

What to do when wife declines sex?

January 15, 2016 | 9 upvotes | by [ParadoxThatDrivesUs](#)

What's the best response when wife turns down sex? For context, assume sex is happening about once every two weeks, and this is the third or fourth refusal in a row.

The worst response, I guess, is to make a scene or throw a fit. I've been down that road before. But should I just take it completely in stride, show no reaction at all, and proceed with my life? Or should I withdraw my attention from her, and if so, for how long? I'm concerned that the first option merely perpetuates the illusion that there's nothing wrong with her continuing to withhold sex. But then if I try to impose some sort of consequence by withdrawing attention, won't that just look like a different way of making a scene? To be honest, neither option seems very strong, but I'm at a loss for any other ideas.

To clarify, I'm not asking about the best long-term response. I realize the whole website is designed to answer that question. I'm asking for the best response in the moment.

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Comments

[deleted] • 10 points • 15 January, 2016 03:55 AM

You need a short term plan while you wade through the sidebar and ease into things.

I'm assuming you have started to lift and do other SMV raising hobbies? Well, when she turns you down just say "ok" and go do those things. As your SMV rises and you learn how to manage your bitch, then the "No!s" slow down ALOT. She will be afraid to lose you.

For now, go hit the weight room or treadmill. And take your sweetass time coming home. No returning texts and calls.

When you get back and next day there is no reason to be pissy. Perhaps a touch hard to reach or distracted while you continue to do household chores that you normally do, keep doing em.

Then escalate again. When it works, tell her she is your girl and you love her. I'd save all comfort for when she is putting out. Make her earn your love by fucking you.

Just remember that the guy that gives the tingles is a non needy confident bastard who gives no fucks when he is rejected. Come back at her the next night like it never happened

[deleted] • 2 points • 15 January, 2016 04:19 AM

Thanks, this rings true to me. Christ it hurts, though.

pullypants • 3 points • 15 January, 2016 10:40 AM

The personal growth aspect works though, keep faith. I've found now that the rejection genuinely doesn't bother me at all. I'm getting enough, I'm feeling so much better that I don't need her validation, I'm far more take it or leave it through the personal growth. That's a frame of mind that women pick up on, so they respond differently to you. It works, have faith, don't expect overnight success or a quick trick to win. Wives know you, they can sniff that fraudulent shit out. Be a man she wants to fuck, that is all.

[deleted] • 3 points • 15 January, 2016 04:26 AM

Rejection stings because you lack abundance. Your inner instincts are screaming that paradoxthatdrivesus will leave no offspring and his genes will die off.

Now I'm not saying you need to go cheat but you do need to become the kind of man who COULD cheat. Go to TRP, start devouring the side bar and for the time being, just hold frame with the wife and start lifting.

[deleted] • 1 point • 17 January, 2016 06:57 PM

It doesn't, you just think it does... It goes away when internalized.

Right now you're thinking the Pussy is the prize. All this is to establish that you are the prize, and the sex is what keeps your interest.

[deleted] • 1 point • 18 January, 2016 03:00 PM

that goes away quickly. you aren't hurt because of why you think you are, you're hurt because you are wrong, and have been wrong for a while.

once you separate this from your ego, it's just a thing

exbp • 1 point • 17 January, 2016 04:42 PM

As your SMV rises and you learn how to manage your bitch, then the "No!"s slow down ALOT. She will be afraid to lose you.

And though you may have made a bunch of progress on your SMV, you have to wait for **her public out-loud acknowledgement** of it: "Oh wow, look at your arms", "You're fitting into 32s now?", "Did you get new underwear?", etc. That's when you know she's noticed and can begin to use it for leverage.

cholomite • 5 points • 15 January, 2016 01:43 AM

Act like it's her loss she doesn't want to fuck you. Keep it light and don't get butthurt or pouty about it. If it's not too late go do something else you want. One of the biggest mistakes that guys make at first, myself included is that they believe that going and doing something by themselves, or just disengaging from their wife or girlfriend after she refuses sex is bad or something. It's not, it's perfectly fucking normal as long as you're not a dick about it. That whole belief just puts you right in her frame from the start. Go do whatever you want. You don't have to hang out with her or listen to her talk about her day or anything. Just be polite and do whatever you want. Fall asleep, read, make a snack, work out, eat peanuts, watch a ww2 documentary whatever you want to do. Any shit she gives you about being upset or mad should be treated as a shit test as you go about your business. You can spend more or less time with her from there based on how she treats you. The nicer she is the more of you she gets, if she stays cold and frosty you have better shit to do. The important part is becoming a man worth wanting to get attention from.

[deleted] • 2 points • 15 January, 2016 04:16 AM

For her part, she just goes back to watching TV or whatever and doesn't give me a second thought. It'd be easier in a lot of ways if she'd give some shit about it or something. At least I'd feel like there was some acknowledgement of my situation. But she acts as if she just turned down a request for a glass of water. Which is why I feel like if I don't somehow make a wave, it's like agreeing that it's totally normal and acceptable not to have sex.

cholomite • 5 points • 15 January, 2016 04:52 AM

She doesn't think you have the SMV or game to get anyone better, therefore she feels zero motivation to put in any effort above the bare minimum. You didn't really expect your woman to love you unconditionally and sexually forever and ever, did you? It's ok. Go out and become a man who could easily get someone better and your wife's attitude towards you will change quickly.

cj_aubrey • 1 point • 15 January, 2016 04:33 PM

it's like agreeing that it's totally normal and acceptable not to have sex.

The question is why you feel that's not the right answer.

[deleted] • 1 point • 15 January, 2016 07:05 PM

But she acts as if she just turned down a request for a glass of water.

At the moment, that's all sex means to her. Read the sidebar. Read about dread. Read about not making women and sex the end goal. After you have read, and after you've employed, sex will take on a new meaning to her. And turning it down will be a choice between losing your time and affection or gaining a fun lust filled time with her man.

enfier • 1 point • 16 January, 2016 12:31 AM

That situation is just fine for where you are headed. You'll go do your own thing, she won't even notice. All the other things you are doing to increase your SMV will be slowly building momentum and she won't be trying to tear your shit apart while you are trying to build yourself up.

Under the radar is a great place to be. It's a long road to self improvement and it's going to be longer still until it changes your wife's view of you.

Glennus626 • 5 points • 15 January, 2016 02:53 AM

Go lift, or do pushups, or take a walk, or read a book that's been on your "to read" list for years, or get some shut-eye. Do something that benefits you. The more often you spend enjoyable time with yourself, the more she's going to want to get a piece of that commitment from you.

If you roll over and go to sleep, she will definitely shit test you by asking if you're mad, or by complaining about some other aspect of her life that is not fulfilled as a way to deflect whining about no sex. Get her hamster going by applying amused mastery to everything she says UP TO A POINT, then shut the fuck up and enjoy your sleep.

A_Rex • 2 points • 15 January, 2016 03:35 AM

Read u/jacktenofhearts comment to this thread

https://www.reddit.com/r/marriedredpill/comments/3qm961/verbal_intercourse_is_optional/

pullypants • 2 points • 15 January, 2016 10:28 AM

I think the trick is to show that you want sex, that you're a sexual man, but you don't need sex. If you can internalise this, it makes everything much easier. Show her all the time, signpost sex all day long if you want it, don't spring it on her last minute and expect her to be ready.

You don't want come across as needy which basically makes you smell like old piss as far as attraction is concerned and it takes a lot of her power over you away.

For me, I try to get in her knickers all the time, and a hard no is just met with a 'fair enough', or a 'your loss' and a smile. Mostly I just go to sleep, though if it's earlier I have gone out of the house.

Last thing you want to do is get mad, frustrated or start pleading or bargaining, it looks weak as fuck, unattractive as fuck and gives her all the power, totally counter productive.

Last word though, the big win is to make yourself someone she wants to fuck. That's the bottom line here.

BluepillProfessor • 1 point • 15 January, 2016 04:16 PM

I think the trick is to show that you want sex, that you're a sexual man, but you don't need sex.

Actually the trick is to show her that you don't need sex- with her. You WANT sex with her, but you don't need it. Anything you can do that furthers that thinking is what you do when denied sex.

So act fine, be perhaps a bit surprised, or disappointed FOR HER, then go about your day. At Level 4 Dread you begin conditioning your emotional availability with her sexual availability to you. Don't do this all at once but eventually as Cad pointed out upthread, you will be giving her affection and attention ONLY when she is putting out. When she is not, you are simply not around for her to kick around because you are a busy man with options.

mrpCamper • 2 points • 15 January, 2016 02:23 PM

I just want to make sure you are not "Asking for Sex".

"Honey, do you want to have sex?" is not attractive. If you just start kissing her and escalate you've got a much better shot. You may get a bit of push back but keep going until you get a harder no.

Then just a "your loss." is fine. Then as said go do something fun or if you can get out of the house. That's best. Go to wall mart and look at camping gear or something.

xjedimindx • 2 points • 15 January, 2016 03:23 PM

I say I am not tired yet, give her a kiss on the forehead and then go out and be awesome. I will leave the house and go somewhere with the goal of speaking to 1-3 attractive women. I work on the abundance knowing I could get someone better.

The next day I act cool, and initiate harder.

I am usually denied when I don't tease her and act sexual through the day. I am working at that. I need to take what's mine. When I do there is no complaints. It

urpe • 2 points • 15 January, 2016 03:38 PM

Please read this every day for a week. It explains what is happening and what you should be doing:

https://www.reddit.com/r/marriedredpill/comments/3qm961/verbal_intercourse_is_optional/cwgn5sb

[deleted] • 1 point • 15 January, 2016 12:00 PM

In the moment, say *fine*, and grab your book and read or go to the computer and research whatever. She'll ask if you're mad and at this point you **must** genuinely be fine and let her know you're busy (NOT butthurt).

The bigger question is, what are **you** doing to build up to sex? You can't just roll over and say, *Hey, want to fuck?* eventually you can, but **you** can't. So what is your day like that makes you believe you're worthy of fucking your wife

BluepillProfessor • 1 point • 15 January, 2016 04:17 PM

TLDR: Google "Kino and escalation"

SexistFlyingPig • 1 point • 19 January, 2016 05:31 PM

"Band-Aids don't fix bullet holes."

You've got a big problem and you're asking for a quick fix.

See you in divorce court!

anotherswingingdick • 1 point • 15 January, 2016 09:48 AM

keep records. Then file under the cause of "constructive abandonment". You might even be able to get alimony from her.

Get with an attorney first.

The_Litz • 2 points • 15 January, 2016 09:36 PM

That thinking is like selling a car because it ran out of fuel.

OP needs the the tools to fill up his wife's fuel tank, if he cannot manage it with her his next relationship will also run out of juice as he leaves the showroom floor.

[deleted] • 1 point • 15 January, 2016 03:04 PM

What a retarded comment.

BluepillProfessor • 1 point • 15 January, 2016 04:18 PM

Swingingdick doesn't know about No fault divorce and thinks men and women are treated equally by the courts.

Hah!

[deleted] • 1 point • 15 January, 2016 05:14 PM

I want even that far, just the point of kicking the can down t'he road. Op would still need the same work, but now no way to do it

anotherSwingingdick • 1 point • 16 January, 2016 05:49 AM

BPP doesn't know that abandonment is not necessarily a "no fault" filing.

All details vary by jurisdiction.

A wife *never initiating* sex with you would be analogous to a new car running out of gas.

A wife *refusing* sex with you is analogous to receiving a vehicle whose gas-fill port has a physical blockage. An out-of-spec item. A "lemon".

You guys must not believe that Elizabeth Gilbert was ordered by a New York court to make continuing financial payments to the husband she cheated on, then abandoned.

But she was.

mwefkijnfkjinwe • -2 points • 15 January, 2016 01:41 PM

go bang one of your side bitches