script the next time she asks. "Fine, I will rub your back, but I know what you're doing and it won't work. I'm still not having sex with you."

[deleted] • 12 points • 13 December, 2016 06:17 PM

Good grief man... Touch her. Massage her without sex. If everytime you touch her, you are going for sex.. what is special about that?

Give her a massage or a freaking foot rub. Make her feel special.

I mean she is spelling it out for you. You are failing comfort tests if she feels the only time you touch her is for sex.

She wants your hands on her body. Put your hands on her body. You want her to get used to your hands on her body.

spexer • 2 points • 14 December, 2016 01:04 AM

I disagree. These are clearly shit tests.. not comfort tests.

[deleted] 13 December, 2016 06:31 PM

[deleted]

[deleted] • 3 points • 13 December, 2016 08:53 PM

very well..

A\_Rex • 3 points • 13 December, 2016 06:54 PM\*

Could be her way of initiating. Remember, women communicate covertly. They rarely initiate by straight up saying "please fuck me", or by jumping in your lap naked while youre on the computer, no matter how "hawt" she thinks you are. Their initiation is more like them covertly trying to get you to initiate. Inviting you to rub your hands all over her sounds like just that.

Massage her if you want, escalate if you want, don't get butthurt if she rebuffs your advances. If she hard no's you Twice consecutively after a good massage and escalation, stop doing them. don't half-ass them either- massage her, or don't massage her. The 2 second shoulder rub so you can go back to video games is gay.

Edit: oh, and stop with the "you want the D" type comments too. That's not attractive, it's unattractive and comes off as creepy/desperate. Internally assume she does want the D and proceed as such unless and until she explicitly says otherwise. That's confidence.

[deleted] 13 December, 2016 07:06 PM

[deleted]

A\_Rex • 3 points • 13 December, 2016 07:16 PM

Pretend you're someone else and read what you just wrote. Sounds like a guy going into the massage with defeat at the front of his mind, doesn't it? Go in with a better attitude, and hold it throughout (basically, hold frame). She is shit testing the daylights out of you during the massage, and it sounds like you're failing.

First, read up on how to do a good massage (hell, go get a real one yourself and copy what they do - that's what I did). Then approach the massage as a strong confident man that knows what he's doing, and do it. If she directs you more to a certain area, hit that area. If she "complains" when massaging her ass, just say "glutes are the most overlooked muscle in the body, shame really". And then if she "complains" again when you're massaging her mound and slit, say "Trust me - I graduated from the best massage school in Cambodia ma'am", all in a playful manner.

Remember, this isn't massage for sex, this is a fun, sexy, playful thing to do and it's up to You as the man to set and maintain that tone, sex or no sex at the end.

innominating • 3 points • 13 December, 2016 06:59 PM

I see this as a basic compliance/shit test. You want sex, she has the vagina, so she is creating hoops for you to jump through. It's choreplay.

You are the prize. She needs to be massaging you so you don't run off and empty your balls in all the young available pussy that abounds.

1. So she throws out an I need a massage, and your first response is good, "I'll pound you out," then she doubles down and says a real massage, and you do what? Give her a shitty massage. You comply and get no sex. Shit test failed. Pressure flip and say, I need to give you a real pounding. Or, STFU, no massage, move on.
2. You give her a good, unsolicited massage, then you escalated sex. You created your own compliance test, and she won. Now you've really trained her that good unsolicited massages lead to sex, otherwise no sex.
3. She has to ask for the massage this time, so sex is off the table from the beginning, you give her another shitty massage and walk away appearing butthurt. She calls you on it. She shit tests you about only wanting to touch her for sex, and you muster a shrug. A good response would have been "I like stroking your hair when you a giving me head too!" Or, "I always like to slap your ass when you a making me sandwiches."
4. Stop watching TV with her, it's pointless. When shit tested AM, AA, or STFU.

You are right, you have to reverse the dynamic. At the very least, the back rub happens after your balls are empty. Balls empty, then back rub. Balls empty, then cuddle. Balls empty, then TV. Whatever.

You need to work on your AA, and AM, or just STFU and leave the house and come back two hours later and take a shower, if you initiate sex and she asks you for a backrub.

[deleted] 13 December, 2016 07:27 PM

[deleted]

innominating • 2 points • 13 December, 2016 07:36 PM\*

Ok.

If you don't want to give her massage, don't. That's the point. Your sarcastic massage is at best passive aggressive.

Same with being too busy to talk, if you can't talk, don't. Your two second massage is at best passive aggressive.

cholomite • 7 points • 13 December, 2016 03:14 PM

If you want to massage her, massage her. If you don't, don't. Separate massages from sex. If she says she wants a message before she'll fuck you, but you don't want to give her one, laugh and walk away. It's not worth jumping through hoops to get something you could (theoretically) get elsewhere for absolutely free, possibly even with other benefits to you. Be willing to walk away if it's not worth it.

Be mindful of the level of comfort you are providing. Remember that most women will want to at least feel like you like them *a little* before they'll have sex with you. The cold aloof alpha thing really works more in movies than in real life, at least in my experience.

[deleted] 13 December, 2016 03:53 PM

[deleted]

gettingmymojoback • 4 points • 13 December, 2016 04:25 PM

My wife had worked my compliments into a covert contract in her head. For her hearing me say "you look so fucking beautiful " equaled "you just want to get in my pants". I spelled it out for her to clear up the covert contract in her head, "honey, I ALWAYS want to fuck you. Telling you you're beautiful has nothing to do with it. If I'm complimenting you, it's because I genuinely mean it."

Perhaps you need to get the implications of massage = sex cleared up. Massage her if you want to massage her. Fuck her if you want to fuck her. It's really that simple.

fuckingfocusgodamnit • 1 point • 13 December, 2016 06:30 PM

The connection is already there for her, possibly pretty strongly. She's using them as a big old compliance test for sex. I think the question you need to answer is how to break it without being a dick about it.

Right now I bet dollars to donuts she's framing the massage for her and the sex for you. Seems like you need to establish that you're not her masseus & that sex brings you closer and is for both of you. It sounds like you know she enjoys them and are willing to give them semi-frequently on your terms, so I don't think you need to check yourself here.

470\_2\_700\_nm • 2 points • 13 December, 2016 03:37 PM\*

I'm still learning so take this with a grain of salt: I give massages all the time, sometimes because I like to, or often because she is being unresponsive and I feel like blowing my load on the small of her back. I tell her to get on her belly and move her that way physically. If she is tense, it's over, I do something else. During or right before the massage, the pants and underwear always get pulled down with authority. If there is resistance, massage is over.

Once the pants are down you have two options. Push off on her or penetrate. I most often just push off because usually the "massage" sex is pretty starfishy. Bonus points if you do a poor job cleaning up make her feel that load for a bit.

But I think the best advice I've gotten on the two MRP subs is get the fuck into shape and lead. Like the shape has got to be jaw dropping and woman need to be mentioning your change to your wife out loud in social and family get togethers. This IMO pays the biggest dividends. I strongly suggest Keto if you still have zero mid section / abs and veins popping.

Edit: A couple more notes after re reading your post.

Video games = Beta Working on motorcycles or repairing your wife's gas powered dildo is not

If she is struggling to self massage... Jesus that just sounds hot. Go fuck her.

Can't I just have a massage? Your answer: No (if that is where you are at).

If your SMV is that much higher than you need to learn to game her better. Seems like you are showing too much investment to her, and her pussy is getting dry.

ParadoxThatDrivesUs • 2 points • 13 December, 2016 07:28 PM

This is the right answer. You need to improve to the point that you transcend this bullshit.

[deleted] 13 December, 2016 04:04 PM

[deleted]

470\_2\_700\_nm • 2 points • 14 December, 2016 01:07 AM

My suggestion to you is aim more aggressively like 3-6 months to get there, and to put the video games down replacing them with anything of real value. Here are my suggestions:

1) Pulling your dick out and showing it to your wife, multiple times in the night. 2) Reading, especially sidebar 3) Not being a pussy (i have to work at this too) 4) Did I mention pulling your dick out and showing it to your wife? Doesn't have to go anywhere, just show it to her. 5) Anything that is manly, if you haven't any ideas google the "12 levels of dread MRP" and read BluePillProf's suggestions. 6) Food - Spend some serious time thinking about the food you eat and adjust 7) Physical - Work those fucking muscles man it pays dividends 8) Internalise the fact that when someone gives you advice on this thread, and none of us are ever going to be there to notice you are not following it, to not argue with them for at least 24h. Take what they (we) are suggesting, although it may strike you at your core values or sources of happiness, and consider it for real. It's more than likely to be worth it. I still struggle with this as well, and straight up man, it's part of your red pill journey. The knee jerk reflex to defend your actions and decisions is a little beta bitch move blue pillers all over the land engage in. I almost did it today, and caught myself. You should too.

[deleted] 14 December, 2016 04:10 AM

[deleted]

470\_2\_700\_nm • 1 point • 14 December, 2016 07:17 PM

Sure.

anotherwingingdick • 1 point • 15 December, 2016 01:50 PM

sure.

by the way, she could probably be relieved of plenty of pain with a good chiropractor.

Make the appointment for her, and pay it in advance. Use a female chiro. There's plenty.

[deleted] 15 December, 2016 02:25 PM

[deleted]

anotherwingingdick • 1 point • 16 December, 2016 12:02 AM\*

Chiros can handle routine back pain better than anyone else. After all, what is a back-massage, except a kindergarden-level "adjustment"

I have no financial interest in the profession. I agree completely that claims that they can do much beyond that, is hippy bullshit.

The BEST way of handling back pain, is to get your weight back to where it was at age 17. Your spinal column is a weight-bearing structure. The less weight it bears - the less wear-&-tear and twisting forces will exist.....

I do agree that a well-done massage could be a prelude to a wet vagina. Buy a folding massage table. You can't exert forces when the receiving object is lying on a mattress! You want to knead the muscles same like you knead bread dough - they BOTH have fibrous character, you need a surface to work against.

J\_Incognito • 2 points • 13 December, 2016 06:50 PM

For me, I want my hands on my wife - I'm good with lots of Kino and massaging. It's bad form to be hands off

and then pounce on her in bed. You still need to seduce your wife. Don't wait for her to ask, the default should be hands on when relaxing on couch or in bed, or passing each other in hallway or kitchen.

Now, on the other hand, if she says flatly "no sex until X" - you follow the don't negotiate w/ terrorists approach.

man\_in\_the\_world • 2 points • 14 December, 2016 05:59 AM

Variety! Be unpredictable!

Sometimes you give her a massage before sex.

Sometimes you give her a massage and leave.

Sometimes you fuck her then massage her afterwards.

Sometimes you just fuck her.

Sometimes you give her a massage when she asks; sometimes you don't.

Sometimes you throw her down and give her a massage before she asks.

sexyshoulderdevil • 2 points • 13 December, 2016 04:56 PM

Or flip it all on its head and have some fun with it. Become a sexy masseuse who has a terrible accent and a penis that pokes her a lot during the massage.

Read this:

[https://www.reddit.com/r/marriedredpill/comments/4lw1b/married\\_game\\_the\\_coconut\\_spa/?st=IWNQXNGX&sh=aa8e5fcb](https://www.reddit.com/r/marriedredpill/comments/4lw1b/married_game_the_coconut_spa/?st=IWNQXNGX&sh=aa8e5fcb)

A\_Rex • 1 point • 13 December, 2016 06:40 PM

Yes! And if she complains about the penis whacking her head, tell her she needs to hold it out of the way...amazing how many times her stroking it "just happens".

BluepillProfessor • 1 point • 13 December, 2016 03:42 PM\*

TFB- Typical Female Behavior. They were born whores and they will die whores.

They are programmed to get the best deal for even grudging or much wanted access to their fetid little holes.

Maybe you can offer to leave some money on the dresser?

As for me, it gives me great pleasure to massage my wife and I am happy to do it just about any time. She even talks in terms of "what do I have to do to pay for my backrub?"

AWALT!

Read up on my Dystopian Tale of Power for further insight.

470\_2\_700\_nm • 2 points • 13 December, 2016 03:55 PM

Nice piece of writing.

spexer • 1 point • 14 December, 2016 12:59 AM

Do not give her a massage for sex.

You win the battle if you so, but lose the war.

and stop the half ass 2 second backrubs.. just say no.

or flip it on her and tell her you want a back massage.

But show her that backbone you say you have grown and stop caving to her.



SteelToeShitKicker • 0 points • 13 December, 2016 03:35 PM

If she makes the quid pro quo overt, and if you can pull it off with a smile, I sometimes say "I don't negotiate with terrorists."

sunthas • 1 point • 13 December, 2016 07:25 PM

I understand why we don't like the idea of this negotiation, but it seems hundred fold better than covert contracts. Here, I'll rub your back for 20 minutes and then you give me a blow job. She gets something she wants that I can enjoy, I get something I want that she can enjoy. Win-win.

[deleted] 13 December, 2016 07:59 PM

[deleted]

sunthas • 1 point • 13 December, 2016 08:21 PM

I wonder if you could make a game out of it, like the sex dice game. Sure, roll the dice honey, hope for the massage.

SteelToeShitKicker • 1 point • 13 December, 2016 09:48 PM

That's standard negotiaiting desire. It can't be done.

[deleted] 13 December, 2016 04:01 PM

[deleted]

innominating • 1 point • 13 December, 2016 07:02 PM

Yep, he needs abundance mentality.

[deleted] 13 December, 2016 07:54 PM

[deleted]

[deleted] • 0 points • 13 December, 2016 08:21 PM

What is the question? Your wrote a wall of text. What is the actual question?

[deleted] 13 December, 2016 09:07 PM

[deleted]

[deleted] • 1 point • 14 December, 2016 11:54 AM

Gotcha. Well I think the War Games response is best. The only way to win is not to play.

[deleted] • 0 points • 13 December, 2016 08:46 PM

You do know if "The Rock" were in town and wanted to fuck your wife in the ass she'd give it up every day of the week.

BluepillProfessor • 5 points • 14 December, 2016 12:35 AM

I see this claimed a lot but I don't see good evidence for this proposition. Women will absolutely turn down Chads. Angelina Jolie is divorcing Achilles for God's sake. What chance to guys who are not the son of god have?