

What is it with women and their frame recovery after a breakup?

January 30, 2019 | 160 upvotes | by [illimit_ableman](#)

Basically

-She breaks up with me

-I ask “are you sure this is what you want?” She says “yes”.

-I respond with “Ok.” and go radio silent.

-10min later she sends me some stupid pic on IG, i dont respond.

-Next morning she says “Good Morning ☐” with a text immediately after saying “oh wait..” I dont respond.

-20 minutes after that saying a bunch of shit now like “I hyu cause I honestly forgot about yesterday. I was just mad yesterday. I do want you, just not like this”. I’m still not responding.

1: Wtf is up with this? Isnt this what she wanted?

2: Am i doing this right?

First relationship/breakup.

Archived from [theredarchive.com](https://www.theredarchive.com)

Comments

effyouasshole • 315 points • 30 January, 2019 02:43 PM

Its basically a nuclear shit-test. She dumps you, then sees if you're hurt about it. If so, you prove that she can do better than you, and it remains a permanent break-up. Otherwise, by signaling that you don't care, you project high value; hence, she wants you back. So yes, you are doing it right. Very right.

Shit-tests are a normal part of female interaction, but some types (like this one) strongly imply that she's going to be more work than she's worth.

I recommend that you demote her to plate status. Wait a couple days, then invite her over for sex.

I get the feeling you're new to RP theory, so you'll want to study up on how to spin plates, and how to hold frame. Otherwise, you'll get sucked into her frame and things won't go well for you (i.e.: high drama and no sex). In the meantime, game other women.

raoko • 56 points • 30 January, 2019 05:36 PM

I don't recommend spinning ex's. Done it once and it was constant shit test everyday. I had to break it after 6 months. Sex was great but sex is not worth it when the bitch is cray cray.

alphabachelor • 17 points • 30 January, 2019 08:47 PM

I agree. I've won ex's back and experienced the same.

My read is they start to resent you for your frame (as all their other boyfriends acted like herbs) and have to break you to get back on top in their mind.

The best revenge is to keep them in orbit just close enough that they can see/know you're spinning plates.

omega_dawg93 • 20 points • 30 January, 2019 06:57 PM

they're all crazy.

raoko • 13 points • 30 January, 2019 07:05 PM

She was lvl 10 cray cray

omega_dawg93 • 23 points • 30 January, 2019 07:29 PM

but be honest, when they're THAT crazy, the sex is also crazy good.

raoko • 13 points • 30 January, 2019 07:31 PM

fucking touche

ironchef-uk • 7 points • 30 January, 2019 08:37 PM

This man knows

QueenSlapFight • 9 points • 30 January, 2019 10:35 PM

AWALT doesn't mean they're all identical. Just that they're all similar. Some are crazier than others.

omega_dawg93 • -6 points • 30 January, 2019 11:04 PM

it means all women are like that.

the end.

QueenSlapFight • 7 points • 30 January, 2019 11:19 PM

Right. Like most meat tastes like chicken.

omega_dawg93 • -4 points • 30 January, 2019 11:26 PM

you need another acronym and another sub to pitch it in.

QueenSlapFight • 4 points • 30 January, 2019 11:35 PM

Ok Mr. 93.

omega_dawg93 • -2 points • 31 January, 2019 12:46 PM

glad you understand. now repeat after me... "all women are like that."

QueenSlapFight • 0 points • 31 January, 2019 07:35 PM

Being a douche isn't alpha.

SICFJC • 1 point • 30 January, 2019 11:27 PM

AWALT

lokilis • 96 points • 30 January, 2019 02:52 PM

This, emphasis on game other women

airmcnair06 • 13 points • 30 January, 2019 07:49 PM

I recommend that you demote her to plate status. Wait a couple days, then invite her over for sex.

I disagree with this, and here's why:

I get the feeling you're new to RP theory, so you'll want to study up on how to spin plates, and how to hold frame. Otherwise, you'll get sucked into her frame and things won't go well for you (i.e.: high drama and no sex). In the meantime, game other women.

Since this is his first breakup, he won't be able to effectively "spin" the one girl he's ever been with without getting sucked back into her vortex and getting comfortable again.

As you said, she seems not worth the trouble based on how quickly her behavior changed, so I'd recommend to just move on and save yourself the headache. Continue with the radio silence. Since this is your first relationship/breakup, I'd say don't even consider hooking up with this girl until you've had sex with someone else.

If op tries to spin her as a plate without an abundance mindset, it will end badly for op.

GiraffeOnWheels • 1 point • 30 January, 2019 11:55 PM

Definitely. Maybe a couple post break up sessions with her then get out when it starts crumbling.

aanarchist • 6 points • 30 January, 2019 08:23 PM

Not a lot of guys will be able to pull that off they'll catch feels again. It's better to just perma next her to keep your dignity up and hers down.

Don_Draper27 • 12 points • 30 January, 2019 06:21 PM

I actually recommend that OP just hard next's this one.

In the position he's in, he can start with a clean slate and start implementing red pill principles.

He can use the emotions from the break up to "fuel" his drive into bettering himself and improving his life.

wiffofass 1 points 30 January, 2019 03:15 PM* **[recovered]**

I was redpilled and got oneitis for a chick. She smelled it and did a similar test. Even despite all the shit I've read on here I went beta as fuck and pretty much begged/asked her to reconsider (she was on vacation for a month). Then we ghosted each other until she came back and contacted me again and pretty much told me she knew we were gonna keep seeing each other. But the attraction was already dead. They want us to pass the tests.

RichHomieCole • 7 points • 30 January, 2019 06:04 PM

Did something similar very recently. Learned the hard way. Oneitis can get you if you aren't careful, and always be on the lookout for shittests, because they will come

shedontmind 1 points 31 January, 2019 12:18 AM **[recovered]**

The power of oneitis can be fuckin biblical. I had been broken up from mine for YEARS. In the time since I had heaps of lays and a few relationships that I was in complete control of. I had been on the redpill for at least 2 years and in the best shape of my life when she re-contacted me. I was in town for a conference I go to every year and she hit me up. I figured, 'I got my shit sorted, rock solid frame, fit as fuck, why not take her for a ride'. Her texts were pretty flirty and insinuating a night of partying and sex. Even though everything seemed destined to succeed, I still braced my frame and mentally prepared.

None of this mattered. She destroyed me in every sense. Left me high and dry on her porch with a pitying hug. It was disgraceful. The next day I was just in awe of how I crumbled. This was 2 years ago and I'm in a great RP-dynamic relationship now, but holy shit life lesson. Never trust the oneitis, no matter far you think you've come.

RichHomieCole • 1 point • 31 January, 2019 12:24 AM

Amen. Can happen with old ones and even with new girls. It's easy to start getting back in the unicorn mindset and thinking "she's different" but AWALT is so true. She will shit test you, and you will fail if you aren't prepared for it.

HumbleRedPillStudent • 4 points • 30 January, 2019 11:13 PM

Awesome replies here. It sounds like this girl was giving you drama disproportionate to her value, and has basically put you in the perfect position-- demoted herself to plate status.

Already those txts show her hamster firing up. Please, please for the love of God do not open up about your feelings. Enjoy the power-flip of this new dynamic and enjoy what will probably be hotter sex than you've ever gotten from her in your young life...when you're feeling it, if she's worth it.

Like they said, a week or two, then invite her over to "hang".

Get out of the house and start approaching other women now. Fire up the apps if you must.

omega_dawg93 • 3 points • 30 January, 2019 06:57 PM

this advice is spot on. OP read this slow and follow these instructions.

nicyhasreddit • 1 point • 31 January, 2019 03:17 AM

The moment a girl dumps me like that I plate her. Simple truth

justnicepersonhater • 1 point • 21 February, 2019 01:30 PM

wtf! i had it exact like that ! she after dumping checked if i will cling. i didnt react. she sent few more . i didnt cling at first but send too messages too much. then it became permanent breakup

fuck women logic

WeddingCrasher91 • 73 points • 30 January, 2019 05:27 PM

All the advice you're getting here is gold. I was thinking maybe you should post it in relationship advice subreddit and see the vast gap in advice. Just for the lols

effyouasshole • 72 points • 30 January, 2019 06:15 PM

Top comment: "You just gotta COMMUNICATE more!!!"

Andgelyo • 20 points • 30 January, 2019 10:41 PM

“ I would talk to her and tell her that I’m mad, and didn’t like it. I would also tell her that I couldn’t sleep last night and remembered all the wonderful memories we had. Give her a call OP, tell her you miss her.”

□

I will never fucking take advice from random people on the internet except red pill members.

WeddingCrasher91 • 3 points • 31 January, 2019 02:45 PM

Yeah. One of the stupid advise i took was to tell your girl you love her anyways when she denies sex

Zakkaro • 2 points • 19 February, 2019 01:34 PM

(puke)

i_forget_my_userids • 18 points • 30 January, 2019 07:18 PM

You might be surprised. This behavior is toxic from most perspectives. You'll get a lot of "sever all ties and ignore" from all corners of Reddit.

eucalipses • 6 points • 31 January, 2019 01:50 PM*

I was thinking maybe you should post it in relationship advice subreddit and see the vast gap in advice.

I did this experiment for you, screenshot: <https://imgur.com/a/PboWo3T> (I had to guess some ages.)

Here are the comments it received

The comments were unanimous and the same advice as this subreddit gave.

BUT -- you have to remember that that subreddit basically usually tells people to break it off.

then a moderator apologized to me in PM and said they don't do third-party posts, so they removed it.

I guess the advice isn't quite as firm as the advice here but pretty close. But as mentioned I think that

subreddit is well-known for telling everyone to break up and go no-contact.

It was a fun experiment, but didn't have the results we expected. I was careful not to tag it either as "relationship" or "breakup" (but instead I tagged it as "dating" so as not to influence people). I PM'd the first couple of people who left comments (they didn't upvote it) thanking them for leaving a comment and asking them to upvote the submission so that maybe other people will see their comment and respond to it. That's how it got to 26 points, which is pretty good for a new post. (I asked 3 people, but those 3 points made a big difference, it started taking off.)

WeddingCrasher91 • 9 points • 31 January, 2019 02:43 PM

Appreciate the effort homeboy

MisterRoid • 3 points • 30 January, 2019 09:07 PM

Agreed. It would be hilarious to compare the responses!

icy_ghost95 • 35 points • 30 January, 2019 03:54 PM

You're doing it right. You didn't fumble the bag so the bitch wants you. Now it's your choice but i would say to make her wait a bit, think of her bullshit ass action and make her lil hamster spin, and then hit her up for sex like my colleague up there proposed.

josh_e_pants • 37 points • 30 January, 2019 06:04 PM

Something sort of similar happened to me but on a much more dramatic scale and I didn't take the high road like you. We dated for four years, she was my first real GF and I was clueless about shit tests. We broke up but then suddenly she agreed to meet up after finding out I was using tinder. From her perspective, I made a convincing argument about how our relationship had been mostly great with a couple rocky patches, but I think it was probably her finding out I was trying to bang other girls that really did the trick. Under the pretense of potentially getting back together, I suggested we meet at one of the most expensive restaurants in town. Ugh. At one point, she shit tested me by saying that she would be "seeing someone", which she later said meant a psychiatrist. Hah. I demonstrated that I thought I couldn't do better than her by going into shock like a quivering little bitch, in a fancy restaurant. With me having failed the shit test epically, she left me with the huge bill. Like a month later I took a ferry to the states to buy her a cooler full of low calorie ice cream that you couldn't get here and she always wanted to try. I still can't believe that was me. She cut all contact because I was beta and had oneitis to the point of insanity. But, then I went on to bang a string of girls hotter than her and realized my SMV was about twice as high as I thought it was. And also the ansgt motivated me to get in better shape. I'm glad it ended but fuck am I embarrassed about how cringey my behaviour was.

MisterRoid • 14 points • 30 January, 2019 09:11 PM

Thanks for sharing. That's some cringeworthy shit for sure, lol. But I think most of us here have been like that in the past. I know I have.

nonutnovember77 • 2 points • 31 January, 2019 02:39 PM

Around 6 months I was experiencing unbelievable neediness that I bought a friend girl (not a gf or an ex) a ticket from Greece to Germany in the hope of getting laid. She didn't even take the plane (even though she said she would) I'm still on my dry spell but man the change in thinking and attitude I experienced in the last three months.. I was a complete joke

itiswrltten • 110 points • 30 January, 2019 03:48 PM

Most young men think "closure" is a thing because they listen to what women say, which is retarded and you shouldn't do that.

Here is a tip: closure is when she successfully proves to herself you are a fucking loser she correctly chose to discard for the next best thing.

She is trying to chump you out. Maintain no contact and maintain hard next. If she is relentless over a few weeks, feel free to plate her at a STRONG arm's length.

dgillz • 25 points • 30 January, 2019 09:49 PM

closure is when she successfully proves to herself you are a fucking loser she correctly chose to discard for the next best thing.

Bingo

mineralranch • 7 points • 30 January, 2019 11:44 PM

Wisdom right here. I don't know, maybe most of life isn't supposed to be tied up in a nice little bow. Maybe the only resolution necessary is moving on.

MisterRoid • 26 points • 30 January, 2019 02:21 PM

I recommend not responding to texts like that at all. She should at least call you. If she does I think it's fine to answer the call, but even then keep it short and no serious discussions.

AlexDD2 • 5 points • 30 January, 2019 08:49 PM

Keep the call conversation short and meet. Remain silent face to face until she apologizes. You could also do something you enjoy while she's talking as to give her very little attention. Treat her like an annoying child. Do not initiate sex, instead let her do the first step. I personally like to resist until she almost begs for it.

GiraffeOnWheels • 1 point • 30 January, 2019 11:59 PM

Went on a first date last week and told her I don't have sex on the first date. All night some of the best sex I've had. Recommend 10/10

AlexDD2 • 1 point • 31 January, 2019 01:47 AM

Even better if you can make her guess without telling her.

ImNotSue • 21 points • 30 January, 2019 06:22 PM

Step back, and think about this for a second.

"I forgot I broke up with you."

Would any rational person think this statement makes any sense, or that the person speaking it is telling you the truth? Should we even have to consider and rationalize our answer 'no, it is not truthful' by stating the obvious, that a breakup is a meaningful and emotional event which forgetting would be in the domain of the mentally unwell?

It is far more likely spoken for another reason. You need to not look at the words spoken as their face value, but the reason behind it. The mantras of 'this is a shit test', 'women are like children', 'women are driven by their hamster' and so on, they have some truth to them. Would it make sense that she is shit testing you? Or giving a childlike excuse for a behavior she is at fault for? Or would rationalize to herself and excuse for a rash behavior so she can avoid cognitive dissonance of her own actions? Or did she actually forget she broke up with you?

A lot of the advice here is good. Hopefully it will help you answer your own questions in the future as you grow.

DubbleFUPAwitCheez • 20 points • 30 January, 2019 08:53 PM

I do want you, just not like this

That's your easy tell this is huge shit test. Here she is literally saying she wants you to ask her to come back so she can put some conditions on it and turn you into a beta. This is a grab for your dignity and your balls.

Whatever you do don't fall for this, everything else is secondary.

[deleted] • 13 points • 30 January, 2019 06:03 PM

1. Why do you care what she wanted? Do what you want.
2. Sure, close enough. Find other women. Busted people don't deserve relationships.

scanfan2022 • 10 points • 30 January, 2019 05:01 PM

Don't ever get back into a relationship with her. Continue no contact and proceed like she doesn't exist.

[deleted] • 18 points • 30 January, 2019 04:06 PM

Don't even waste your time just move on

midas44 • 7 points • 30 January, 2019 06:24 PM

Answers, in order:

1. ignore it.
2. yes.

PurpleSweetz • 9 points • 30 January, 2019 09:29 PM

This is beyond female nature and shit tests - this is legit immature bullshit.

[deleted] • 4 points • 30 January, 2019 07:54 PM

At best it's a nuclear comfort test. At worst, she actually is loopy enough to think this an appropriate 180 to pull based on feels.

Could be either really. Dont stick around to find out.

TheBlackAlistar • 2 points • 30 January, 2019 11:51 PM

You know you did it right when two years later she's still trying to throw feelers out to see if you'll reply.

KlubTHEMinecarttrapb • 2 points • 31 January, 2019 04:18 AM

Well, so there's a study that shows that women are ultimately hit more emotional than a man after a break up. However, they get over this quicker. The man, will always have this breakup experience deep in him, and it takes longer, if not forever to get over it. Doesn't exactly answer the question, but it's interesting and unfortunate nonetheless.

goblinboglin • 4 points • 30 January, 2019 09:08 PM

Seems like you have **oneitis** for her, if you are that concerned.

Honestly you don't want women like that in your life, **indecisive and stupid**.

Go for **abundance** mentality and get some new prospects mate.

Good luck

idontevenlift37 • 1 point • 30 January, 2019 08:15 PM

They make decisions purely based on emotion. She doesn't know how to control her feelings so she just goes wherever they take her no matter how drastically or quickly they change. I'm guessing you're both relatively young too? Examples like this are why I think it's laughable that some people think girls mature faster than boys. Edit: you did nothing wrong, actually quite surprised how well you handled your first relationship. Don't respond to her if she keeps pestering you.

Eldudearino89 • 2 points • 30 January, 2019 08:37 PM

Exactly. Especially when they start dating the guy they cheated on you with. That always cracks me up.

Kpwn88 • 1 point • 31 January, 2019 01:28 AM*

Ok. This is how it works. Modern women have been given unearned power, and because of that they do not know how to handle the power responsibly. This puts them in positions where they will abuse it in ways that screw themselves over royally.

In this case, she shot herself in the foot by breaking up with him. The reason I say this, is because now she has put herself in a lose-lose scenario. Basically, if he doesn't take her back, she will realize she fucked up and lost a high value male. If he does take her back, she will realize he is so low value she can break up with him and he will put up with it(i.e. the relationship is in her frame) Either way she's fucked. He's fucked too if he takes her back.

Message to OP: Do not think you can take her back and maintain frame by telling her, "next time it's over for good" This may work temporarily, but it is an ultimatum, which makes you look weak and controlling. Subconsciously, she will resent you and not even realize why if you do this. She will ultimately branch swing as soon as she finds another guy if you go this route. Ask me how I know.

You have two choices at this point: 1. take her back and become her bitch, or 2. don't take her back and keep your dignity and know she will forever see you as "the one that got away".

InsidiousCurve • 1 point • 31 January, 2019 03:42 AM

Emotional maturity with this one is real low lol. Test her by saying: "oh, I'm not that interested anymore...etc." If she doesn't apologize and accept the strength of your frame, then prob not a LTR.

walawalawa • 1 point • 31 January, 2019 10:32 AM

I had this situation with a few girls. They would break up expecting me to chase. I didn't. They would freak out and chase.

My mistake was to get back together. Don't make the same mistake.

Girls are emotional creatures but a break up is an extreme measure. She does this and you come back...and you've lost frame.

red2hilt • 1 point • 31 January, 2019 10:41 AM

OP, it doesn't sound like it from the fact that she sent you an IG pic 10 minutes later, but could she have had some guy she was into and didn't want to cheat? However the timing doesn't really support this. just curious.

[deleted] • 1 point • 3 February, 2019 05:13 PM

Oh I forgot that I put a downpayment on a house yesterday. I'm so random!

TheGoblinTurkey • 1 point • 31 January, 2019 05:28 AM

Pls post every text she sends this is gold.

Kruppstahlterminator • -10 points • 30 January, 2019 06:18 PM

2: Am i doing this right?

No. Absolutely not. You don't solve important issues with other humans (friends, family, partners) through text messages. That's absolutely terrible, you don't hear a voice, you don't see a face – it's completely unnatural communication

MOSFETBJT • 4 points • 30 January, 2019 06:52 PM

???

She is the one texting him

Kruppstahlterminator • -1 points • 30 January, 2019 07:21 PM

Fair enough. I meant this:

- She breaks up with me
- I ask “are you sure this is what you want?” She says “yes”.
- I respond with “Ok.” and go radio silent.

I would have handled this via a call.

Just as a general recommendation I like to repeat at every suitable opportunity. Far too many problems people have are caused by texting

stevecapw • 4 points • 30 January, 2019 08:09 PM

Handling it with a call would be breaking frame bc it would convey that he's worried. Because he handled it via text, he showed he wasn't as concerned with it, ie The Cardinal Rule.

MisterRoid • -1 points • 30 January, 2019 09:17 PM

Not sure why you were downvoted. I hate texting with a passion and think he should have ignored it until she called, but it's not like it was a huge fuck-up. Based on the post I think the OP has done well so far.

Kruppstahlterminator • 1 point • 31 January, 2019 11:16 AM

The harsh formulation implied that he failed completely, I suppose. So that caused the negative reaction, whats justified I guess