

# I'm only with you because I have no choice.

February 4, 2019 | 20 upvotes | by [firstlight777](#)

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I'm 40 she's 37, married 15 years, three kids, 16, 11, 6.

169 lbs, 5'11", I lift three days, light weights still, squat 135, press 100, not maxes just my rep weights. Crunches, pushups, planks, dumbbell stuff.

Nmmng, Pook, lots of pinned posts. Next up is MAP, and wisnifg, loaded on dropbox.

Been at this for 8 months, immediate improvement, then crash and burn, rambo-ed, then stfu, improvement in her attitude and respect, treatment of me (and the kids) is always up and down.

Moved cities 1.5 years ago, still not making close to what I used to make at my career, working low level night job (deliver pizza) to make ends meet. Shes a sahm. These things makes me resentful of her since we moved to be closer to her family and she was oohh so unhappy where we were. Now it's same thing different state.

Whenever we talk about her working it gets put off, and she says the house, kids activities would fall apart etc.

The question:

Leaving rental home, buying a house in different part of town. Relations between us are up and down, Rocky through all of this, I still got us a house and supposed to close in two weeks.

I feel some stuff I'm doing has backfired. Things touted here as gospel, I'm doing it wrong. Going to the gym has turned into her saying I'm all about myself and it takes time from work. Being more dominant in bed has turned into her saying I fuck her like a whore, to rough, not loving. The night job has added dread. Her not knowing who I work with, where I am. There's a cute young girl there who I talk to and we've seen her out three times at music shows of a band I used to be in years ago. The dread has been good, but, backfired? Last night was the third time, and I told my wife she was going to better and there's no reason for any drama. She calls her my work girlfriend. I introduced her to wife, it was a quick exchange in loud environment, thats it. Wife caught me looking at her few times, but really I was just buzzed looking at various hot young girls. My wife is very hot, gets hit on often. This super tall young dude, well call him Chad, talked to her and basicly asked her out while we were there,(I was at the bar saw whole thing) she told him she's married but was smiling and loved it. I want her to look at me like that again. Ok, when we got home she's playing the whole game about I just want to fuck the girl.i work with and blah, so.i told her you don't have to do this, and that I love her. We drunk fucked pretty hard, but not much passion in her end. Today, she was withdrawn, told me she I threw her around like a whore, that I was thinking if this chick while I fucked her, I'm a loser, can't support his family, she has offers from guys texting and messaging her, also brought up the dude from night begore, and that she was going to start accepting some offers because she's done with me. Moving on for her.

She said she has to "live with me because she has no money and has to take care of the kids but that doesn't mean were together".

"I'm only with you because I have no choice."

All the while, were buying a fucking house. Am I getting used here or what? I'm supposed to buy a house to what. Sleep on the couch and live in this toxic environment? I need somewhere good for the kids though, it's cheaper than renting, but I think I'm setting myself up for divorce rape. I know, she knows she owns me, but I do care about her, she's my oneitus definitely, also mom to my three kids.

Does anyone know if it's advantageous to only have my name in the deed?

I don't know if this will get better unless we have some real time living apart. It's constant bickering, I know it's my fault, drunk captain, no real goals, always trying to make ends meet, make it through the month financially and mentally. Resentment from her about how she gave her life away to kids and me who have no respect or care about her. Resentment from me because I moved for her and now were really struggling. I'm a plow horse and I now know that gets zero respect. And now the house thing, suppose to be positive, fucked up by her again, but she wins either way.

I'm a fucking puke fag. If you read this trash flame away, and advise please.

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## Comments

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Ivabighairy1 • 56 points • 4 February, 2019 05:59 AM

Don't buy a house. It will be hers in a year when the divorce is final and you will be paying the mortgage.

creating\_my\_life • 27 points • 4 February, 2019 04:50 AM

Am I getting used here or what?

Yes, absolutely.

I still got us a house and supposed to close in two weeks.

Call your real estate agent and say, "get me out of the deal". Hopefully your agent will find a loophole and get you your deposit back. If she can't, DO NOT CLOSE ON THE HOUSE. Burn it all fucking down.

Have a tiny little shred of respect for yourself.

firstlight777[S] • -5 points • 4 February, 2019 05:07 AM

What about watch what they do not what they say? This is not the first time I've heard this shit. I'm not some 26 yo kid. We've been through alot together. We were unmarried when first kid, she was 20 me 23, we've always struggled but made it work. She's a good woman, cooks, cleans, kids, homework, works out. I get why she's overwhelmed, but she has depression type shit that runs in her family it's hard to be around. I'm capt. Save a hoe. Idk, I need a place for the kids.

creating\_my\_life • 14 points • 4 February, 2019 05:42 AM

you're a fucking plowhorse.

live your OWN life.

Your kids need to see you be a man and be happy. Being subservient to a woman that's using you is pathetic and your kids are learning that.

RPWolf • 13 points • 4 February, 2019 03:11 PM

This reply is bullshit. You are working two jobs as a pizza delivery guy and your SAHM snowflake can't be bothered to get a job, even if its part time to help make ends meet?? GTFO!!

You are a fucking plow horse period and you have a lost cost fallacy and oneitis.

Do not buy the fucking house man!! Keep working and ignore her attempt sot put her beta back in the box!!

[deleted] • 8 points • 4 February, 2019 03:37 PM\*

Yeah you've been through a lot with her. A lot of shit. So at the end of the tunnel, you're both dirty, stinky and I'm sure you caught a few diseases and now you can't look at eachothers without puking.

The problem is you chose the tunnel with the shit in it. You chose that because "you made it work" despite of "always having to struggle". This isn't supposed to be a constant struggle. Does that mean it's supposed to be easy? Of course not: marriages (and cohabitating LTRs for the same reasons) are the toughest relationships and any blue pill man attempting that will look like an obese smoker trying to run a marathon. It's funny at first but then it gets a little scary for everyone involved.

Now everyone here can tell you're going to ignore all the advice and you're gonna buy that house because you operate in only one way: make it work. And you're going to hamster away that incredibly stupid decision by telling yourself "bUt sHe LoOoOovEs mEeEEe!!" Fine, a lot of men need to beat themselves up inches away from death before they finally realise and internalise what they've been doing wrong for their entire life.

Or, you could, for once in your goddamned life, choose the tunnel without shit and tell your wife: "we are not buying that house because I, your husband, am not ready". Then, ignore the verbal diarrhea, pack your gym bag, kiss her on the forehead like the child she is and go lift some heavy-ass weights. Get one of the gym bros that seemingly lives there and ask him to spot you on the bench. Put on your max and rep these badboys out until you can't anymore and gymbro has to lift that bar off your tiny bitch chest. There you should learn a life lesson: life is a fucking loaded barbell and unlike in the gym, there is no gym bro that will lift it off your chest. You can only control how strong you are and how much weight you put on the bar. And that house, is too much weight for you to handle. So is your marriage but for now, those plates you put there 20 years ago are welded to the bar. *So don't go welding anymore plates on there you daft cunt*

So here's a simple gameplan for you to follow: lift heavy and shut the fuck up. Let me tell you about my own experience: when I started STFUing, I was worried people, especially women, would push the issue even further until I was forced to talk. Well guess what faggots? the exact opposite happened. Let's say my girlfriend tried to shit test me, I would just say nothing. Sometimes I wouldn't even look at her. Then SHE would feel awkward as if SHE had done something wrong and now had to make it up to me by not being a bitch for an hour or until the next time hamster said "it's time to shit test my boyfriend to see if this new alpha routine is just an act".

When you get comfortable with that silence, get comfortable with the words "no" and "because I want it that way". And get comfortable with the silence that comes after that because you won't defend, explain, excuse or rationalise your decision (that's neet, they should make that an official RP acronym and put it in the sidebar!)

So which tunnel will you choose?

mrp\_awakening • 6 points • 4 February, 2019 03:03 PM

What about watch what they do not what they say?

She's flirting with people while you're out, has given out her number, and is texting people she flirted with. Seems pretty invested in jumping ship if you ask me.

testy68 • 2 points • 4 February, 2019 05:01 PM

That's what I got out of the story. How do those random guys have her number? Because she gave them out.

I'd check to see if bar guy number is on her phone. If so, soft next and possibly hard next and DONT BUY THE HOUSE for her and Chad to enjoy.

Westernhagen • 1 point • 4 February, 2019 03:59 PM

Idk, I need a place for the kids.

When I was a kid, we moved around a lot and spent years living in rentals. We always had a roof over our heads in a good neighborhood. It would have meant nothing to me if my mom owned the place instead of renting. Moreover, if your kids need "a place" in the sense that you own it rather than renting

it, they do not need you to own *any particular place*. The "place for the kids" can just as easily be in a location where you have a better job and don't have to deliver pizza at night like a schmuck.

What the kids mainly need is a father who gets himself together careerwise, has a plan, and makes moves based on what is best for the family as a whole, not based on wife's feelz.

SeamusAwl • 21 points • 4 February, 2019 04:46 AM\*

All the while, were buying a fucking house.

Shut it down. Better to lose the down payment then to have to pay half the mortgage in a house you cannot live in.

She said she has to "live with me because she has no money and has to take care of the kids but that doesn't mean were together". "I'm only with you because I have no choice."

Thank her for taking care of your kids while you get some tinderella to brighten up your evenings.

It's constant bickering, I know it's my fault, drunk captain, no real goals, always trying to make ends meet, make it through the month financially and mentally.

Really it is just that you have zero foundation for your frame, so it easily gets swept away. You have been at this for 8 months and are all over the place. You have short circuited her mentally and emotionally. You are supposed to be the mighty oak or the rock that provides safe harbor during her storms. You are neither. You have applied about as much real effort to fixing yourself as you do to your gym. How the fuck are you only benching 100 lbs 8 months in? You should be benching 135 lbs or greater by now.

firstlight777[S] • 2 points • 4 February, 2019 05:00 AM

Been going to the gym only about four months. Discovered this place and trp 8 months ago. Bench is my weak point, always hurts left shoulder. I'd rather do chest press. Noticeable improvement as I improved diet. Have muscles like when I was 22 and working hard at landscaping job.

Sepean • 4 points • 4 February, 2019 07:21 AM

Benching with a barbell also fucks with my shoulder, I just use dumbbells. The free wrist rotation makes it much easier on the shoulder.

SeamusAwl • 6 points • 4 February, 2019 05:06 AM

Been going to the gym only about four months.

When I started going to the gym, I had to bench the bar. 4 months in and I was benching sets of 155 lbs.

Bench is my weak point, always hurts left shoulder.

Your form is like your frame - shit. Get some help and work on your form. Most Gymbros would help a noob like you if you ask.

Have muscles like when I was 22 and working hard at landscaping job.

You barely lift, where did this magic muscle come from?

Randy\_Marsh2024 • 1 point • 4 February, 2019 01:33 PM

If you don't have access to many dumbbells and must use a barbell, consider using a pad or something similar to alter the depth of press. Check out this link to see what I'm talking about:

[https://youtu.be/F62mqh4Dz\\_E](https://youtu.be/F62mqh4Dz_E)

Using this thing took my strongest 1 rep max #225, to me repping #275 on the regular. I just got a shoulder surgery 5 months ago. Don't be gay and lift more weight.

firstlight777[S] • 2 points • 4 February, 2019 01:44 PM

Thanks, do you use the chest press machine at all, the kind you put plates on.

Randy\_Marsh2024 • 1 point • 4 February, 2019 02:28 PM

I don't use machines. The best alternate to barbell bench is using dumbbells.

Cam\_Winston21 • 1 point • 4 February, 2019 02:29 PM

Probably a range of motion thing. Grab some dumbbells, lay back, close your eyes & do a few reps that feel comfortable to you. Stop at the bottom on one rep, open your eyes & see where your hands are. Probably above your chest. Not a big deal, lotta people have that issue & have ditched the barbell bench press altogether (raising hand).

Anyway, doing a 1 rep max (or low reps) isn't an effective way to build muscle. It helps get stronger, sure, but building muscle also makes you stronger. Doing volume sets with technique and you'll get muscle and get stronger.

She's a good woman, cooks, cleans, kids, homework, works out. I get why she's overwhelmed, but she has depression type shit that runs in her family it's hard to be around.

Okay, what would a disrespectful & manipulative cunt who is with you primarily for your resources do differently than your "good woman"?

Thanks, do you use the chest press machine at all, the kind you put plates on

You're probably talking about a Life Fitness machine. Yes. I do incline dumbbell presses for my compound presses, first, machine work & flyes later.

Westernhagen • 3 points • 4 February, 2019 03:51 PM

She wasn't all depressed and cunty when Chad was hitting on her...

RedPillCoach • 2 points • 4 February, 2019 09:26 PM

Of course she was. The record will reflect that Chad didn't want to be around her either.

testy68 • 1 point • 4 February, 2019 04:55 PM

You can't negotiate desire....

NMMNG\_1 • 1 point • 5 February, 2019 04:53 PM

DEER. STFU.

mabden 1 points 5 February, 2019 03:13 PM **[recovered]**

Shut it down. Better to lose the down payment then to have to pay half the mortgage in a house you cannot live in.

If the OP has a signed contract, then backing out may very well trigger a breach of contract lawsuit, whereas, the house goes back on the market and when it sells, the seller sues for the difference of what the Op would

have paid vs what it eventually sells for, plus all the ancillary costs of maintenance, interest, etc. Add in lawyers fees it adds up quick.

An unscrupulous seller could sell it way under value to his BIL/Friend, sues, then resells for original price pocketing the difference plus the lawsuit settlement. Kind of a long game, but potentially profitable.

In the case of divorce, the Op can at least put the house up for sale as long as it is just his name on the mortgage/deed.

[deleted] • 3 points • 5 February, 2019 04:16 PM

Nah. In most states residential real estate contracts have what are called "liquidated damages" provisions, meaning if the buyer breaches by backing out, he pays a set amount of money, usually \$1000 or the earnest money, whatever it is. That's because many times the contracts are contingent on financing, and a buyer sometimes can't get financing on favorable terms.

SeamusAw1 • 2 points • 5 February, 2019 03:52 PM

If the OP has a signed contract, then backing out may very well trigger a breach of contract lawsuit, Have you ever bought a house? There is typically a clause that lets you back out. Of course you would lose your deposit if you do, but it isn't a breach of contract.

Source - I bought a house last year and my sister had to back out of a house she was going to buy a few years back.

mabden • 1 point • 5 February, 2019 06:14 PM

Not in NYS

Middle\_Aged\_Child • 17 points • 4 February, 2019 01:04 PM

He's gonna buy the house.

Grimsterr • 7 points • 4 February, 2019 03:02 PM

Yup, all the while hoping it will help "fix" things.

[deleted] • 3 points • 4 February, 2019 03:03 PM

Yeah... he seems like the kind of guy who has to jump head first in trouble regardless of all the advice he gets. If it's the only way he'll understand, so be it. I just hope that after he loses everything, he will choose the redpill and not choose to become a suicide statistic that everyone ignores because men are the victims.

JameisBong • 1 point • 5 February, 2019 10:59 AM

And a bigger bed for Chad to fuck her in... I don't get it, even in my very very blue pill days, i valued myself enough to GTFO out of a useless situation.

man\_in\_the\_world • 13 points • 4 February, 2019 04:55 AM\*

So you've been at this 8 months, but you've only read two books, your lifting weights are less than my petite daughter's, you clearly haven't even begun to STFU or to handle shit tests ... you are the new champion of MRP fuckarounditis.

Eight months and not even at Dread Level 1 ... WTF are you LARPing at here, OP, other than a fake alpha dominant assholery that's unsupported by any value or frame?



Get serious and follow the damn program, or GTFO.

testy68 • 1 point • 8 February, 2019 02:34 AM

He needs to drop the "feel the burn" reps. It kind of reminds me of my grandma doing overhead tricep extensions with soup cans.

There's a video of an 80+ year old guy who look like he weighed 159 lbs deadlifting 405 for two reps. He made it look pretty easy, like he could have done 1-2 more. I bet he isn't buying a house for a girl that will kick him out in a year.

UEMcGill • 9 points • 4 February, 2019 03:37 PM

**ILYBINILWY.** I love you, but I'm not *in* love with you. This is the speech you got from her. She told you, "I'm only with you because I have no choice.", aka, ILYBINILWY.

What would you say if I told you that you could save the marriage by giving her divorce papers? Would you believe me? You have to be willing to let it all go to save it. Are you capable of doing that?

First Step, put the house on hold. If you can fuck up your financing somehow that will let you out of the purchase usually without penalty.

Second, sit her down and get all beta-blue-pilly on her. Tell her that "this is a serious situation and you want to rebuild the marriage."

Third, tell her "We need to save more money to improve financial stability and therefore the stability of the relationship before we buy a house.

Fourth, get into marriage counseling. No one really gives a fuck about this, it's all for show. Just do it to keep the facade going.

Fifth, get her into a job! This is important for the next steps.

Sixth, hit the gym. You're weak as shit. You're wife is not hot. She's 37 with 3 kids. Those dudes were thirsty.

Finally, go see a divorce lawyer. Get a divorce agreement drawn up.

When the time comes, you'll have more money saved up. You should have your finances on point. And your wife should be working some mediocre job. Of course, you'll be fit.

Then server her the papers. She'll quickly see how hard life will be without you as a single mom. Then you can decide, is she worth keeping or can someone younger, and better make you happy?

The choice is yours. Someone will be happy to say, "I love you". It's up to you who that is.

[deleted] • 1 point • 5 February, 2019 04:25 PM

Exactly right. "I'm with you only because I have no money and I need a place for the kids but that doesn't mean we're together" and "I'm with you only because I have no choice"? That's ILYBINILWY.

He needs to stop giving her any attention, and take total control of all the finances. Pull the plug on the house right now. Then do all the rest of it.

RedPill-BlackLotus • 9 points • 4 February, 2019 12:15 PM\*

Here is your solution you poor bastard

Lose the oneitis

Read the rational male. Good god, right fucking now.

red-sfpplus • 10 points • 4 February, 2019 12:44 PM



Unbelievable that a 40 year old man with a 16 year old kid writes like this and allows this shit to happen to him.  
There are so many deal breakers in your post.  
But whatever man. I do not have a care in the world about your sad state of affairs.

Sepean • 9 points • 4 February, 2019 07:18 AM

Things touted here as gospel, I'm doing it wrong. Going to the gym has turned into her saying I'm all about myself and it takes time from work. Being more dominant in bed has turned into her saying I fuck her like a whore, to rough, not loving. The night job has added dread. [...] The dread has been good, but, backfired?

This is *exactly* how it goes. Nobody said she'd submit from day one, did anyone tell you this would be smooth sailing? No, what we said was that she'd fight you every inch of the way, call you a selfish asshole, blah blah. Her response to you showing increased frame and alpha is not to just take it at face value, it's to shit test you harder to see if you're the real deal or just faking it.

One day you'll hit a main event where the shit testing hits nuclear level for days - hold frame through that and things will get a lot better.

firstlight777[S] • 1 point • 4 February, 2019 10:19 PM

I think this was it. I did hold frame, and today she admitted it was all bullshit and she cares about me, is jealous if the girl, blah blah, sexcapade all day, started by her. She's bring feminine, head on chest after, first bj in months. I know it's not all fixed but I'd chalk this up as a win.

Sepean • 1 point • 4 February, 2019 10:29 PM

Yeah man, this is how it goes when you're progressing. Sometimes she's sweet and sexy, sometimes she's shit testing you hard - both are signs she's seeing your alpha increase.

FereallyRed • 6 points • 4 February, 2019 07:59 AM

Faggot.

Only got 1/4 way through that before you proved you LIVE in hr frame.

WTF are you doing?

Get to work.

ON YOURSELF.

Bushpilot817 • 6 points • 4 February, 2019 05:24 AM

You have zero fucking frame.

You clearly don't STFU either, as you're DEERING all over the place.

Your lifts suck too.

Look man, you've got to be your own mental point of origin. Stop doing things for everyone else and work on improving yourself. Read the sidebar, hit the gym, eat right and track your macros.

Choose to improve yourself in some way every damn day.

As for your wife, quit worrying about her. I've seen it here 1000 times- the stay plan is the same as the go plan.

firstlight777[S] • 1 point • 4 February, 2019 05:54 AM

Yes, thanks.

SorcererKing • 5 points • 4 February, 2019 02:30 PM

I was going to break this down, but there's too much. I'll cut to the end:

Am I getting used here or what?

You're failing shit tests left, right, and center. You're not owning your shit, you're not interesting and you're not creating an interesting life. Your wife is BEGGING for you to find your balls and be decisive. What is your mission in life? What are you working towards? Right now it sounds like her happiness is your goal. If that's true, you're fucked. You'll can't make anyone else happy by trying to do so; you do your shit and she comes along or not.

Back to the basic texts with you: NMMNG, WISNIFG, MAP.

firstlight777[S] • 1 point • 4 February, 2019 10:22 PM

This thanks

Westernhagen • 4 points • 4 February, 2019 03:50 PM

Even if the marriage was awesome, the idea of buying a house when your income is so low you need a second job delivering pizza is seriously problematic. Pull the plug on that. The other thing you need to walk back is "moving to some crappy area and taking a crappy job so you can be near her family." Terrible move! You should have told her, "NO, we're not doing that." Start looking for better paying jobs, and if you have to move away from her family, so be it. (This is another reason not to buy a house in Nowheresville now.)

Wife caught me looking at her few times,

This is not dread btw. Dread is when the girl hits on you right in front of your wife.

This super tall young dude, well call him Chad, talked to her and basicly asked her out while we were there,

See? That's dread.

[deleted] • 1 point • 5 February, 2019 04:20 PM

This. All of this.

The First mistake was his giving up a good job to move closer to her parents, probably because that's what she wanted. He should have just said "no". "No, we're not doing that." "No, we can't afford it." "No, i have a good job here that I will not give up."

suprathepeg • 8 points • 4 February, 2019 05:06 AM

Buying a house for a family that's all but in flames is fucking dumb.

Your bouncing all over the map, which means no foundation and no frame.

My advice is decide now if you want you wife. If you do then start getting serious about dread game and dealing with shit tests. When she's earned a house then you can buy her one. If you don't want this woman the cut bait.

ManguZa • 5 points • 4 February, 2019 09:30 AM

You're not there yet. The change take time and your wife need to be sure that you have really and totally changed. That mean more than one year of perfect frame.

"I'm only with you because i have no choice". You can't accept this. She must want to deserve you, not considering you like a no choice. Don't give anything to her if she don't deserve it and work on yourself agin and again and non stop.

No house, no dread, no attention to her... work, work out, read, daily frame with people, your child, etc.

friendandadvisor • 5 points • 4 February, 2019 01:08 PM

i told her you don't have to do this, and that I love her.

"Reading TRP" doesn't mean 'read it and still act like a fucking faggot'. Each whiny "...BUT, I LOVE you!" only makes her despise you more. Your love does not move her. Women do NOT respond to love from men, they respond to how men can benefit them.

SteelSharpensSteel • 3 points • 4 February, 2019 03:49 PM

So you're buying a house and delivering pizza as a job? Maybe you need to figure your job out first.

[deleted] • 3 points • 4 February, 2019 04:28 PM

She's fucking at least one of the guys who's texting her. You can probably find her on a few dating apps if you looked. How do you think she's finding all these guys while she sits at home with 3 kids and no money?

Going to the gym has turned into her saying I'm all about myself and it takes time from work.

Because she doesn't want her plowhorse to start getting attractive to other women, so she's telling you to know your place and get your ass back to work. She knows that you aren't attractive at the moment, which is why she can say things like this without repercussion:

She said she has to "live with me because she has no money and has to take care of the kids but that doesn't mean were together".

"I'm only with you because I have no choice."

Do not buy this woman a house. Get serious about lifting, unfuck yourself, and use the fact that you "aren't together" with your wife to game as many women as possible.

RedPillCoach • 2 points • 4 February, 2019 09:30 PM

she doesn't want her plowhorse to start getting attractive to other women,

I usually say these are unconscious on teh part of women but I wonder. With his Stats on the bench, just a little right lifting will go a long way for him- and I am quite sure she knows it.

[deleted] • 2 points • 5 February, 2019 02:28 AM

Not just the physical attraction but the psychological benefits and confidence that comes with it. There's nothing like a set of bodyweight x 2 squats to help a guy locate his balls. All at once he starts looking better, thinking more clearly, and realizing that he doesn't need her but she does need him.

SuperCrazy07 • 3 points • 4 February, 2019 07:16 PM

I know this isn't the personal finance subreddit, but WTF are you doing buying a house when you have to deliver pizzas to make ends meet? This is a disaster in the making even if things with wifey were good.

And, I'm sorry, but you need to get a divorce. Your wife didn't just smile at Chad...she's been giving her number out to other men. Then she told you she's living with you but not with you in a marriage.

My wife's friend told her husband the same thing and fucked 9 guys in three months, came home to his bed, and told him about it. And this chick is 45 yo and 300 lbs of ugly. Desperate dudes hit anything.

That's your future until you get kicked out of the house you're working two jobs to pay for.

RedPillCoach • 3 points • 4 February, 2019 09:24 PM

Going to the gym has turned into her saying I'm all about myself and it takes time from work.

Get back to work for that woman you narcissist, toxic, masculine man.

more dominant in bed has turned into her saying I fuck her like a whore

Basic Fitness Test. Yes darling, you are my little whore.

to rough, not loving.

Mix it up. If she needs more affection give it. Rough sex shouldn't interfere with cuddling and loving in the least.

However, none of these are your problem. The issue is that your wife is not happy. It doesn't matter what you do, she is not going to be happy. She is probably not capable of actually being happy. You could give her a 400' yacht and she would complain that it makes her seasick.

When are you going to absorb the most basic MRP doctrine? Stop giving her the power to affect your mood. She is going to be unhappy no matter what you do. The best she can hope for is to be with a man who brings her up and satisfies her sometimes. Happiness is not going to happen with this one and the sooner you stop worrying about her happiness, the sooner you can provide what it is that she actually needs from you. Only then will you be able to assess whether it is worth your effort to provide it.

firstlight777[S] • 1 point • 4 February, 2019 11:09 PM

Good stuff, thanks.

BobbyPeru • 3 points • 4 February, 2019 04:45 AM\*

lift three days, light weights still, squat 135, press 100, not maxes just my rep weights. Crunches, pushups, planks, dumbbell stuff.

You don't lift

The rest of your post was a bunch of noise in your head. STFU, sidebar, and lift heavy. Become the best man you can be. It takes a lot longer than 8 months, so settle the fuck down.

Many states have a lot of real estate loop holes. Check into that, and GTFO of that deal.

SeamusAwl • 3 points • 4 February, 2019 04:56 AM

It takes a lot longer than 8 months, so settle the fuck down.

It does, but for him it will take a decade or more with the amount of effort he has given in 8 months.

Randy\_Marsh2024 • 2 points • 4 February, 2019 01:49 PM

I don't use machines. For shoulder problems the first alternate for bench should be dumbbells.

Reject444 • 2 points • 4 February, 2019 02:04 PM

Dude, you talk about "the Dread" being "good" about this girl at work while demonstrating that you really don't know what Dread is or how to use it, and that you're not at a point where Dread even means anything yet.

You're failing (and showing ignorance of) the most basic MRP fundamentals. Like, she tells you after rough fucking that she feels like a whore? That's a comfort test. She's telling you you're a loser who's not doing enough in your life? Either she's right or it's a basic shit test. You're not even at Dread Level 1 so I don't see how you can say that Dread is working for you. Your wife seems to highly disrespect you. I suggest you take

stock of yourself and really examine whether, right now, you are a man truly deserving of her (and, even more importantly, your own) respect. Fix the things you need to fix FOR YOURSELF, not for her. If she's openly telling you she's going to start banging other dudes then this marriage might be too far gone to save, but regardless you need to make yourself better to have any shot of saving this relationship or any future ones.

[deleted] • 2 points • 4 February, 2019 04:12 PM

You're skinny fat with those numbers.

So everyone here has told you all that you need to know and already but just to reiterate:

You will be the biggest fucking moron on the planet if you go through with purchasing the house while your marriage and life are at this point. And most conceivable points for a long time if 8 months wasn't enough for you to really change.

You give too many fucks about too many stupid things to be 40 and are still playing the same stupid shit games 20 year olds do in your industry...and by that I mean night delivery person industry. Hell, if you're worried that loser number 2 Chad will get in her pants try to set it up and get that proof. Will get you out of alimony in most states and with 3 child support payments...that'd be great. And fuck off with all of this "work girlfriend" high school shit. The only important factor would be if the girls were checking you out and flirting with you...all of this YOU checking them out means jack shit other than she gets to shit test you with it. Girls only care about other girls if they genuinely see interest in you not the other way around.

Not to shit on your job, but does she have a degree or potential to work? Because *with* a shit job, 3 kids etc. I am curious what she could take without you being able to improve your career and then make more money that will be after she has the LESS locked up. I'm no lawyer, but it may be worth 100-200 to consult and find out. And if she has potential to work (degree as high (or not) as yours) I mean, if I'm not mistaken, she could deliver pizza's as well which puts you on even footing.

I mean, do you have a chance to significantly improve your work situation later? If you're the only one working what say does she have where you move to for work? She going to dig her heels in and live out of a car or stay with relatives to stay in her hometown? That wouldn't look good to a judge I'd wager.

All of this will be 1000000% more difficult with a house to sell you just took out a mortgage on.

Stop listening to her words. STFU more, give a lot less shits. Get a fucking game plan and MAP for your life to either improve your own working situation or at least move into management or buy your own pizza joint one day.

Trick here is at 40 you are still able to really dial shit in and improve and be a commodity.

She's 37, with 3 kids and no career or seeming aspirations other than to graduate to single mom cougar? Oh yeah, that's a bright future for her indeed. I don't care if she's a 10, with those stats at her age it's all downhill from there for SMV while you could stop fucking around and really improve yours.

WHERE AND HOW CAN YOU IMPROVE? Monk mode and let the marriage go on autopilot while you really come up with a plan to improve your life and the kids. She could get onboard only after a complete turnaround.

You seem to be waffling in many directions at once. Pick one. And for fuck sake stop throwing more money and time after bad. I hope you control the limited finances and that she has limited access. If not, there's your new step 1. Start actively policing what is for the kids and managing it. The kids need clothes, YOU buy them. You need groceries, YOU buy them. It's a lot of fucking extra work. But dial that shit in for them and your bank. If you need to delegate, hand her cash in an envelope for a specific task. With her attitude and demeanor how has she earned anything from you?

Who has time or desire to bankroll a disrespectful, nagging, unloving "marriage partner"?

Why the fuck do you seem more worried, concerned and whinging rather than ANGRY AND MOTIVATED?  
Get out of her frame.

BusterVadge • 2 points • 4 February, 2019 04:59 PM

WTF is wrong with you man? You should have a lot more progress in the 8 months you've been at it.

Read more books. Don't waste time with planks and crunches in the gym. Get on Stronglifts 5x5 and keep going at it until you can't make anymore progress.

Going to the gym has turned into her saying I'm all about myself and it takes time from work.

Missed opportunity to say "Yeah, it is, I'm not working out so that gina down the street can lose 2 inches from her big fat waist". (never tell your own wife she's fat).

Being more dominant in bed has turned into her saying I fuck her like a whore, to rough, not loving.

Slap her ass right then and tell her you love her.

I read up to this point:

I'm only with you because I have no choice.

Nuclear option my man... Go fuck other women. She has no choice but to be with you and you may as well enjoy other women aside from this bitter hag.

rustynails40 • 2 points • 4 February, 2019 11:13 PM

Your problem isn't her, it's you. You are your own problem — you don't value yourself. She is a reflection of you and as a result your mirror (her) is telling you what you need to believe about yourself...that you suck.

Change yourself and she will change, your MAP needs to be your own but I agree with most of these guys: don't buy a house, use the down payment to go to school, get a better job and improve your life, lift heavy weights and STFU.

mabden • 2 points • 5 February, 2019 03:16 PM

>"I'm only with you because I have no choice."

Then give her one, serve her divorce papers.

mrp\_awakening • 1 point • 4 February, 2019 01:27 PM

This was worth a good laugh. Thanks for brightening up my morning.

Dude, you're supposedly read up but have basically proven to us that you just don't get it. You're clearly a beta masquerading as an alpha but don't even know how or which alpha traits to show. For example, dread isn't about checking out your hot coworker in front of her wife... it's about getting to the point where the coworker checks you out in front of the wife. It's about chatting up random women... not because you're trying to make her jealous. But because you're a social person and you're gonna interact with lots of random people.

Lift heavy weights. You're being a pussy, and if you're a pussy in the weight room you're clearly gonna be a pussy everywhere else in your life. Find a real job. You're in a city... there should be better jobs around than delivery driver. Go to school if you have to. Figure your fucking life out before it's too late and you're old and your life is over.

Plrdr21 • 1 point • 4 February, 2019 05:28 PM

You're working 2 jobs, and she's not working. That's fucked. Quit delivering pizza, if she wants the things that income brings in then let her deliver pizza to buy them. You're nothing but a paycheck to her. And what do you get in return for your investment?

[deleted] • 1 point • 4 February, 2019 09:22 PM

I ain't had sex with Katie.

LYSOL had sex with Katie, I just filmed it!

HERE2SHILL • 1 point • 5 February, 2019 06:58 AM

Because tons of the advice here is bad. Especially the super red-pilly stuff.

screechhater • 1 point • 5 February, 2019 11:43 AM

“You threw me around like a whore- “ you didn’t complain while you were cumming

“You can’t support your own family “ Get a fucking job and stick to a budget

“I’m gonna start going out with theses guys-“ Have fun.

“I’m stuck here. “ There’s the door

No you don’t have to get angry, but you do have to exemplify abundance.

Stop living in her frame

Get to the gym, get your form right and fucking push like fucking crazy.

Get her out more, getvs werkend without the kids and let her get done fucking sleep

Stop acting like a victim in all this. Ya, two jobs, so fucking what.