

To nuke or not to nuke, that is the question.

February 5, 2016 | 10 upvotes | by [\[deleted\]](#)

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Comments

cj_aubrey • 4 points • 5 February, 2016 09:18 PM

I went through something similar. Strong feeling something happened in the distant past, but no evidence. I'll never know if anything happened, but my obsession with this, and specifically the fact that it fucked with me so much, was about my ego and me using her to meet my approval needs (cheating being the ultimate disapproval). Eventually, when I no longer needed her approval, I realized it doesn't matter what she did. If I have evidence of current (or recent past) infidelity I'll leave since that's a boundary I've set.

How do you stop caring if your woman has no respect for you, lies and cheats.

Realize that she isn't important and IDGAF what she does because I don't need anything from her emotionally. But if you have evidence, then leave.

[deleted] 5 February, 2016 09:38 PM

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BluepillProfessor • 3 points • 6 February, 2016 03:43 AM

first captain

Was that a Freudian slip?

cj_aubrey • 4 points • 5 February, 2016 10:06 PM

There are two very different situations here

- 1) You think she currently cheating or have evidence of her cheating in the recent past. Then by all means, catch her and divorce her. Pat test your kid. Face that truth head on and deal with it.
- 2) You think something possibly might have happened in the blue pill past and you can't get over the POSSIBILITY. I know about this scenario because I lived it. Your hamster will try to justify leaving over this because its scared and you think its not safe to stay if she might have cheated in the past because "once a cheater always a cheater". But the overwhelming experience here is "once a cheater always a cheater" is nonsense. The experience here is AWALT i.e "they'll all cheat if your sufficiently blue pill" and they'll (all? mostly? not sure?) stay faithful if you're valuable enough. The way to deal with this situation from a tactical point of view is to become as valuable as possible. Separate to that tactical approach, the fact that she MAY have cheated fucks with you, is an insecurity/fear/ego threatened problem because you're scared she might do it again. And you call that a trust problem

I think its really just about trust.

But when you don't need anything from her emotionally and you know she isn't important, the possibility of her cheating in the future won't scare you. That's the way to deal with the fear. You'll just divorce her if it that happens (same boat we're all in), which is a better plan than preemptively doing it now on a hunch.

[deleted] 6 February, 2016 02:42 PM

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cj_aubrey • 2 points • 6 February, 2016 03:01 PM

If the problem (fear) is in your head, that's where a fix needs to be applied. So let's look at that. Fear is generally caused by depending on something you can't control to provide you with something important.

I'm concerned that I'm with a woman that is so secretive that she will cheat and I'll never have proof.

It sounds to me that you are (unsuccessfully) trying to depend on transparency to provide you with something important. Why is the possibility of her cheating and getting away with it so problematic? What does it threaten?

[deleted] • 6 February, 2016 03:16 PM

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cj_aubrey • 2 points • 6 February, 2016 04:14 PM

The truth will set you free. Internally through self honesty. Externally through red pill realism. Don't stop now. Use the pain/fear you feel right now to get a handle on what is in your head. You don't have to post it here but write it down. What is threatened? Why are you depending on that? What are you not getting that you expected? What's underneath that? Do this enough and you'll uncover some core dishonesty that you've held onto for a long time that this fear is based on. Like the dishonesty that you can obligate fidelity with commitment. Or that her approval can give you self worth. Honesty in the presence of pain provides you with an opportunity to unpack the lies in a way that allows you to internalize the truth and change. Without the pain you can hear the truth, even agree with it intellectually, but it won't change you. Don't just do something to feel better, look fearlessly and change.

stoicmrp • 1 point • 8 February, 2016 05:26 PM

This is a great way to look at it. Victim puking is a completely unsatisfactory method that attempts to relieve the pain. The pain remains, and be grateful for that. Only true internal change (acta non verba) removes it.

[deleted] • 1 point • 6 February, 2016 09:09 PM

Haha, every woman is secretive and will cheat without you knowing unless:

- 1 she thinks you will find out
- 2 she thinks you will dump her when you find out
- 3 you are likely her best available option

If she thinks you won't find out she will cheat with lower males than you.

zzbellyflop1 • 1 point • 6 February, 2016 05:19 AM

Good advice. In a similar position to the OP. The snapchat and facebook group gps tracking device found recently on her phone were big out of place WTF's. I am going to find out, by hook or crook whether she is cheating before I take the nuke option, affecting the kids.

I really don't care if she has now, it'll be a relief (they'd be the ones putting up with her).

cj_aubrey • 1 point • 6 February, 2016 06:47 AM

You're in the right place (marriedredpill). Start reading the side bar and learn what game you're playing if you haven't already. Lot of good advice here for OP, but your situation (not fighting a lot and moved out) sounds much more like situation one above. Sorry dude.

[deleted] • 2 points • 5 February, 2016 09:19 PM

How is the relationship now?

[deleted] 5 February, 2016 09:33 PM

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[deleted] • 3 points • 5 February, 2016 09:37 PM*

Here are your options.

- 1) Kill the past and just move forward, removing the black clouds you are holding on to and just raising the standard from here on out.
- 2) Paternity test on the DL, then Direct confrontation on the subject. I don't like the sneaking around, I would much rather take the issue head on and ask her the hard questions, maybe time it when she is buzzed and a little more carefree.
- 3) Be too weak to overcome the fear of her infidelity and get your shit in order for divorce.

EDIT So it's clear, the heartache and black clouds in your mind are a result of you not fully understanding that she isn't *your's*.

Remember, **you** are the prize and *she* is the one losing out if shit goes south. She is not your life and she is not your mission. Keep that in mind when you choose.

If she is a fucking 10 in every area now, will you do better by leaving? Is it a pride thing?

Think through it on every level and remove ego.

Maybe she cheated because you fucking sucked as a man. It sucks but it's probably the reason **if** she did.

[deleted] 5 February, 2016 09:43 PM*

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cj_aubrey • 1 point • 5 February, 2016 10:11 PM

I'm ok if she cheated I just want to know what the fuck is going on.

Not sure what the other men here (especially ECs) think about this, but I reckon taking her back after an admission of cheating is such a DLV that it may well kill your marriage from her side and you're probably better off in your current state of plausible deniability.

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anotherwingingdick • 1 point • 6 February, 2016 11:12 AM

PI's can sometimes do retrospective checking. You are not a professional investigator.

These are guys who find out who is the bank robber - long after it happened.

The money is small, compared to the value of your sanity.

[deleted] • 1 point • 5 February, 2016 11:12 PM

Good to go, with all of that out there, what's your decision?

[deleted] • 1 point • 6 February, 2016 06:10 AM

I just don't want a turn with a untrustworthy woman.

is incompatible with

I fully understand she is not mine and it's just my turn.

It's really easy to bullshit yourself.

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[deleted] • 1 point • 6 February, 2016 02:50 PM

No, all women CAN be untrustworthy. They get less untrustworthy as you improve.

Griever114 • 1 point • 8 February, 2016 03:25 PM

Direct confrontation wont work, I tried that pre MRP and got the wall of denial.

Um, bullshit? If you have the paperwork saying the kid is not yours, you put that down in front of her with well done divorce papers.

[deleted] • 2 points • 6 February, 2016 05:45 AM

My head says I'm over thinking it but my gut says she cheated.

I've tried to just forget about it and the behavior has decreased over the last 6 months but I just cant let it go.

I'm tired of being with a women I don't trust but we have a child (2 year old) and that is my priority.

How do you stop caring if your woman has no respect for you, lies and cheats.

How do you reconcile these issues with yourself? With no kids, I'd nuke this shit and walk away but I must consider my kid first.

Please oil your hamster wheel.

Do you see how many times and ways that you said you want to take care of your child?

You don't really know what she did and at this point it is probably TOO LATE to find out.

Anything involving asking her won't work.

Do you see how many times you said you want to and need to put this behind you?

...but I cant NGAF about this, and I'll possibly never know the truth.

I think you have your own answer, now tell your hamster to STFU.

BUT IF YOU THINK SHE STARTS CHEATING AGAIN - have the money ready, (and the commitment), to hire a PI and be done with it.

[deleted] 6 February, 2016 01:19 PM

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[deleted] • 2 points • 6 February, 2016 02:43 PM

No one, including yourself as a man, can be totally trusted. It is too high a bar for most of the world. As you improve your frame, your hamster will slow down, but they never die. It's your job to take charge of this. The good news is, you are improving.

[deleted] 5 February, 2016 09:09 PM

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cholomite • 1 point • 5 February, 2016 09:29 PM

Unfortunately there's no simple answer here. There's pretty much only 3 possible outcomes if you want to stay with her:

1. You call her on it and she lies and you're stuck where you are now. You could maybe frame it as if you already have evidence and see what she gives up, but if she's smart she'll know you're full of shit and you're back to square one.
2. You call her on it and she never actually cheated, then you come across as beta and insecure and she'll lose respect for you.
3. You choose to not give a fuck about the past and focus on moving forward. Become the prize and make the thought of cheating on an awesome guy like you unthinkable to her.

I've thought back about nights when my gf was out late when I was blue pill as fuck. I don't have any concrete evidence or anything, just vague "what ifs". I choose to not worry about it right now. Honestly, I was so blue pill I probably would have stayed with her anyway at the time. Not anymore. She's reacted very well to this new me and I just focus on moving forward. If she cheated now, or even so much as kissed another guy we would be done. That's just my personal story and feelings about it. There's no way I could verify anything now as it was years ago. I've honestly thought at certain times about paying a handsome guy with solid game a couple bucks to hit on her at work and see how she reacts, but I trust her now and check on her phone and stuff on occasion. However, AWALT so just hope you got one on the better end of the spectrum. She's not very tech smart so she would have a hard time covering all of her tracks, or at least I think but I'm sure she could surprise me for the right guy.

Anyways, check out some key logger stuff if you still think there's something ongoing and bust that shit asap, if it's in the past though, you're pretty much stuck with those 3 choices or nuke it on a gut feeling. Good luck brother.

[deleted] • 1 point • 5 February, 2016 09:34 PM

Answer these for yourself :

Do you blame her for cheating on a drunk captain? What did you do prior to her possible cheating to make yourself attractive (ie why did she potentially fuck another guy)

If your relationship is not good now, how much is due to your residual anger?

Are you happy with what you have with her now?

At the end of the day, if you think she cheated, and can't prove it to yourself, you will also be unable to accept evidence of her innocence. You will think that anything she ever tells you about that event or any other "suspicious" activity is tainted, unless you can get it through your head that if she cheated, she acted within her biological imperative at the time.

Can you handle that?

That is all it is. You can never trust her once you think you cant, especially if you can not prove it to yourself.

So, is she worth it now?

[deleted] 5 February, 2016 09:58 PM

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[deleted] • 1 point • 5 February, 2016 10:06 PM

Can you trust her now, and can you keep on doing things that make her earn your trust?

hint Her cheating is ~~usually~~ a sign that something was wrong enough with you or in your interaction with her to allow her to cheat.

[deleted] 5 February, 2016 10:46 PM

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[deleted] • 1 point • 5 February, 2016 10:54 PM

I do not think I can answer your question, it was more for your.

Stone gave you the breakdown of your options. Think about it and pick one.

[deleted] • 1 point • 6 February, 2016 06:11 AM

How does this

When I started MRP I was already in decent shape, dressing well, making money.

have anything to do with this

I wasn't a drunk captain.

??

I'm pretty sure you're delusional and full of shit at this point. The insecurity and bitterness oozes from every single comment you make.

[deleted] 6 February, 2016 01:32 PM

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[deleted] • 1 point • 5 February, 2016 10:16 PM

On the strategy of:

don't call her out on it, if she is, you will only get trickle truth at best, and plain lies at worst. Then she will hide things better (assuming they are there). Now I go with the assumption that a guys instinct on these things is there for a reason, so if you have to bullshit yourself into thinking it's nothing, there's probably something there.

If you really want this piece of mind so you can make a decision, I would suggest think through your limit. What would it take for you to throw in the towel. emotional affair? Making out with a dude? blowjob? fucking him? at the expense of parent duties? Deception of any kind?

If you aren't willing to divorce her over it, child or not, than you don't care, and need to get over it. this is about owning your shit in that regard. there is no right answer here.

If you want to deal with it.

I really should save more of these links I refer to, way back in here, was a reference to the rollo article about girls nights out, or maybe some of the reading on the sidebar.

the one line I remember was 'that isn't appropriate behavior for a married woman' But there was a lot more about it than I could give here. The gist was to set a boundary, and be prepared to enforce it. Do you really care about cheating, or is it more important right now to avoid the possibility of deception? This is the exact kind of exestential question my post on mental models addresses. You need to know what the underlying emotion and reason you are in the state you're in, and not the bullshit you think it is. No matter how bad it sounds, keep asking yourself why something bothers you until you get into the banality, that's pretty much the REAL why.

The one simple thing you can do, tell her to give you her phone, and then stfu and watch her. That will probably tell you everything you need to know. This is the kind of thing you have to have a strong frame to pull off, because the more guilty she is, the more shit, shame and pressure you will get to avoid it. If you don't have frame, you can always grab it when she's in the shower and scan the obvious.

If you want to be a spy

I would suggest having the line I talked about in the first para in your head before you even start down the rabbit hole. This shit tends to involve a lot of ego protection and hamstering if you aren't prepared. Be aware, this beta shit is a necessary evil if you do it, and is a huge loss of frame, abundance. But you are your own judge.

Can't find it at the moment, but there is the adultery busting post linked here, with all the spyware. I don't like reading it, it's like taking an alex jones podcast as gospel, gets me paranoid. I'm sure someone has it and can link. Keep in mind that with smartphones, if she's clever enough, theres no way you will find out, short of GPS tracking her car etc. Would be a good time considering what state your relationship is in if this is what you have to do for peace of mind. the suggestion was for GPS trackers, one in the car, one in the purse, voice activated recorders, dr. fone software, the works. Any james bond fantasy here. If/when she catches one of them, be prepared, since at this point, I would worry if ones frame could handle it. I would suggest a time limit to this stuff, just in perpetuity seems weird to me, if you're unsure for that long, might just be easier to say fuck it.

Or you can do what /u/ultimatecad did, give her enough rope to hang herself. set up a gps tracker in her car, ask her innocently some questions you know the answers to, see if the answers jive. You won't know what happened, but you'll know she was lying. For him, it was enough for him to take action.

For me, simple social media and phone perusal when the opportunity presented itself. Saw what I needed to see, didn't say anything further, or confront her. Though for me, she came clean, with no chance of me finding out otherwise, which fucked me up for a while. Kind of went against everything I've come to know about cheating women, and it took me a while to get over the trickle truth fear.

At the end of the day, I have a trust, but verify attitude. There's been many emotional cry fests early on to my MAP, a main event, and very clear demonstrations that I am prepared to move on if I get the impression I'm being taken advantage of.

I don't think I would have gotten there with a GPS tracker.

[deleted] 5 February, 2016 10:33 PM

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[deleted] • 1 point • 5 February, 2016 10:39 PM

why does it matter if you get her to agree with you first? divorce isn't a team sport.

[deleted] 5 February, 2016 10:49 PM

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[deleted] • 0 points • 5 February, 2016 10:59 PM

I re read your post again.

I think she cheated.

[deleted] 6 February, 2016 04:06 PM

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[deleted] • 1 point • 6 February, 2016 08:45 PM

I think you missed my point.

I do not think you will ever know for sure what actually happened. Too many variables.

I think you need to make peace with the fact that IF she did, on your part, it was because you were failing in some way. Pointing out that you are already in good shape, make good money, are an objective "good catch" has no bearing on the fact that if she cheated it's your fault in some way, even if it was just in the fact that you vetted badly.

Going forward the decision is simple - will you allow yourself to be affected by what might have happened or will you be able to move forward in what sounds like an otherwise good relationship.

My statement of "I think she cheated" just means "pick one option of the events based on all available data and go with that"

[deleted] • 0 points • 5 February, 2016 11:00 PM

Again, you never really read the part about where your line is, what you plan to do to confirm...

Trekneck • 1 point • 5 February, 2016 11:25 PM

You can do one of two things. You can accept that she may have cheated in the past, let it go and chalk it up to whatever you'd like, or you can leave and continue to make yourself happy.

Staying, especially after finding out the truth, is a very difficult thing to do and is not for everyone. For many, myself included, staying is the better option as it can fuck up the long game (financially, kids, move out of state, etc). Weigh your options and figure out if you can deal. Respect will never reach it's original levels, but it can come back a bit. Trust, same thing. You'll always have that nagging thought in your mind when a trust based issue comes up, reminding you that you always need to do one thing: Trust, but verify.

If you can live with that, then you might be able to stick around. If that's ultimately what YOU want to do.

nightdepartures11 points 6 February, 2016 01:21 AM [recovered]

First, trust your gut.

On the assumption that she's cheating or has cheated (the deceptive behaviour is a clear indicator), you need to know the truth because it will eat you up. Either way, her behaviour is not acceptable in your eyes.

If it helps, I've been there -- my wife cheated 10 years ago before marriage. I went through the past 10 years suspecting something (the gut feeling) but never had a truthful answer. It wasn't until I purposely caught her in a lie that I got the truth.

I would force the situation. How you do that is up to you. You can threaten to leave because of your suspicion,

and maybe at the eleventh hour she will confess. Or find a way to catch her in a lie.

I would not leave the marriage at this time because you don't know. Even if she is/was cheating, you might be surprised about how you feel after a confession.

WhiteTrashKiller • 1 point • 6 February, 2016 02:17 PM

If I was in your position I would have a pros and cons list. You have to see if she adds value to you and your relationship. You kid will always be your kid, stop using it as a crutch.

Since you run the finances, have your cell phone provider send you a detailed 6 month billing cycle. You will see how many times she was texting a particular number. Take her phone if she has an iphone and back it up and restore the deleted messages. To be fair if my gut feeling was as yours I'd want to know too.

It isn't hard and this will give you enough to either kill your hamster or nuke the fcuking thing cause living with this knot in your gut every morning sucks. I don't subscribe to the I was the fault of her cheating when I was a Beta Bitch so I will put it behind me and move on to me being so awesome it wont happen again. Any hint of it for me= scorched earth. I can still be awesome just not with her.....

trp_dude • 1 point • 11 February, 2016 01:03 AM

I went through something similar. I think a lot of guys, when they swallow the pill, realize "Shit, I left the back gate open! Some dude might have been sneaking in while I wasn't paying attention!

What got me over this, with help of good folks on marriedrepill, were:

- 1) Realization that AWALT. Even if I leave my wife and find another one, there is no guarantee she won't cheat. There is no such thing as a woman who is guaranteed to be faithful. Read the Sperm Wars. We're not a monogamous species.
- 2) This post by jacktenofhearts
- 3) True OI and focus on me. I had to wean myself off depending on my wife for my self worth

BluepillProfessor • 1 point • 6 February, 2016 03:46 AM

You read like a woman making decisions based on her emotions.

Are you able to do what men do and step back in order to take a full accounting of the relationship? Or are you just validation seeking and hoping MRP will give you the ammunition you need to cheat?

I'd have a really hard time finding anything.

You don't need to find anything. Read "The Key Logger" and know one thing: AWALT.

[deleted] • 1 point • 6 February, 2016 06:13 AM

op has good bait

[deleted] 6 February, 2016 01:05 PM

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BluepillProfessor • 1 point • 6 February, 2016 04:49 PM

Are you able to do what men do and step back in order to take a full accounting of the relationship?
Or are you just validation seeking and hoping MRP will give you the ammunition you need to cheat?

It looks to me like you have taken the time to consider your situation calmly and rationally. Good job.
Our work on this particular situation is done but I would further say it is unlikely there was any physical

cheating going on given your description. She was probably flirting with a backup Beta. If she was actually sleeping with him the changes in her would have been much more dramatic.

opalorchid • 1 point • 6 February, 2016 04:07 AM

Have you tried calmly asking her about it and discussing your concerns? It's possible you're gut is right, but it's also possible you're reading too far into things and creating all this drama in your mind. I saw your comment about wanting a copilot you can trust; that is absolutely important in a relationship. Part of trust is being able to be candid though and to approach them with anything on your mind. Good luck. I hope you're wrong and are able to enjoy a long (happy) marriage