

How to balance withdrawing affection and always be initiating?

December 5, 2015 | 5 upvotes | by [IASGame](#)

As described in some previous posts I am not (yet) good at initiating.

When given enough soft nos or a hard no, I think I'm supposed to either withdraw affection / attention, or to try again throughout the day (right?). My problem is, if I keep initiating I won't be withdrawing because I'll at least start by kissing her.

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Comments

[deleted] • 5 points • 5 December, 2015 10:42 PM

I think you're looking for a reset button.

Some use each morning as a reset. Act as if last night never happened, initiate, and if it doesn't work, withdrawl.

I usually use whether I'm in the mood or not, and any natural break in engagement. Tends to mean I have to really be indifferent to the outcome, because it ends up with stints of negativity, crying, and then a lot of flirting and sex.

I've mentionned my sex cycle a few times here

[deleted] • 4 points • 5 December, 2015 08:20 PM

Initiate when you want sex. Not because she said no earlier, or because you have an opportunity, but because you want sex right then. Always closing doesn't mean always initiating. It means that you should be gaming your wife all the time.

Withdrawing attention is best reworded as having something better and more fun to do when she treats you poorly or gives a hard no. Sometimes that will be rolling over and going to sleep. Sometimes that will be leaving the house or working out. When you return, it's as if nothing happened.

LMR is her deciding if it's worth having sex with you.

A hard no in a marriage means not right now. Past the anger phase it's a non-event. She wasn't ready right then. Maybe you didn't game her and kino enough earlier in the day, maybe she's tired, maybe she's angry about some interaction from earlier in the day. Sometimes you'll know, but often you won't. You've got that energy ready to be released, so release it in another way. It's no big deal. You're a high value man and can get sex if you want it. So, this time, do something else.

That mindset also helps when she responds with, "can we just cuddle?" If you're in the mood for cuddling, then go ahead, but most likely you need to burn off some tension. So get up and go do something fun. She can even join you if she's up for it, but it's all on your terms.

[deleted] • 3 points • 5 December, 2015 10:44 PM

Sometimes that will be leaving the house or working out. When you return, it's as if nothing happened.

Oh man. When my ankle was getting better, had to stay off it. That meant no workouts, no walking around... had a few hard no's, and the only withdrawl I had left was just going distant and emotionally disengaging.

Not suggesting it to OP, but all you have to remove is attention and/or commitment. Being away makes it easier, and adds dread to the mix

ex_addict_bro • 4 points • 6 December, 2015 12:03 AM

I initiate only when I want it. This way I don't get half-assed sex any longer - I'm either "in" totally or I'm not having sex. I strongly recommend this approach.

I realized that I need to have "plan B" every time I initiate anything with a woman. No matter if I am initiating with wife or arranging a date or... this doesn't matter. Marriage is not different. Wife says "no", plate flakes on

you? Have a backup plan. Think what are you going to do if she says "no", think what are you going to do if the date won't happen. Do NOT masturbate, this is not a viable backup plan in the long term. Having a backup plan before makes IDGAF & amused mastery easier. Having another girl lined up to suck your dick makes it a piece of cake, not that I recommend it.

Also, if you always start with a kiss... go and read "Sex God Method" to get the proper frame.

druganswer2 points 6 December, 2015 02:43 AM* **[recovered]**

Try this way: don't think of it as withdrawal affection/attention. Just think of it as what would you be doing right now had you not initiated. Look at your sex trend line. If you're getting more sex on the long term view don't pull attention/affection. If your sex trend line is going downward, pick up some hobbies and do some more you time until it stabilizes. Once it's at a level you're good with stick with roughly that amount of attention with bouts of extra and less attention as your life/schedule will probably naturally dictate.

This way you're not being butthurt and you're actually being OI about individual rejections. Also, this way she won't hit you (as much) with that annoying "you only kiss me when you want to fuck me," line.

MRPguy • 1 point • 6 December, 2015 05:11 AM

True words regarding the trend, but many new guys don't understand that it is their job to initiate. They view it as a burden. For that reason they don't initiate, and then they wonder why their sex trend line is going down. This causes them to withdraw even more and a terrible cycle is conceived.

I also use a morning reset, in conjunction with other natural resets.

IASGame[S] • 1 point • 6 December, 2015 02:34 PM

The problem with only initiating when I want is that with the quantity (and quality) I'm getting, I really do want it whenever she is around.

That is why at yesterday's night eventual denial I left the house, for the first time. Maybe it was too close as I literally just got up, kissed her, dressed, told her I was going out and left.

She is still majorly pissed today.

IASGame[S] • 1 point • 7 December, 2015 07:29 PM

Related question: what to say if getting asked directly why I left?

I left the house recently, right after a failed attempt at sex. I calmly kissed her, got up, got dressed and left for about 1 hour. When I got back she was livid and I was interrogated why I left, where I'd been etc.

Suggestions beyond STFU'ing?

Also I probably shouldn't have left right away, need to work on that.

BluepillProfessor • 2 points • 10 December, 2015 03:38 AM

The best response according to PUA's is the freeze out. She denies. You roll over and start texting/ignoring her immediately. Girls hate to be ignored when you are in the same room. If she wants to force a confrontation right there after a denial- and if you hold frame- then I can almost guarantee how that emotional roller coaster is going to end. You can only pull this off if you really DNGAF.

Otherwise, if you can't be cool, I would definitely leave the room. Leave the house? Hmmm, are you at that point yet?

When I got back she was livid and I was interrogated why I left, where I'd been etc.

Yes, they do that.

Do you really want the non-STFU advice? Can you look her in the eye and calmly say, "I think it is disrespectful when you turn me down for sex. I would never turn down my spouse for sex and I don't expect my spouse to turn me down. It creates a toxic power dynamic in this relationship and I don't like it. I went OUT."

If she keeps interrogating I would string her along as long as possible. "I don't answer to you" etc.

TLDR: STFU

nantucketghost • 1 point • 10 December, 2015 08:43 PM*

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