

Lost my cool and got Emotional question? (Help Me Masters)

July 11, 2016 | 8 upvotes | by [MRPNOOB](#)

Hi All,

New to this but after a previous divorce this shit changed my life and only I recently slipped.

In LTR of about a year and a half and noticed she hasn't been paying the same attention to me like she used to. We still fuck almost everytime we are together but it seems I am the one initiating everytime. This is a bit of a change as previously she couldn't keep her hands off me. We used to joke about how she wanted more but I was in that refractory period.

I brought this up to her (I believe this is a Beta move) and she assured me nothing was wrong after she cried for 15 minutes about how she can't make me happy. She then put my hand in her pants and showed me how wet she was etc.

We don't live together yet but it is something we are discussing. We do see each other 4 times a week though usually at her place since it is closer to where we both work.

We usually meet every Wednesday but I feel like it might be a good move to tell her that I am busy that day and blow her off. Should I tell her why (as in we need a break etc) or just say I am tired. What's the right move here?

A little about me. I am 31 and in great shape <http://imgur.com/MRaMacm>. Have a decent salary (60k), working to make more (certificates, possibly going back to school) and own my own home and car.

I have always thought highly of myself and confidence is not the issue up until now. I had previously took a break with her for a week or two when we were first dating because she was really only a plate then but has since proven she can be LTR/Wife Material (she has a good job, cooks, cleans and has never turned me down).

I've got a few other grievances (Shit tests etc She makes more money than me and has mentioned it jokingly) I'd like to discuss with some of you vets as well but this one would be the most urgent.

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Comments

Alpha_Rising • 5 points • 12 July, 2016 12:36 AM

If I were you, I wouldn't lock myself into a LTR, and would not move in with a LTR. You haven't yet maximized your SMV (more income will raise your SMV), so why the rush to lock yourself into a LTR and move in together? Why not enjoy yourself spinning plates?

To your immediate question: Why do you want to blow her off Wednesday?

MRPNOOB[S] • 3 points • 12 July, 2016 11:29 AM

I figured maybe I am making myself a little too available and she might be getting a bit too comfortable.

The LTR move would be by choice. I was spinning plates for a while including her. She was the best out of the 5 women I was seeing.

Spinning plates was becoming a full time job on top of my full time job. I like to kick back watch movies and sports on the weekend not spend time going out for coffee and drinks. She is the same way and it hasn't gotten stale in the least.

I am 31 i feel like I got my shit together and want to focus on improving myself even more while also having the comfort of having a solid woman around. I don't want to put her on a pedestal and remind myself not to but I have plenty of experience with women and this one is definitely different than the usual plates I was spinning.

Persaeus • 4 points • 13 July, 2016 03:56 AM

"All I wanted was a pillow and a blowjob".....the epitaph of every fiance.

I like to kick back watch movies and sports on the weekend not spend time going out for coffee and drinks. She is the same way and it hasn't gotten stale in the least.

OP, if you want a little less hectic lifestyle to build yourself....GREAT. But be aware, married or live in LTR is RP on HARD MODE. Your fantasy does not exist.

MRPNOOB[S] • 1 point • 13 July, 2016 06:08 PM

Lol. I am up to the challenge. Going it alone is tough but with support I feel like I can be happy. I was a former Nice Guy and I did shake it but I just felt like I went Nice Guy there for a second. I have been dwelling on it and even though nothing has changed with her I still think about it as a big time fuck up.

redearththeory • 5 points • 12 July, 2016 10:13 AM

I brought this up to her (I believe this is a Beta move)

As a man, initiating (everything, not just sex) is your job. Don't ask your woman to do your job for you.

We don't live together yet but it is something we are discussing.

This is something that she should have to earn, if you allow it at all.

Should I tell her why (as in we need a break etc) or just say I am tired

Saying you're tired is weak. Saying you need a break is a bit nkish. Just say you're busy and leave it at that.

MRPNOOB[S] • 3 points • 12 July, 2016 10:58 AM

Solid Advice. Thanks a bunch. i love this group. Its like in NMMNG where they said find like minded people you can talk to. This place is refreshing!

FeetOnGrass • 1 point • 13 July, 2016 04:43 AM

When I was dating my now wife, I was the one to always call her. She never called me, but was always very happy when I called. She had even told me she was longing for my calls. Then one day I made the greatest mistake of my life of asking her why she never calls me. I told her it feels like she isn't as interested in me as I was with her. She started calling me from then on. And she became so possessive over me that she started getting angry when I didn't pick up immediately. I lost a lot of friends, roommates, but being the blind beta that I was, I had a very love/hate relationship with her. Put her on a pedestal, did things for her while hating doing it, the whole shtick.

I got married to her amidst great drama, lost my family, had a terrible year, and by the time I found MRP, I was suicidal. Nobody believed my story and thought I was trolling. It has taken so much change to turn my life around , little by little.

In conclusion, don't be afraid to initiate. Don't give that power up to her.

FeetOnGrass • 1 point • 13 July, 2016 04:45 AM

There. Made the mistake of posting from my alt. Too late to fix now.

cholomite • 3 points • 12 July, 2016 07:43 PM

First off, you care to much about her and it's turning her off. Whether you tell outright, which you did, or just feel that way inside, she will notice that and it will cause her to lose attraction for you. I know it sounds wrong, but it's the unfortunate truth. Stop caring about your gf and start caring about yourself.

As our Lord and savior Patrice O'Neal says, your girl shouldn't even be in the top three of your main priorities. Make her like, 4th or 5th down on your list.

Don't be afraid to make her upset, or jealous, or insecure, or mad at you.

MRPNOOB[S] • 0 points • 12 July, 2016 11:15 PM

Again!

This is why I come here. I view you guys like the support group discussed in NMMNG. Ive been contemplating the past few days and realized I had stopped caring about myself and was worrying what other people/she thought.

When I met this girl and she was crazy about me she was like 4th on the list behind Career, gym and social life. I truly am taking all this to heart and really appreciate all of your feedback.

spexer • 2 points • 12 July, 2016 05:53 PM

STFU & grin.

Your talking about her not initiating was beta. Dont do this.

Your desire to explain needing to take a break - Dont do this.

The motto here is *Acta Non Verba*. Be a man with actions, not words. If you feel you are the one always initiating, always expressing affection, then back off.

If you feel like things are getting stale, then change the habits up (like start taking her to your place)...

And most of all, only do this stuff if you want to. be the man you want to be, instead of being in her frame and

trying to figure out how to change her / make her more into you.

You dont need to make her make you happy.

You need to make you happy.

MRPNOOB[S] • 1 point • 12 July, 2016 11:18 PM

This brought almost brought a tear to my eye. Its basically the true. After reflecting on everything the past few days I came to the conclusion that I was trying to make others happy instead of focusing on myself. I went back and read NMMNG and the whole section of putting others first and the covert contract rang deep with me.

I am going to continue my redpill journey and love the fact I can come here with questions and support. I will keep updating as things progress and I am sure I will be back.

Taking the pill was easy living it is a whole different beast.

SteelToeShitKicker • 2 points • 12 July, 2016 09:45 PM

Damn. I think this post killed that cold, hard stone in my chest that I call a heart. You are in great shape, wish I was there now.

You have an achilles heel, and she knows where to hit it.

It's likely the "she makes more money" and "other grievances". Your frame must crumble tremendously under pressure to be in the situation you are in given your great shape. Suggest meditation and learning how to handle shit tests appropriately. **You aren't ready to start upping the dread.**

MRPNOOB[S] • 2 points • 12 July, 2016 11:11 PM

This is why I come here. I view you guys like the support group discussed in NMMNG. Ive been contemplating the past few days and realized I had stopped caring about myself and was worrying what other people thought. When I met this girl and she was crazy about me she was like 4th on the list behind Career, gym and social life. I truly am taking all this to heart and really appreciate all of your feedback.

As for getting in shape I played football for 15 years of my life and went pro for a brief period in time so I always had that muscle memory to fall back on. However I did get fat at one point after no longer training 8 hours a day and eating the same.

A book by Tim Ferris changed my whole perspective. The 4 hour body introduced me to the slow carb diet and the rest is history. If anyone wants a copy emailed to them PM me your email and Ill send it.

I hope to continue to grow with you all and love the support! Even us alphas can get lost once in a while and its good to have someone to bounce ideas and problems off of!

Sapphire_Jizz • 4 points • 12 July, 2016 03:04 AM

You should read the side-bar, hold-off on moving in with her, and report back later

MRPNOOB[S] • 1 point • 12 July, 2016 11:31 AM

Roger that. I ve read it before after my last relationship ended in a divorce (I managed to not get raped lucky me). Reading through was like a revelation. I was a classic nice guy and was always pissed off when I wasnt getting the recognition I deserved etc etc.

Chump_No_More • 2 points • 12 July, 2016 09:50 PM

I second on reading the sidebar before you do *anything* else.

If you had, you would know Rollo's Iron Rule #7

The fact that she doesn't understand why her desire is waning and is distraught about it is not far-fetched. It's definitely rooted in being too available and signalling low value.

More time with your buddies, studying the sidebar, lifting and being generally busy is in order.

MRPNOOB[S] • 1 point • 12 July, 2016 11:14 PM

I hear you man. I re read NMMNG and I noticed that I was displaying that whole nice guy attitude. The whole section on covert contracts really made me think and I also realized I wasn't putting myself first.

Taking the redpill is easy but mastering is a whole different beast.

[deleted] • 2 points • 12 July, 2016 01:42 AM

If you are in shape and on a good career path with interesting hobbies, friends, and interests than you have no problem.

Blow her off Wed with no warning. If she asks, tell her you are busy and don't respond til after lunch Thursday. If she continues to disrespect your time than show, don't tell her, that she is replaceable

Unless you wrongly think a very ordinary bitch is all that and you enjoy being the subservient one in your relationships. If so, carry on.

[deleted] • 3 points • 12 July, 2016 06:04 PM

OP, don't take this advice. It's disrespectful to blow her off with standing plans, especially when the only thing she has done "wrong" is not initiate sex, which is your job.

[deleted] • 1 point • 12 July, 2016 10:20 PM

Sure, listen to women about how to manage a bitch. Makes perfect sense

[deleted] 12 July, 2016 11:48 PM

[permanently deleted]

[deleted] 13 July, 2016 01:24 AM

[permanently deleted]

MRPNOOB[S] • 2 points • 12 July, 2016 11:41 AM

I d say in shape with a good career path. Moved about a year and half ago so the friends are lacking. Still have some old university friends that live here but they are married with kids so there time is limited. My hobby would be the gym but I still need to find something else to do with my time (join a rec league or something as I miss competing.)

Its a process for sure but I always improving.

[deleted] • 2 points • 13 July, 2016 01:13 AM

Snap out of it bro, you are the prize not her. She is one of a million you could kick back and enjoy in an LTR. *not one in a million*

The fact that you wrote here means she is not living up to the standards you want.

Get busy training or dumping her. The status quo is unacceptable.

MRPNOOB[S] • 1 point • 13 July, 2016 06:10 PM

I hear that loud and clear. I cant think of a rational reason to dump her ass. I am going to pull back a bit though and see what happens. I know for a fact I started caring a little too much about her and I felt the nice guy mode coming out.

donerkebabplease • 1 point • 13 July, 2016 09:38 AM

I'm no vet, here's my take though.

I am the one initiating everytime.

Yup, that's your job now as a masculine man. Don't hide your masculine need to fuck, that's right there in NMMNG.

As /u/cholomite said, you care too much, you shouldn't have brought that up.

You do seem to have most of your shit in order.

We dont live together yet but it is something we are discussing.

Maybe she's trying to lock you down? Who started this conversation? Has she asked where the relationship is going? Maybe the lack of attention is her withdrawing because she wants to lock you down and is using her most valuable tool.

MRPNOOB[S] • 1 point • 13 July, 2016 06:05 PM

I hear ya. Bringing that up (the caring part) has bothered the shit out of me.

She hasnt changed but I keep dwelling on it as a fuck up.

Do I just forget about it? I feel like I should take some time off from her and deal with this and figure my own shit out.

donerkebabplease • 1 point • 14 July, 2016 08:44 AM

Forget about it mate, some you win, some you lose. Every mistake you make is an opportunity to learn something, make sure you take the lesson to the next engagement.

Don't forget you're trying to undo years of bad conditioning, that stuff doesn't undo itself overnight. I still slip up here and there but the frequency is getting less and less. Just keep improving, keep internalising, it takes a while.

[deleted] • 1 point • 13 July, 2016 07:18 PM

Making money as a mate retaining behavior is a betabux quality. It won't get you anything but plow horse status. Your drive is the alpha quality.

Men initiate, thats what they do. If she isn't initiating, it's because she's not fearing the loss of you. Dread solves that, but don't expect to lie back and have her jump on dick.

I can't tell if you want desire, or validation. If it's the former, she's got to have a little dread in her life.

/u/bluepillprofessor has just such a system. If it's the latter, then the problem is you're looking for a replacement mommy, sidebar readings will explain why thats a bullshit goal.

Also, do you have a goal yet? It's not clearly defined

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

What do you offer her...

make a list

then make a list of what she offers you

if there is anything on your list other than "awesome exciting man, wiling and able to get sex almost anywhere", erase that.

look, there are good beta qualities too...but they have to be sprinkled on the alpha, not the other way around.