

# What to do when being shit tested, but about something you need/were going to do anyway?

July 25, 2016 | 9 upvotes | by [ddd37859](#)

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These are the shit tests I have the hardest time with. For example:

Early morning, toddler is getting wife all worked up. I'm just about to get up anyway, but now she's barking at me to get up. (Edit: To be clear we also have a baby and I stay up *much* later at night to handle that. My not being up first in the morning is an arrangement that is *explicitly understood* between the two of us. I'm not beyond waking up earlier than expected if she's having a particularly rough time. I would never say no if asked, even if I'm not happy about it. But I will no longer be commanded to do so like a child no matter how worked up she is. It's my fault that I allowed that to happen in the past, but I'm not going to accept that behavior any more first thing in the morning than any other time of day.)

The tone is unacceptable so I ignore. She starts raising her voice, gets nastier and nastier. Now when you read this, keep in mind this entire time I'm calm and she never drags me out of frame. Not even an inch.

Her: "do you hear me?" "Huh?!?" Me: (10 seconds later) "yup, I can hear you." Her: "Then why aren't you answering me?" Me: "Cause I'm not responding to that tone." Her: "I ASKED you to HELP ME." Me: (snickers) "That's a funny way of asking for help."

Next come the tears.

Her: "why do you hate me?"

At this point I audibly chuckled, and told her to go chill out. I assure you this amusement was genuine cause it was such a caricature of a shit test and I couldn't help it. I don't even remember what she said when she stormed away, something really dramatic like good luck dealing with them after I kill myself yada yada. Very very dramatic. I distinctly recall being called a self righteous bastard ask she walked away.....that put a smirk on my face, cause I figured mission accomplished lol. After she leaves I get up a minute or so later, and have a fun morning with the kids, watching Star Wars, etc. I think it pissed her off even more that the kids didn't get under my skin and we were genuinely having a good morning.

Whatever though, she'll get over it.

She's really persistent with the shit tests sometimes, and she's kind of got me between a rock and a hard place with this specific type of shit test. If I get up while she's barking at me, I comply and fail the test. But until I get up, I'm not handling my shit. And I was going to anyway. I just don't want to give her the impression that I'm getting up in response to her nasty shit test. I thought I did the best I could by not allowing her to get under my skin, getting around to doing what needed to be done on my terms, not hers. But in the end it still was a form of compliance I suppose. Was there a better way to handle it?

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## Comments

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[deleted] • 5 points • 25 July, 2016 12:37 PM

So basically , she is stressed out and talking to you how you let her talk to you in the past.

Problem : lack of previously set up boundaries.

Solution : Take care of the thing that needs to be taken care of ( ie kid) including taking over the duty that apparently she can not handle. Do not talk to her about it at the moment.

Later that day when kid is asleep sit her down and tell her your boundary and consequences ( you know about those, right?)

Another way is to say something to the affect of " yep I got this, go relax" This is said dismissively. ( this is not a good way to handle it, but in the moment if you can't stfu it works)

Establish what you will and will not tolerate.

[deleted] • 1 point • 25 July, 2016 12:49 PM

I like this. Here's the thing. From the title, we are to assume he's already going to do this. My wife does this with me going to the gym. So the Captain Obvious shit test...what the fuck do you do other than whatever you want.

It's a catch 22-shit test. There is no winning. Thus don't play. Or am I missing something?

[deleted] • 2 points • 25 July, 2016 02:29 PM

honestly, if she wants to fuck with my gym time, it better be important.

This is a hard one in the sense that it takes the most training and this type of thing is when she gets that she needs to stop trying to control you.

Lots of crying etc about how I don't listen to fee feez... that apparently only come up just as I am about to head out... scared to talk to me... etc...

except if it is important, one can set up a time for it.

Yes this is hard.

Honestly I think this is one of the make it or break it points in the relationship.... Either you get back on your horse and lead, or she gets on her horse and rides away.. or you beta up and let her get back on your horse and lead you.

Those are the choices.

ddd37859 • 1 points • 25 July, 2016 01:20 PM **[recovered]**

I didn't say anything after she stormed away. I just handled the kid. He gives me a lot less bullshit than he gives her anyway. She came over later and nitpicked something, and I just glanced at her and told her dismissively "oh chill out, just get ready for work."

Stomp stomp stomp away of course. DNGAF.

[deleted] • 3 points • 25 July, 2016 02:22 PM

don't tell her to chill out..

Smirk. I got this

or just smirk

sh0ckley • 1 point • 26 July, 2016 04:51 PM

Yup. This.

I really hope I've finally learned **never** to tell my woman to "calm down" ever. Again.

[deleted] • 1 point • 25 July, 2016 01:29 PM

Later that day when kid is asleep sit her down and tell her your boundary and consequences ( you know about those, right?)

Please tell us more about these. I'm not seeing it in the literature I am reading (aside from PlueBillProfs Commitment/Sex pairing) and think it might really help.

ddd37859 • 1 points • 25 July, 2016 01:35 PM **[recovered]**

I dunno, my instinct says telling her there are boundaries is a form of weakness, like I need her reassurance. Figure I'd just set the boundaries by action. I don't have to explain myself. This isn't a negotiation.

[deleted] • 2 points • 25 July, 2016 02:19 PM

ok

Let me know how making her guess is going to work for you.

Look, Ideally, you should have vetted better... vetted to the point that you shared enough values to know that doing X or Y was not ok.

If she does X or Y anyway ... there are two basic possibilities :

Either you never told her that you had a problem with it, and ate that SHIT all those years, which makes it **your Fault**

of you are so inconsequential to her that she will shit on you with full knowledge that she is actively disrespecting you. Again **Your Fault**

Since most of us do not have the easy option of just telling her to get out over this kind of stuff, its up to us to lead, not play the fucking guessing game with them.

ddd378591 points 25 July, 2016 02:32 PM **[recovered]**

It's not a guessing game because this behavior isn't completely out of character for me. I've always had boundaries but I haven't been consistently reinforcing them in the past few years. Ive never been her doormat but now with the kids around all too often I'd just comply to get her to STFU in the moment, and I let her get a little too used to talking to me this way. She'll well vetted, she's a strong woman and she knows what's up. She's been responding very well to my reawakening so far, the results speak for themselves. I'm not second guessing myself here, just wondering if I could do even better.

[deleted] • 1 point • 25 July, 2016 02:37 PM

If it worked for you, keep doing it.

Again, reinforcement is attention affection and time.

That's all you got.

Hope yours is enough for her.

[deleted] • 1 point • 25 July, 2016 07:13 PM

I'm so new into the process that when I set boundaries she flips out. The only boundaries I can enforce are the ones I place on myself and how I spend my time. My goal is to start small with things I absolutely can't tolerate (her threats of divorce for one) and move up to things that normal people SHOULD be doing (not being bitchy if things don't go her way). Some things aren't going to change overnight. I've put up with them for years, so I can bide my time until my SMV is higher, I'm more assertive, and I've set a pattern of enforcing smaller boundaries

[deleted] • 0 points • 25 July, 2016 04:36 PM

That's literally a covert contract.

ddd37859 • 2 points • 25 July, 2016 04:48 PM **[recovered]**

It's not a contract, it's a line in the sand.

sh0ckley • 1 point • 26 July, 2016 04:54 PM

A line in the sand would be something she can see and has been told.

[deleted] • 1 point • 25 July, 2016 02:20 PM

It is ALL over the place.

You have three things you can offer that are of value. Time, attention, affection. You remove those. That may look like going out for a few hours, all the way to divorce.

Of course none of this works if she does not FEEL any BENEFIT from your time, attention and affection.

donerkebabplease • 2 points • 25 July, 2016 12:53 PM

First one on deck, last one off it. I used to stay in bed on days off til mid morning, (when I was a lazy fuck) now, I'm up first and handling shit.

Also, like Scurve said, lack of boundaries in this example.

[deleted] • 2 points • 25 July, 2016 01:55 PM

Yeah, when my wife yells at me in a nasty tone that the house is on fire, I just wait a few seconds then tell I will not respond to that tone. Then I handle it with amused mastery.

After the house burns down, she asks me if I hate her. Then I know MRP is working.

There is a difference between having "frame" and being a certified stupid asshole.

This is about taking care of your child and being a Rock and a leader in YOUR house. Try to steer more to the center of the ditches, it is actually easier.

[deleted] • 4 points • 25 July, 2016 02:52 PM

**I'm just about to get up** anyway, but now she's barking at me to get up.

To be clear, you **weren't** up, yet you knew your wife was struggling. So, you were laying in bed being lazy.

If I get up while she's barking at me, I comply and fail the test.

Get up before it gets to that point. It's what a man would do and it solves your problem, or are you too dense to

realize this?

It isn't mission accomplished when your wife is storming away bitching, it is a sign that she is in a bad place mentally and she doesn't have any leadership from her man to help her improve.

ddd37859 • 3 points • 25 July, 2016 03:28 PM [recovered]

To be clear as well, our arrangement is that she gets up earlier due to circumstances I've explained in other replies. That arrangement is well understood by both of us. I dunno about you, but I don't wake up in a blink and I'm instantly at 100%. All this shit that's supposedly going down is far away enough in the house that I'm literally sleeping through it. Like I get the whole man always in charge thing but I trust her to handle her shit when she's supposed to, that's what this whole arrangement is founded on and it's *usually* not an issue. And usually all she has to do is ask. I only found out about the chaos in retrospect. It's not like I hear her screaming and I'm all laa-dee-da IDGAF I'm sleeping. I was literally blindsided out of unconsciousness with an unjustified shit test.

[deleted] • 2 points • 25 July, 2016 07:21 PM

One thing I'm learning is it sucks to be a man. My wife is so goddamn efficient at work, but it comes at a price. She's a nervous wreck. Unless I show her that I 100% can handle the house, the finances, the kid, the nanny, my own job that is more time consuming and profitable than hers, AND work out-- she loses it. She's built a reality in her head that should be clean, tidy, neat, well-behaved, and she'll work toward it. But unless I show her how it can be done she falls apart.

The thing that really sucks is this is not my preferred way of life. I'd rather be living in a small mountain cabin. But because I vetted poorly and had a kid with crazy, I have to man up and lead circumstances that are not my ideal

ddd37859 • 3 points • 25 July, 2016 07:49 PM [recovered]

That's the wrong attitude dude. It's awesome to be a man because people will respect you for being exactly what you want to be and doing what you want to do, as long as you're self assured. This isn't hard, it's *easy*.

You'd be surprised how quickly you realize that "crazy" is a response to your behavior and not some innate personality trait. She'd be less anxious if she had more faith in you. You'd be surprised how quickly that can change too. You genuinely want to live in a mountain cabin and that's not some latent desire to run away? If you got a vision that can work your family into that, she'll follow.

[deleted] • 1 point • 25 July, 2016 10:08 PM

You get it more than I thought you did.

This is an excellent response

ddd37859 • 1 points • 25 July, 2016 11:22 PM [recovered]

Thanks. Yeah I mean honestly it kills me a little that I lost sight of how simple it really is when it comes down to it. I spent *way* too much time blaming her for this or that. Thinking to myself that she's such a bitch and starting to resent her for all the shit she gave me. And even if she didn't know it, all she ever really wanted was for me to stand up for myself. Like this red pill stuff has completely validated the way I used to be before we had kids, and it's shocking how fast her attitude towards me has changed for the better now that I've fully embraced it. We're flirting again like we're dating because I'm consistently behaving like I've got nothing to apologize for, cause that's what attracted her to me in the first place. Like I can't

even tell you how good it feels to be back in this headspace again.

[deleted] • 3 points • 25 July, 2016 11:41 PM

Your wife is a reflection of YOU

jigglydee • 1 point • 26 July, 2016 02:02 AM

and becoming the man your wife wants to make proud and wants to please.

disclaimer: wife's pregnant\*

I'm about to digress but I'm not sure where she currently sits in trying to please me 1- I'm recently getting a lot of 'you don't help around the house' - she fails to recognise that I handle the finance, the bills, fixing up around the house, handling the little ones bedtime routine, spending quality time with him, etc. 2- She does initiate sex often but only initiates when she wants the D, and hasn't *recently* given any unsolicited BJ's. I'm going to ponder over this a little to see if I let slide over the course of pregnancy or if I escalate and resolve now.

and becoming the man your wife wants to make proud and wants to please.

Your wife is a reflection of YOU

Thanks for the gentle reminder though. Digressing further....It's given me a moment to reflect that I've recently deviated from trying to make this happen. It's important to distinguish that she's not a reflection of *me* but a reflection of my *leadership*. In my case, I'm killing it in other areas of personal growth, but this doesn't obviously reflect through in my wife's behaviour necessarily. I find that she reflects the words and behaviour that I display- sometimes in a negative connotation. This tells me that my leadership style fails at times. In response to this I need to firstly improve my leadership and tailor my leadership style to each situation.

[deleted] • 1 point • 26 July, 2016 11:14 AM

she's not a reflection of me but a reflection of my leadership

There is no difference. Who you are, as a man, *will* be reflected by your wife.

You can argue that you are great at your job but shitty as a husband and I will agree and point out that your wife is reflecting a dude who can do his job right but can't fulfill his role/job as a husband.

[deleted] • 1 point • 26 July, 2016 01:14 AM

That's a good thought. Maybe that will happen. And I agree, crazy is something that we breed into our wives. Some are just more prone to it than others. My wife had some huge red flags that I ignored when we were dating. But it doesn't mean she can't approach a somewhat tolerable level of decency if I have my act together

madden[ ] • 1 point • 26 July, 2016 12:00 AM

I'm learning is it sucks to be a man.

The proper frame is; being a man can be a lonely business.

[deleted] • 1 point • 25 July, 2016 03:47 PM

Your OP doesn't portray any of these facts which are pretty relevant considering all we have to go off of is your OP.

I dunno about you, but I don't wake up in a blink and I'm instantly at 100%.

I don't know many people who are, so I wake up earlier so that by the time it is 'go time' I've been up and *am* at 100%. Regardless, this is neither here nor there. If your wife is struggling, you need to lead her towards improving.

That doesn't mean holding her hand in the moment or right after, but tonight you should sit down and let her know you don't want your morning or her's to be stressful, then provide her with tips to avoid the tantrum.

our arrangement is that she gets up earlier due to circumstances I've explained in other replies.

This arrangement should be in OP, how do we, the reader, know of your circumstances and not just view you as a schmuck who needs beauty sleep.

ReddJive • 1 point • 25 July, 2016 03:15 PM

I didn't see the scenario that way...as in she up already and him in bed.

But yeah...either way be the first mother fucker on deck.

[deleted] • 1 point • 25 July, 2016 11:44 PM

Set your alarm for 530 and get your ass to the gym before everyone wakes up. Adjust your evening schedule accordingly.

I'm assuming your toddler goes to bed at a normal time for a toddler, so you should be able to get 7-8 hours on that schedule.

[deleted] • 2 points • 25 July, 2016 02:55 PM

How is this about boundaries? You sound like a lazy fuck. You should be up first, not giving your wife a chance to nag you for something you admit you should be doing anyway. I know it's been a whole week of MRP for you, but you still sound drunk to me.

ddd37859 • 3 points • 25 July, 2016 03:07 PM **[recovered]**

We both work, we have a baby and a toddler. I stay up late to handle the baby between 9-1am so she can get a few hours uninterrupted sleep, because A) my work hours start two hours later than hers and B) I'm naturally a night person and she's a morning person. That's our arrangement and me being in bed a little longer than her is neither unusual nor a sign of laziness. There were some extenuating circumstances that contributed to her losing her cool that morning, but they had nothing to do with me nor anything I did/did not do. Before I was even conscious enough to realize she needed a break, she was on my ass, so the shit test was 100% unjustified. Had she come to me and asked me to get up earlier and help I would have done so with a smile on my face, as I have done many times in the past.

UEMcGill • 2 points • 25 July, 2016 07:40 PM

Let shit calm down. Then go have a talk with her.

"Babe, we have it all set up, I take the late shift you take the early shift. This was not me taking the early shift".



Her, "But I asked you to get up."

"Hmmm, no you yelled for me to get up. Either you asked me, and I have a right to refuse, or you yelled at me. Which was it?"

You say you have an agreement, yet you get up every single time she calls for you? Sounds like a shitty agreement. She needs to learn to get her shit together. Not for nothing, my wife has 3 kids, and can run shit with military precision. Your wife doesn't have too because you always save her ass.

Ask her what needs to be done so you can sleep. What tools does she need to keep her end of the bargain? Right now she's failing and you're letting her.

ddd37859 • 1 points • 25 July, 2016 08:01 PM [recovered]

She's already gotten over the rebuke and is being all cutesy/flirty with me. It was just a shit test, not some intractable problem of scheduling. :p

I help her when she needs help because she might have had a really rough night with the baby. Neither of us have been fully well rested for months. I trust that she won't ask me for help unless she genuinely needs it, so of course I've got her back. But I won't let her try and bully me into it.

UEMcGill • 2 points • 25 July, 2016 08:28 PM

You trust her that she'll think like a man and only ask for help when she needs it? You don't understand the nature of women then.

[deleted] • 1 point • 25 July, 2016 07:41 PM

How old is the baby? It might be time to sleep train that kid. Nobody will be happy if you're up all night

[deleted] • 1 point • 25 July, 2016 03:03 PM

This wasn't a shit test, but a woman whose reflecting her drunk captain. She having a shitty morning with the kids, and you're in bed pretending to ignore the entire thing.

Is complete chaos a normal thing in the morning at your house? If so, then you need to get your ass out of bed and be part of the solution, and not use her frustration as a chance to "establish boundaries". Better still, make sure shit is done the night before, the kids are in bed on time, and that mornings have a routine. *Then* you can set your alarm and sleep in.

chiefjohnwatts1790 • 1 point • 25 July, 2016 03:38 PM

Wouldn't the Captain of the ship be up and awake before the rest of the crew?

YoureAfuckingRobot • 1 point • 29 July, 2016 08:41 PM

Why dont you read the post. They have an arrangement that seems perfectly fine but she decided to go against it. This guy seems to have things together pretty well I think so cut him some slack and give advice or go read another sub.

OP needs his wife to know how things work, she can't bitch him out randomly because all the sudden the arrangement they made just doesn't work for her in certain situations. This is a woman thing though. I had an ex constantly coming back to me to change things we had legally agreed to in a separation agreement because sometimes they didn't fit her needs. It was so annoying but after explaining that we have made an arrangement and we Both need to stick to it.

Try phrasing it in reverse to her. Ask her if she would start taking over at night at the last minute because you decided that you don't want to do it one night. I did that and it solved things fairly quick. Or at least made



things better...

Griever114 • 1 point • 25 July, 2016 06:35 PM

Outside of having your shit together, I would say you need to do the following:

1. Keep getting your shit together. As others have said, you ate quite a bit of shit for a while and now you are pushing back. Shit tests will come at the regular now as the balance of power is shifting. You need to keep your tools (Fog, AM/AA, etc from WISNIFG) at the ready and sharpened.
2. She is fucking with a boundary you all have in place. HOWEVER, I think there needs to be some middle ground. As others have said here, you should not ask for help when its your turn but expect she will ask when its her turn. She is your first mate and may need assistance from her awesome captain.

If you are already up (i.e, not dead asleep) and she is going nuclear on the baby, step in since you dont want a child to be exposed to the nagging screaming bitch harpy. State later on, when things are calm, that you dont want that kind of behavior in the house. Why do you think the kid is fussing when she is around them? They fucking SMELL "nasty bitch/negative" a mile away like dogs. No wonder they are getting ansy, "I shit myself... oh crap, its the mother hen and she looks like she is going to murder me... shit shit, she is screaming at daddy again. I like him more, he is so awesome and calm." Get my point? She is reinforcing shitty behavior with the kid.

On the flip side, if you are up and she is handling it, LET HER HANDLE IT. There needs to be set boundaries for the opposite. For example, you are asleep and she is screaming (like a she bitch child)... -> no deal. You are asleep, she comes in asking for help calmly (like an adult).. -> help her. Compromise without jeopardizing frame.

MRPguy • 1 point • 26 July, 2016 12:38 AM

Why does my pre-schooler ask me the same question, often minutes apart, multiple times throughout the day?

Why does my teenager throw a tantrum?

Why does my wife...?

plein\_old • 1 point • 26 July, 2016 04:34 AM

Me: (snickers)

This sounds a little bit, maybe 5%, like power games to me, depending on what vibe you were projecting. And by power games, I mean a slight flavor of taking sadistic pleasure in the contest.

Like in Taming of the Shrew, the husband doesn't let on even for a split second that he finds his wife's behavior odious. There's never a snicker that he's having a contest with anyone.

So maybe keep trying to find other ways to solve the situation that feel better to you and don't leave you feeling a lingering doubt.

cholomite • 1 point • 26 July, 2016 01:03 PM

My gf does this all the time. I usually just get up on her and shut her shitty behavior down first, then go and do whatever it was I was going to do anyway. Come at her like a pimp and let her know you're still in charge.

Last time this happened she was cleaning the kitchen and I was going to take the trash out. Right as I'm walking towards the trash can to pull the bag out she goes "can you please take the trash out, it's starting to overflow...blah blah" with just a bitchy tone about it. I put the trash down, stared at her for a minute, with a

smirk and stood really close, so she had to look directly up at me (that part is important) and smiled and said "you think you can boss me around, huh?" And started pushing and tickling her into the corner. She fought a little but I just grabbed her arms and held her against the wall and we made out a while. Then I smacked her ass and took the trash out anyway.

She made one more little bratty comment, like "damn straight you take that trash out..." but I just laughed because I know she knows that I run shit. Some girls just want to get the last word in. They like being little brats and then getting put in their place by their man. It doesn't sound like this baby thing was an example of that, but I'm sure a similar strategy would work.

Dad's can be pimps too.

[deleted] • 1 point • 25 July, 2016 12:40 PM

Sounds like she's losing power she once had and doesn't like it, but secretly kind of likes it. Well, kind of really fucking likes it when she sees you aren't playing a game but really do hold yourself in higher regard than her. Which is awesome because she wants YOU to be better than her too.

So she starts crying for losing some comfort, but the tears are 50% tingles or else she wouldn't have gotten so worked up. So, keep going tiger.

Next time settle her down by fucking her. She seems like she needs some orgasms. A wife that shit tests you is a wife that WANTS to find you attractive and WANTS you to bang her. Less shit tests from a well fucked wife.

[deleted] • 5 points • 25 July, 2016 02:53 PM

You think sex is the answer to this?

That's fucking retarded.

This is a perfect example of a woman who can't handle her shit and a guy who calls himself the 'leader' yet lays in bed while everyone else is doing their job.

[deleted] • 1 point • 25 July, 2016 04:22 PM

I can only say that by the title, he's used to getting up already. Because, at that point, it's not about what she's complaining about. Kind of like a air conditioner.

Because that's what my wife does in other scenarios. Already owning it. Still pulls it anyways.

[deleted] • 1 point • 25 July, 2016 03:28 PM

I can't tell if this is serious or sarcastic.

secretly kind of likes it. Well, kind of really fucking likes it when she sees you aren't playing a game but really do hold yourself in higher regard than her.

What does this even mean? He *was* playing games.

the tears are 50% tingles

Or, you know, that she's having a bad morning, and he's laying in bed pretending to sleep. Then he uses this as a chance to establish boundaries. These aren't the actions of a leader who DNGAF, it's a drunk captain (or a plain asshole) who's enjoying her frustration.

Next time settle her down by fucking her.

Now I know that you can't be serious. If she's having a shitty morning, the answer isn't to double down on it. Or to try and pivot it into sex. OP needs to get his household in order and show that he's actually worth

fucking. It may be a surprise to some, but a boner does not automatically fix everything.

Look, respect has to be a two way street. I know that several of the MRP folks prefer that their wives are submissive and toe the line regardless, but at a certain point, you are both on the same team. There are times to treat her like a teenager, when she's sulking or self-indulgent, but more often, you have to give her credit that she's an adult having a legitimate hard time getting shit done.

Some shit tests are simply emotional push-pulls suitable for DNGAF and AM/AA, but some are indications of real problems. The captain delegates to the first officer what he thinks she can handle, but he's still responsible for the ship.

ReddJive • 0 points • 25 July, 2016 02:18 PM

I don't now what you displayed here but it wasn't IDGAF. You in fact did GAF. You wrote a lot of "if I do this then she does that. IF I don't she does" ...blah blah blah.

Bottomline: You responded. You were very much concerned about passing the shit test. So you decided it was important enough to engage. Now you are focused on her. She wins. She gets to poke and prod and call you all sorts of names.

this wasn't the time.

A man of action? Just get the fuck up and do if that was what you intended. Why does she matter? you prove that by doing. You also show her that her bullshit is just that bullshit because it did nothing to get the toddler taken care of.

Her: "do you hear me?" "Huh?!?"

Me: uh huh (as you walk way)

Her: "Then why aren't you answering me?"

Me: That baby is crying or didn't you hear.

Her: "I ASKED you to HELP ME."

Ignore. She's taking power back. This requires no response.

Next come the tears.

Her: "why do you hate me?"

Me: I don't hate you, baby, now give me some sugar.

Of course nothing might happen (it wouldn't in my case) but you are still asserting dominance, showing you DGAF...that you still want her to be a pleasant woman ready to please you. If she doesn't give it up then pat her on the head and move on with your day.

Look I get all the talk about setting boundaries, but it's not something you throw down like marking your territory and even still there's a time and place to engage in battle. This wasn't it. Action is required...always.

If you have to think about anything it should be about your actions NOT how you respond. This is why STFU is the best advice. This wasn't the time to engage her directly it was the time to complete your mission and through that action show her that her emotional temper tantrum was the same as the toddler's. All pointless

Would you have engaged the toddler in a tit-for-tat conversation? Then why her?

ddd37859 • 1 points • 25 July, 2016 02:43 PM **[recovered]**

I was ignoring it up until she pulled the covers off me. In my mind for me not to at least respond at that point would have been letting her get away with too much. I didn't expect her to do that, she kinda caught me with my pants down, figuratively and literally.

But you're right. I could have just gotten up and walked right past her, ignoring her shit. She didn't faze me but I did engage on some level, even if it was dismissive. Your response is def better.

ReddJive • 0 points • 25 July, 2016 03:11 PM

OK let's dissect for a minute.

In my mind for me not to at least respond at that point would have been letting her get away with too much.

You're thinking too big. You are also thinking right vs wrong. What's really important here? The kid.

I didn't expect her to do that, she kinda caught me with my pants down, figuratively and literally.

She sucked you in. Even if you thought you needed to contain her bullshit she won. She has you focused on her engaged in a tit-for-tat argument. Now you are dealing with her on her terms.

I don't care if you thought it was fun, or comical...you engaged. You don't engage in that way. Just get up and leave and in this case you have the best answer...the kid!

I was ignoring it up until she pulled the covers off me.

I could have just gotten up and walked right past her, ignoring her shit. She didn't faze me but I did engage on some level

Read both these statements and think about it carefully.

You equivocate too much. Either you did or you didn't.

ddd37859 • 1 points • 25 July, 2016 03:48 PM [\[recovered\]](#)

This was not "get up and do what you're supposed to be doing", because I wasn't supposed to be up at that point and she knows it. It was her losing her cool and coming at me before I even knew what was going on. Like there's two opposing things here. She needed help, no problem with that. But she came at me right out of the gate. If I immediately get up in response to her shit test and do what she was barking at me to do, even if I don't engage how is that not complying and validating her shit?

ReddJive • -1 points • 25 July, 2016 04:26 PM

And if you read all the other comments your first error was being in bed.

I don't care if she says you can sleep in today.

Sure, baby, Take a break. You work hard poor little man.....

They never mean it. They will test you when you are weak and it won't make sense. They will take their word back because in that moment you shouldn't be sleeping.

Be the first one up. Doesn't matter.

Suck it up. Drive on.

ddd37859 • 1 points • 25 July, 2016 04:45 PM [\[recovered\]](#)

So stay up till 1am every night so she doesn't have to deal with the baby at night, and then wake up at 6am to deal with the toddler? So she can get ten hours of sleep every night, while I get five, just to get ahead of any potential she's in a shitty mood in the morning?

Like how is that not putting her on a pedestal?

ReddJive • 0 points • 25 July, 2016 05:07 PM

Her her her she she she.

Stop. Reflect. Where can you improve here.

It's not about her.

ddd37859 • 1 points • 25 July, 2016 05:21 PM [recovered]

I dunno then, what would you suggest? The "I go to bed later/you wake up earlier" was an arrangement intended to improve things given our challenging situation, and it has. Nothing is going to be perfect and if you think that there's some way to completely prevent a toddler from getting a woman bent out of shape every now and then, then you definitely don't have kids. But I can't be expected to monitor and step in to a situation when I'm *literally unconscious*. I can take responsibility for my conscious and subconscious actions, but not for my lack of action while I'm again, *literally unconscious*. I don't care how strong your leadership is, a baby does not give a fuck and a toddler only gives half a fuck. If working with her to find a solution so we can somehow manage their unwillingness to adhere to the schedule of working adults isn't enough then seriously I don't know what is. I'm open to suggestions. Enlighten me.

rocknrollchuck • 1 point • 25 July, 2016 08:56 PM

How about switching? You go to bed early and get up early to handle the toddler. She stays up with the baby instead.

ReddJive • -1 points • 25 July, 2016 06:00 PM

Step 1. Drop the Ego

Step 2. Get Frame...yours is gone.

Step 3. Suck less.

Step 4. Do better.

You are arguing with everyone how it's her fault. Ok. Sure she was a bitch but we know this. We knew this was going to happen. But go on keep hamstering why it's her that's crossing the boundary that's the real issue. How it's HER behavior that has to be fixed.

What was your plan here? Hope that she would stick to whatever agreement you made? Thing is she changed the rules on you because. It was a different situation in her mind. Even if you talked about it 20 minutes ago. Shit changed.

So what was your plan to deal with that?

All I can do is describe a mindset to you.

You have to be the strongest mother fucker in the valley. No one is better. No one. Kids are rough at that age it aint' no joke....so you're going to complain about it or are you going to man up here and show her a better way despite it all? Your agreement is null and void. It's logical. It makes sense.

She isn't going to see it that way when shit hits the fan.

In this case you had no plan when it all fell apart. You just hoped she would remember the deal you made.

Hope isn't a method.

ddd37859 • 1 points • 25 July, 2016 06:30 PM [recovered]

Oh no don't get me wrong. The overarching issue is definitely me. This is way more over-analysis than I ever expected about the situation lol. But anyway I'm not blaming her or butt hurt that she's shit testing me, I expect it and I'm fine with it. I'm not complaining about my situation, her behavior or anything like that. I don't blame her for acting that way, because I allowed my boundaries to slide to the point where she felt like she could talk to me that way over just about anything. Like I don't need why she's shit testing me explained, and I'm not mad that she shit tested me because we had "a deal", I just say that in response to you and others who reflexively said "be up first" because there are extenuating circumstances that override that as being the default right answer in this situation. Only to establish that it's a "genuine" shit test and not an earned tongue lashing. I know she's going to keep testing me, I know it'll never end. I'm not mad at it or her at all, and ultimately all I can completely control is my own behavior anyway.

My post was just a tiny little window into a situation mostly because it's not as cut and dry as your average shit test, and I'm not 100% sure my instinctual reaction is ideal. But don't extrapolate it beyond that into

jigglydee • 1 point • 26 July, 2016 02:12 AM

Sure, baby, Take a break. You work hard poor little man.....

They will test you when you are weak and it won't make sense.

LOL, that just helped me answer my own question in my mind and I was trying to figure out the exact why. My wife regularly tell me to skip my workout. The smallest of reasons sees her advising me to not hit the gym and I'm always left wondering why. There are several reasons potentially here but I think what you said fits the puzzle the best.

screechhater • 0 points • 26 July, 2016 01:55 AM

How about getting everyone on a schedule so some sleep can be had by all.

**And, since you are a man, how about you be the last to bed and the first up ? I think she and the toddler are exhausted.....**

ddd378591 points 26 July, 2016 02:10 AM\* **[recovered]**

Cause I have a baby too, and they don't give a fuck about schedules. Which pretty much throws everything else for a loop. But TBH last to bed and first to wake is one of the MRP platitudes that I don't buy into anyway. The woman I married isn't so weak of mind, body and spirit that she needs a man around to guide her literally every second of every day. She's a capable woman and I trust her to handle shit when she has to.

screechhater • 0 points • 26 July, 2016 02:16 AM

Sorry. You are wrong I have been there done that. They will get on a schedule, it may take some time, but it happens