

The CTFO Method

May 5, 2016 | 22 upvotes | by [CoochQuarantine](#)

Once in a while, I will see a post of a woman being anxious, controllly, nervous, worried about an already fucked up relationship not being magically fixed immediately after surrendering. Not only that, but when they ultimately fuck up (and we all do) they feel like the whole thing is for naught and give up. Even worse, allow their naturally shitty selves to return in full force plus some extra to boot. Well, I am here to give a bit of help in that department with some sage advice:

The CHILL THE FUCK OUT Method

Pre-surrender

You may be reading RPW and starting to say to yourself “Hmmm. Maybe I might be this [shrew/harpy/bitch] that is ruining my relationship.” You might also be thinking “I’m such a horrible person how can I ever fix this?”. Well the beginning of figuring out that you can do something about your relationship being in the toilet is nerve-wracking. It is scary. It is looking in the mirror for the first time. It is actually seeing the wreckage you have cause and coming to grips with the fact that you caused it. That is not to say that men don’t create wreckage of their own. But we aren’t here to fix them. We are here to help you fix your shit.

The bad news is, you can’t do anything about what you’ve already done. The past is the past. The end. PERIOD. The good news is is that you are now just a little bit more in tune with yourself and moving forward you can do something from this point forward. This moment right now. You don’t need to go on an all out rampage of “I’m sorry”s and “I’ll do better next time”s. On the contrary, Laura Doyle actually suggests to keep this information of your surrender to yourself. (If you haven’t read it... READ IT!) However, the intense sensation of fear will be there and I’m here to tell you to CTFO. This is going to be a long process and one that you will fail at. One you will stumble, bumble and fumble, BUT you will be infinitely better at being a partner if you give it an earnest shot at doing your best.

Some ways you can CTFO during this phase:

- Ask questions here
- Read the posts here, Surrendered Wife/Single, and other comments in the posts.
- Breath
- Understand that you are not alone
- Come to the IRC for more information

Initial surrender

You have now come to terms with your part in the destruction of your relationship (however bad it may be) and you have begun to implement some of the things you’ve read and seen here on this /r/. WHY ISN’T IT WORKING????

CTFO

For starters, lasting change comes over time. Nothing that ever comes quickly stays long. Have you ever seen a millionaire from the lottery remain a millionaire for very long? There might be some examples but the people who stay rich are those who worked hard for it. That isn’t to say that all people who work hard to be rich stay rich. But as I said, anything that is worth it comes through hard work.

Not only that, but put yourself in your SO’s position. Your SO all of a sudden changes. WUT??? They are

being nicer. Asking your opinion. Not badgering. Being more available sexually. Whatever the case may be, you would meet it with skepticism and doubt. Of course they don't believe you! You can't go from storm after storm to a sunny day without thinking "what if it rains again today?".

How to CTFO during this stage

- Ask questions here
- Read the posts here, Surrendered Wife/Single, and other comments in the posts.
- Breath
- Understand that you are not alone
- Come to the IRC for more information

Multiple surrenders??

Yes. You will have to practice surrendering more than once. You do not surrender one time and BAM everything is fixed and you are perfect. You will definitely fuck this up. Stressed? You might snap. Hungry? You might snap. Lonely? You might snap. Tired? You might snap. Insert any reason and you might do something you aren't supposed to do.

At this point you need to CTFO the most. We are only human and we all make mistakes. It is what you do after you make a mistake that will set you apart from the rest. Can you acknowledge you were wrong? Can you take steps to make it right? Can you work on NOT doing that thing anymore?

Once you realize you have made a mistake. Own it. Move on. Surrender AGAIN. Start from square one. That is ok. We have all been there and done that. **One of the things I have found that helps is that whatever it is that I mess up on... whether it be letting my hamster run wild or nagging or whatever, I do the opposite times 10.**

Here is a prime example. I was cleaning the house the other day and thought about how my SO was coming over and he can take the trash out (he doesn't live with me but he helps out whenever he sees the trash or something like that so I've become a bit spoiled in that regard). The moment I realized I was passive aggressively going to pick a fight because I knew he might not do it, I rolled my eyes at my crazy, took the trash out, and when he stepped in the door just hugged him and told him how much he means to me. He never knew I was setting him up to do chores in a house that he doesn't live in the moment he stepped in the door. All he saw was a clean house and a happy lady at the door. Which situation would you rather live?

So how do you CTFO in this phase?

- Ask questions here
- Read the posts here, Surrendered Wife/Single, and other comments in the posts.
- Breath
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Conclusion

I think it is pretty self explanatory what you need to do but for those of you who need me to say it one more time. CHILL THE FUCK OUT. Surrendering isn't something that happens overnight and it is definitely something worth it when you implement it correctly and over time you should definitely see a

change in the relationship. Just remember to keep your side of the road clean and good luck.

If you have any questions feel free to ask. Also, if you have any stories on how you CTFO please share :)

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Comments

[deleted] • 6 points • 5 May, 2016 06:01 PM

Yay great post.

I think the best way to think of the CTFO method is this: Trust.

If you don't have trust in yourself, your SO, or your relationship, you will get anxious. So whenever you ARE anxious, think about where and why the trust is missing in that situation that is causing you to be nervous and then figure how how to build that trust. THAT should be your priority.

Chilling out takes initiative, it's internal and it's required in being with a masculine man.

[deleted] • 2 points • 5 May, 2016 06:06 PM

So whenever you ARE anxious, think about where and why the trust is missing in that situation that is causing you to be nervous and then figure how how to build that trust.

This is such a hard thing to do cause it is easy to be like "Well he didn't do this for a long time so I don't trust him". Blame shifting is one of those things that is a vicious cycle. I don't trust him because he is untrustworthy so i don't trust him which makes him untrustworthy so why should I trust him.... The real trick, IMO, is when you start to feel anxious and ready to jump all over your SO, just breath, do it yourself, and tell him you love him. Initially it feels fake. It feels forced. However, you can realize over time just how much pressure you are putting on your SO to meet impossible standards.

jade_cat • 3 points • 5 May, 2016 06:47 PM

Awesome post, thanks for sharing!

Yes. You will have to practice surrendering more than once. You do not surrender one time and BAM everything is fixed and you are perfect. You will definitely fuck this up. Stressed? You might snap. Hungry? You might snap. Lonely? You might snap. Tired? You might snap. Insert any reason and you might do something you aren't supposed to do.

Another danger is that after an initial success, people may start resting on their laurels and let themselves go. We must always keep ourselves in check.

[deleted] • 2 points • 5 May, 2016 06:51 PM

Good point!!

[deleted] • 2 points • 5 May, 2016 07:04 PM

Thank you for this! I'm new to RPW and am trying to learn all I can since I was raised with a very different view of the world but this sub and the views lines up closer to what I've personally observed and feels applies to my life.

I have a question though and I hope this is the right place to ask. I'm looking for advice specifically about RPW views and how to nurture a marriage in which the husband is an alcoholic with a lot of anger and some PTSD. Is there a subreddit for advice like this? Or maybe a book or blog I could be recommended? Thank you and I apologize if this is the wrong place to ask.

[deleted] • 3 points • 5 May, 2016 07:12 PM

The only thing I can suggest is doing the best **YOU** can do. If you're asking if rpwi will fix his alcoholism. No. If you're asking if it'll fix his ptsd. No. If you're asking if it will fix his anger. A part of it could be but if the anger is about things outside of your relationship then no. You have to be cognizant of the fact that you were supposed to vet a man properly before surrendering. So you may in fact be in a relationship that all the surrendering in the world may not get you the results you think you're gonna get. But like I said in the post, you need to keep your side of the street clean. Then see what you're left with and decide how you wanna proceed then. Only you can decide that.

[deleted] • 2 points • 5 May, 2016 07:18 PM

Thank you. I wasn't asking to fix him, more so to help me deal with these specific issues. I know I didn't vet him properly (I didn't even know what TRP was back then!) but I want to be the best woman, wife, and mother I can be because he's a good man and I adore him.

I'll keep reading this sub and put your method into practice as much as possible. Thank you again for the reply!

Camille11325 • 3 points • 5 May, 2016 07:25 PM

Come to the IRC if you want to get advice on your situation in real time from the moderators. But again, RPW cannot fix addictions or mental disorders. Best of luck in your situation, we do have plenty of resources that can help with the other aspects of your relationship. Be sure to look at the top posts and the posts with the "Insightful" flair :)

[deleted] • 2 points • 5 May, 2016 07:23 PM

Check out my stfu method too. I'm on mobile so can't link right now but it's in my post history.

[deleted] • 2 points • 5 May, 2016 07:25 PM

Will do! Thank you!

[deleted] • 1 point • 6 May, 2016 07:57 AM

This is also the time to really take a look at how you may be contributing to the situation. Be accountable for your actions within the relationship and see if he's coping with his reality through anger and alcohol. Your SO maybe hardening himself any way possible. The question is he doing it to survive you? Then he'll harden himself in a negative way (anger, alcohol). If he is hardening himself to protect you, he'll do it in a positive way. I know this to be true because I've done it to my SO. I helped create this problem and he continued to become hardened through anger and alcohol. Now, its my responsibility to turn this around in a positive manner. Which I am DOing daily.