

# Food in the bed sucks

February 4, 2019 | 9 upvotes | by [Umar\\_Neo](#)

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6'2" / 192#/17%/ stronglifts @Sq 155# bench 145#/ read mystery method, the game, working through NMMNG ch 6.

Kids bedtime, wife in bed complaining about some nose issue. I want them sleep so I put them to bed. I get in bed and there is rice all under the covers. I'm pissed.

1. Don't be Rambo.. so I don't want to punish or yell.
2. Smirking and cleaning out the bed doesn't address my anger.
3. Freeze out or any feminine withdrawal reaction is bad.

What other options will I find?

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## Comments

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SBIH • 23 points • 4 February, 2019 01:40 PM

Tell your wife that the bed is for sleeping in and fucking. If she wants to eat rice, tell her to eat it in the kitchen like a normal adult.

Umar\_Neo[S] • 2 points • 4 February, 2019 02:17 PM

That was my response the first two times she did it

SBIH • 27 points • 4 February, 2019 03:11 PM

Maybe she's trying to serve herself to you.

On a bed of rice.

[deleted] • 2 points • 4 February, 2019 04:48 PM

This made me laugh way too hard. Thank you!

UEMcGill • 13 points • 4 February, 2019 03:04 PM

Get shit done.

Tell your wife to get out of the bed so you can change the sheets.

The long term reality is until you're worth fucking she won't give a shit what you demand or ask. Read the professors steps of dread and get on your plan.

mrp\_awakening • 12 points • 4 February, 2019 03:11 PM

Tell your wife to get out of the bed so you can change the sheets.

My thoughts exactly. Make her move and own shit by doing it yourself. Bonus points if she's already asleep, and you have to wake her up.

SBIH • 50 points • 4 February, 2019 03:48 PM

No More Mr. Rice Guy

Tbonesupreme • 3 points • 5 February, 2019 06:24 PM

I love this and hate this at the same time.

SteelSharpensSteel • 1 point • 6 February, 2019 11:34 AM

Best comment of the thread.

SteelToeShitKicker • 10 points • 4 February, 2019 03:15 PM

Peel the top covers off. Peel your side of the bottom sheet off the mattress. Flip rice to her side of the bed. Put bed back together.

Only do this if you can do it while laughing.

[deleted] • 6 points • 4 February, 2019 02:24 PM

Is she already in bed?

Make her clean it out on the spot before you get in it.

Sounds like she needs spankings.

red-sfpplus • 17 points • 4 February, 2019 01:46 PM

Not rice.

Its sand from your mangina and her dried up Sahara Desert pussy.

mrpthrowa • 3 points • 4 February, 2019 02:29 PM

this really depends on your current dynamic...

is she outright rebellious?

You can have this as your hill to die on... get her not to eat in bed or just move on....

You've gotta decide what your hill is...

Umar\_Neo[S] • 1 point • 4 February, 2019 02:34 PM

I haven't heard the terminology Hill to die on. I assume it's sidebar. It's not my Hill to die on. So I'll clean it and move on.

mrpthrowa • 2 points • 4 February, 2019 02:42 PM

Hill to die on

[https://en.wiktionary.org/wiki/hill\\_to\\_die\\_on](https://en.wiktionary.org/wiki/hill_to_die_on)

RedPillCoach • 1 point • 4 February, 2019 09:16 PM

A filthy bed full of rice would certainly be a hill I would die on. Once my wife left crumbs in the way you described. I stripped the sheets over her vehement protests and left her laying without covers before going downstairs to watch TV. She figured it out and by the time I got to bed fresh sheets were in place.

Umar\_Neo[S] • 1 point • 4 February, 2019 10:40 PM

Interesting approach. As a newb I'd rather not die on this hill, for fear of DEER, manipulation, or expectations of her understanding.. in other words covert contracts.

I appreciate your input. I'll stay the course, read and practice.

SteelSharpensSteel • 3 points • 4 February, 2019 02:59 PM

[https://www.reddit.com/r/marriedredpill/comments/2vr5ih/how\\_to\\_build\\_boundaries\\_during\\_your\\_transition/](https://www.reddit.com/r/marriedredpill/comments/2vr5ih/how_to_build_boundaries_during_your_transition/)

Need to establish a boundary, man.

Umar\_Neo[S] • 1 point • 4 February, 2019 03:04 PM

Food in the bed can't be defended right now. This it's not my boundary. Ok

InChargeMan • 3 points • 4 February, 2019 03:29 PM

Dude, you are taking spoon feeding MRP to a whole other level.

testy68 • 6 points • 4 February, 2019 05:06 PM

With rice please...

fuckmrp • 3 points • 4 February, 2019 05:29 PM

Who the fuck eats rice in bed? I'm pretty sure this is listed in the DSM, psycho level shit right here. Lmao...

Frostecat • 2 points • 5 February, 2019 09:46 PM

Who the fuck eats in bed in the first place?? You people are NASTY LOL!!

Bring chopsticks next time with a bottle of soy sauce.

BobbyPeru • 1 point • 4 February, 2019 06:08 PM

First off, you're skinny fat with those numbers. Lift heavy- 2 days a week squats and legs.

Secondly, who gives a fuck. Clean up the rice and fuck her right, then she won't have rice in the bed next time

screechhater • 1 point • 5 February, 2019 11:51 AM

Women, including your wife, want strong men.

Opinionated, direct, honest and yes, masculine. And, most of all have done self respect, and boundaries. Like as in not only no, but hell no

So what part does - "stop eating in bed, now, actually mean something to you ?"

WTF does - not a hill to die on mean ?

That's called lack of frame.

Westernhagen • 1 point • 4 February, 2019 06:04 PM

When did you start lifting - last week?

Embracing\_Chaos 1 points 4 February, 2019 08:14 PM **[recovered]**

I'd flip back the covers, stare long and hard at the rice. Then I'd turn to her:

"You know what? I was thinking about eating something in the bed, too."

Then I'd pull down her pants and get to it. Acta Non Verba. Take your emotions out on her pussy, she doesn't want to hear you scolding her like a whiny bitch. When you're attractive enough she'll do what you want without you having to ask her to, until then, STFU.

HERE2SHILL • 1 point • 5 February, 2019 02:14 AM

Lol what is this shit