

Friends gf walks all over him and he has become a whipped beta. I like the guy but have lost a lot of respect for him. Should I reduce interaction with him to keep myself away from that wreck?

February 24, 2019 | 68 upvotes | by [bf1bro18](#)

Like she sits on other guys laps at parties (seen it 4 times now), gets really loud when she knows she is in the wrong, full on feminist, cheated on him twice but he stays with her, gives him orders like a officer does to a soldier. It is hard to watch man.

He has become really reserved and sort of says "She's in a bit of a mood tonight lol!" whenever she is being a loud drunk rude cunt at a party. But he never puts his foot down and I can't look at him the same anymore.

Have known the guy for 6yrs and he has been with his gf for 5yrs and they live together somehow.

I just can't respect the guy at the moment and he shows no interest in changing so I don't wanna be a part of the melt down.

I want to just gtfo but not sure if that is a nuclear option..

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Comments

[deleted] • 126 points • 24 February, 2019 08:07 AM

If you don't confront him in his behaviour and leave you are just as beta as him.

A good friend confronts and lifts the people around him. If you wanna be a good friend, give him a fucking talk, get him his balls back.

redhawkes • 36 points • 24 February, 2019 11:33 AM

What a bunch of horseshit.

Not your monkeys, not your circus, especially if no one asked for your opinion/advice.

Confronting is the most beta thing you can do. You can't control others. Try to lecture whipped beta ans see what happens. He'll cut you like a bad habit.

You lift people by providing value, you cut the cabs. Broknighting is the ultimate beta move.

BloodSurgery • 6 points • 24 February, 2019 04:30 PM

It's easy to take the moral high ground in these kind of posts, but in reality if he wanted help, he would ask for it. OP is in the right here.

redhawkes • 4 points • 24 February, 2019 05:32 PM

Word. It's easy to fall in the balls coddling circlejerk when this kind of topics appear.

Keep in mind that the majority of guys are teenagers, meaning still naive and not enough experience. Multiply it by not reading anything from TRP and you have the classic **feels over reelz** shit show.

nicyhasreddit • 3 points • 24 February, 2019 12:01 PM

At least said beta knows how to cut those off who he believes do not benefit him.

Beta? This one is more like an omega. Omega means at the bottom.

[deleted] • 2 points • 24 February, 2019 08:56 PM

Well what are you doing right now? Are you not confronting me on my opinion?

Confronting ain't beta dude ;)

You've been brought up all wrong.

I agree you can't control others. But confronting ain't about controlling, it's about initiating a process, and it's about courage.

And if the beta friend leaves, so fucking be it. I don't live my life to keep all my friends permanently I live my life according to my values. You may value length of friendships, I value courage and honesty.

I agree you lift people by providing value. Honesty and straight talk in times of problems or abuse is some serious heavy value. It's necessary value.

You're absolute wrong about "broknighting" being beta. Courage is one of the most alpha traits there is. Everything you said is to defend why you choose the more fearful route.

redhawkes • 4 points • 24 February, 2019 09:14 PM

Just another useless platitude.

Well what are you doing right now? Are you not confronting me on my opinion?

This is reddit board. It's purpose is to exchange opinions, if you took it as confrontation, work on your insecurities.

Confronting ain't beta dude ;)

Right, more like omega.

But confronting ain't about controlling, it's about initiating a process, and it's about courage.

Just another word salad. Take that courage in the ring instead.

And if the beta friend leaves, so fucking be it. I don't live my life to keep all my friends permanently I live my life according to my values. You may value length of friendships, I value courage and honesty.

Yet you say the opposite trying to be captain save a bro. If people doesn't fit in your frame, they are out.

You're absolute wrong about "broknighting" being beta. Courage is one of the most alpha traits there is. Everything you said is to defend why you choose the more fearful route.

Again, be courageous in the ring, not trying to broknight a beta cuck.

[deleted] • 2 points • 24 February, 2019 09:29 PM

Ok man. I stand by everything I said though, and we'll just have to disagree on that.

I feel your bitterness though and I wish you happiness in your life.

redhawkes • 4 points • 24 February, 2019 10:21 PM

I feel your bitterness

Do you even try dude. Passive aggressive shaming tactics, déjà vu.

[deleted] • 2 points • 24 February, 2019 10:45 PM

Have a great life brother.

greatine 1 points 24 February, 2019 12:03 PM* **[recovered]**

Some people would consider it worth helping out a friend even if it's not in their best interests.

redhawkes • 11 points • 24 February, 2019 12:15 PM

It's called captain save a bro. We know how that ends up.

The wimp has been cheated on twice. If he needs to pick one, he's going to pick the cunt every time and first to stab you in the back for a whiff of pussy. You don't need 'friends' like that.

Lastly, he doesn't want your help. He needs to help himself first.

greatine 1 points 24 February, 2019 12:40 PM* **[recovered]**

Except no one on earth can accurately predict human behaviour like that. You can say that it's really likely to have no effect but imo as long as there's even just a 10% chance OP gets through to him just a bit, he has an obligation to try to help. Of course, he shouldn't bother if he's too scared of the girlfriend saying mean things about him.

OP said he's hung out with the guy like 300+ times. Almost a year of all of his life included him in some way. Part of being someone's bro is being there for him in the times he's weak.

redhawkes • 6 points • 24 February, 2019 02:19 PM

he has an obligation to try to help.

Lmao, no. That's some morality slave bullshit. Your obligation is to distance yourself from the crabs cos they gonna pull you down.

When the student is ready, the teacher will appear. There are countless of articles explaining why waking up bleeps is bad and you shouldn't do it. Read that.

As you can see, he's defensive when the topic comes out. So, it's really east to predict.

bflbro18 1 points 24 February, 2019 08:15 AM **[recovered]**

I have not directly tried to confront him about his beta-ness or his gf cheating and how he needs to get some self respect and leave the bitch, cause I don't feel comfortable dude it is so awkward. Like I know 2 other guys in our friend circle have said to him in passing like "dude you never hang anymore" and "bro she cheated on you, why you still here?" and he just becomes real defensive and sort of shrugs it off and it makes it more awkward. Like one on one he is still a real good friend but anywhere near her he is a total beta. bitches man. some guys are clueless.

[deleted] • 28 points • 24 February, 2019 08:18 AM

Well have the talk with him one on one, be as honest with him as you would people on this subreddit. You've got to wake him up. You may not respect him, but imagine it like a disease he has caught. He is not himself. You must help treat the disease by talking with him even when he gets pissed off or defensive or hates your guts. Do it. It will be a good test of your character, and it is one of the most alpha and kindest things a man can do for another man. If you ever was that beta and not able to see your ways I'm sure you would want someone to really have that talk with you and wake you up.

bflbro18 1 points 24 February, 2019 08:28 AM **[recovered]**

Well i am reaching the point where it's either he will listen and slowly begin to get happier and get his balls back and maybe even leave the bitch or at least put her in fkn line for once, or i just decide not to intervene due to my own personal reasons and a pro/con list and just wait for him to figure it out through trial and error (like most of us do) cause fuck man, as i said below somewhere it feels kind of like he could take it badly in his current state and go tell all to her thus having her go spin some shit about me being a asshole or so on. got some shit to think about.

KoolAidMan7980 • 32 points • 24 February, 2019 09:24 AM

Who the fuck cares if he tells her?!? Are you afraid to call a bitch a bitch? You sound just as beta as your friend you non-confrontational pussy.

nicyhasreddit • 9 points • 24 February, 2019 11:56 AM

He's even worse than said beta. Whining on this group? Fuck.

I'll do what I said he should do and that is fuck him off.

jreed11 • 3 points • 24 February, 2019 02:40 PM

He's also a horrible friend. It'd be one thing if he had made an attempt, but he's just here

looking to dunk on a guy who can't defend himself. This dude is coming here to compensate for something else.

Bros come first.

nicyhasreddit • 3 points • 24 February, 2019 03:28 PM

I don't know why you got down voted.

Honestly, he IS able to defend himself just like us. We were once betas. We did not want to do anything about it until we realized that we were responsible. Then we decided to take responsibility.

That man and his girlfriend. He does not want to extricate himself so what can we do? Just leave them alone. That is.

Which is also what we are trying to tell OP. Who also doesn't want to extricate himself from this.

I'll excuse myself.

jreed11 • 5 points • 24 February, 2019 03:32 PM*

I agree with what you've said. I just think that it's poor form for men to come here dunking on strangers (who are supposedly their friends) who we can't truly evaluate. It comes off to me as a guy trying to impress a bunch of strangers online. (People who write things like OP do so because they think that impressing how John Doe is a loser somehow means they themselves aren't losers. What they don't understand is that two people can be losers at the same time.)

If I have a friend who I think is going down the wrong path -- drugs, what's happening here, whatever it might be -- I'm going to try to confront it and give him a talk. And if after that nothing changes, then I'll move on -- just like you've said.

What I won't do is come online and write a poorly written vanity exercise to dunk on that friend without having even tried to do anything.

nicyhasreddit • 1 point • 24 February, 2019 06:41 PM

Whining and gossiping is something bitches do, in the truest sense of the word. And by bitch I don't mean 'hi bitch' 'sup bitch' 'what a bitch dude fucken bang my car' or female dog.

I mean those nasty female gossipers who talk trash about everything on the planet until one of their fellow gossipers trash talks them to the rest of the world.

Females who to me won't even be talked to. A girl who is a true bitch isn't dealt with even by other girls.

And if a man won't deal with such a female then males like this won't be entertained.

c4toyourdoornobeef • 4 points • 24 February, 2019 10:52 AM

you sound like a bitch. Talk the guy, stop making excuses.

cuztrp • 7 points • 24 February, 2019 09:11 AM

I have a very very similar case. She broke up with him with no clear explanations as to why and it hurt him immensely. He's still depressed af and I've always been there for the guy. I sat down with him for hours just discussing what could have potentially went wrong, and disclosed to him TRP. He didn't like it that much and thought we're a bunch of autists and abusers, but he definitely learnt smth and admitted that some of the fuckery we discuss here has some truth to it. He's feeling much better with time and we're still grabbing a beer tonight.

A man is a man, whether beta or alpha, if you guys are good friends, you should just lift each other up and deliver each other from the slings and arrows of life.

Saying it's just awkward or whatnot just proves that you're not as good as you might think. TRP doesn't promote hate against beta guys or disgust. But a sense of sympathy that should be expressed.

I had a friend back in the day who was TRPed to the brim. We went out together once and he was gaming chicks like a mofo while I sat there with my beer in the corner. He invited me to the group and I failed a shittest one girl threw at me right away. Did he feel disgusted? Did he think it'd be awkward to ignore the bitches in the club and go somewhere quiet and talk it over? No, he sensed I was distressed and he tried helping me. He legit laid out to me TRP tenants on that night and thanks to that guy, here am I.

MajIssuesCaptObvious • 3 points • 24 February, 2019 11:15 AM

So you were Steve Carell and he was Ryan Gosling from Crazy Stupid Love.

cuztrp • 2 points • 24 February, 2019 09:45 PM

You can laugh all you want I had to watch that movie before replying to your comment. Yeah, fucking exactly though lol.

[deleted] • 28 points • 24 February, 2019 07:42 AM

Well does this person contribute any value to *your life*?

bflbro18 1 points 24 February, 2019 08:12 AM **[recovered]**

man you make a good point. he has given value in the past but since his gf got his balls I really have to struggle to get him to hang out with just the bros so that isn't a good sign and he is clearly whipped and under her command tbh. we've hung out probably 300 times though so it fucking hurts I don't want to pry but I don't know if he would even listen to me.

SteveStJohn • 4 points • 24 February, 2019 02:14 PM

since his gf got his balls I really have to struggle to get him to hang out with just the bros

Next

dinkelpuss • 6 points • 24 February, 2019 01:29 PM

tell her to go suck a fucking cock !! sorry I'm drunk but that shit just made me angry

ethbytes • 12 points • 24 February, 2019 08:17 AM

A mate deserves to be told. You also come away morally "clean"?

Perhaps a video of someone else in a similar situation? Then say "I love you, however this video depicts you..."

Let it simmer. Then you will be either the good or bad cop depending on what he perceives best for him.

Hopefully the princess will have no input though(as you will be trying to get in her knickers)... Base what you do

next on outcome?

bflbro18 1 points 24 February, 2019 08:19 AM [recovered]

dude I don't want to fuck his gf

ethbytes • 12 points • 24 February, 2019 08:25 AM

That is the thought she will plant in his mind to poison your influence...

bflbro18 1 points 24 February, 2019 08:34 AM [recovered]

well so be it. that's the sort of shit i cant control. i never made a pass at her and she has never made a pass at me so that says a lot right there. plus i once told her in front of a group that i didn't fancy her type when she pressured me to reply to "do you find me attractive" lmao. insecure much.

Hyper_Sonik • 2 points • 24 February, 2019 08:48 PM

She was shit testing you and there is no right answer. I'll bet you even said "no I dont" which is a fail. This girl has No respect for her bf nor for any of you and will blow everything to pieces. Tell him you can respect him if he can't respect himself and ghost him. I'd walk away before something bad happens.

alleyteris • 5 points • 24 February, 2019 09:07 AM

If he is indeed a friend who you learned something from him or he helped you improve in your life , I believe you should confront him about His gf and help him find a new one . Just as you wouldnt let your brother be hurt, or a comrade in battle, leaving a friend when He is in need of wisdom and counsil that makes you a cunt and part of the problem. So my take on this is that if he is your friend its obligatory to help him, if he is just a random person to you then dont help him

flatcologne • 7 points • 24 February, 2019 10:48 AM

Agreed - I'm genuinely surprised that leaving the friend to stew in this situation is considered a decent option by OP and commenters.

Unless you feel very threatened by your mate's potential response (I don't know how though?), leaving the situation silently just seems like the most pathetic option available...

Hyper_Sonik • 0 points • 24 February, 2019 08:54 PM

Leaving him is definitely the correct option. Helping someone that doesnt respect themselves and rejects his Bro's advice is someone who doesn't deserve your value. When you have abundance and are valuable you don't have time for shitty people/behavior. The most he can do is let the friend know what's up, offer to help or Walk away. To suggest that walking away from someone like that is somehow pathetic, just shows how attached you are to the idea of "friends" and "love". Answer me this, are you for or against marriage? And sane question with LTR's.

neso225 • 5 points • 24 February, 2019 09:29 AM

I dont know man from what you are saying i think it is best you lower the interactions because from what i understood your friend and sorry for saying this is a fucking cunt and has no balls at all from experience with friend do not interfere there is a high chance he will go against you and i guess you do not want all that drama. Peace brother

throwawayycheyeah • 3 points • 24 February, 2019 11:10 AM

Put yourself in his shoes and ask yourself if you would want to be helped.

flatcologne • 3 points • 24 February, 2019 11:29 AM*

If you were not lacking the strength of character to confront him, or the will to help your mate in the first place, then you would have already confronted him.

Why would you be capable of telling us the problem, but not your friend? The fact that you're telling us, instead of him, indicates that you either don't have the strength to tell him directly (in which case we can't help you), or you are just searching for agreement about doing nothing, so you feel less conflicted about it.

furcryingoutloud • 3 points • 24 February, 2019 04:47 PM

From experience. Never, never has it gone well for me when confronting a friend about his beta behavior. A man in your friend's position is suffering from Stockholm Syndrome. He is completely under the control of his girlfriend, and anyone not on their side is against them.

What to do? You really only have two choices. Your friendship is in hiatus. Meaning he is no longer your friend and will likely not be until he is released or escapes from his captor. Choice #1 is to have that talk you are asking about. Honestly, you'd do better to have that talk with a rock. Choice #2 is give him space and only respond to his attempts to contact you. If he asks why you never contact him any more, tell him you don't want to interrupt him in his relationship. Leave it at that. Accept the loss.

The second option leaves things open so you can continue the friendship where you left off if you feel you still want to. The first is surely to nuke the friendship.

You don't need to hate on her, AWALT. Just some are more AWALT than others. Hell, you don't even have to hate on your friend. Some men die happy deaths after a very blue life. They feel fulfilled. The Red Pill is not for everyone. Or who would finally marry these women as they step off the carousel? I for one am happy there is an abundant amount of blues ready to rescue the women I leave behind. My conscience feels better for it.

Do yourself a favor and stop worrying about your friends' life choices when it comes to women. If they don't emulate your behavior, it means they don't value it. Let your actions speak for you. Words mean nothing to Blue Pillers, religious and political fanatics. Never discuss any of them and your blood pressure will thank you for it.

Oio- • 3 points • 24 February, 2019 08:35 PM

If the guy is (used to be) a good friend I would probably try to talk to him and express some concern. Just like you would if the guy were becoming a drunk or getting addicted to a drug and didn't realize he had a problem. But if he doesn't want to hear it then you can cut him loose and at least you tried to do the right thing. It's pretty common for this to happen to guys. I have had a couple of my friends go that route. Ultimately you never see them because they're not allowed to leave the house without mommy's permission.

Hyper_Sonik • 3 points • 24 February, 2019 09:27 PM

The amount of blue pillers in the comments who buy into the "being a good friend" bullshit, is astonishing. It's posts like this that expose all the goofs who think they are "red pillled". The fact of the matter is, this guy can inform his friend of what to do and if the friend refuses, then walk away. Bunch of blue piller, low value, no abundance mentalists trying to justify and idealize what a "true friend" should do. News flash bitches: a true friend is a very very rare thing in life. Being attached to the fantasy of being a "good friend" to someone who can't or refuses to comprehend his self defeating behavior, is a mindset of someone who hasn't come to terms with the red pill.

[deleted] • 2 points • 25 February, 2019 12:11 AM

Everyone has some kind of self defeating behaviour in their life. I dare you to tell me that your whole life you did everything exactly as you aspired to be. You ate healthy food your whole adult life, you never took drugs, you finished every project you started, you escalated and attempted to close every woman who didn't disrespect you etc etc. I bet you have fucked up and been unaware of you how fuck up sometimes.

In fact anyone in the red pill had fucked up at some point in their life. We needed this community to tell us the truth. So why can't you fucking tell your friends the truth as this community did to you? Pussy.

Hyper_Sonik • 2 points • 25 February, 2019 12:37 AM

We came to this community seeking answers. When the student is ready, the teacher will appear. His friend is not ready. I would inform the friend of his pathetic behavior and tell him he will be here when he's ready to respect himself but until then will keep contact to the bare minimum. Name calling doesn't do much to contribute to the conversation....have fun!

[deleted] • 2 points • 25 February, 2019 12:55 AM

Well then we are in agreement about at least an initial confrontation or talk with the whipped friend.

dm-lube • 4 points • 24 February, 2019 07:43 AM

have you confronted him about the situation (his girl cheating and him being beta)? and how did he react?

MrAgamemnon • 10 points • 24 February, 2019 08:04 AM

Not your business to confront anyone. It will always be turned around, OP will become the bad guy.

You can't pry someone's eyes open, that has to come from him.

[deleted] • 8 points • 24 February, 2019 08:09 AM

Yes it is your fucking business. A good friend makes it their business and confronts a friends shitty behaviour or problems with honesty. Cowards leave.

If you have a friend who is an alcoholic but not getting help, you don't just up and leave, you at least give one strong intervention before doing so, but the kindest thing to do is several confrontations and patience until the person gets their act together with minimal time spent together.

If your friend ends up attacking and turning it around you, you confront that too, and you risk losing the friendship. That's how you develop your own character as a man and not a coward.

People often have issues and need their friends to assist opening their eyes. Sometimes it doesn't just happen on its own.

MrAgamemnon • 5 points • 24 February, 2019 08:17 AM

I would treat an alcoholic very differently from a guy like this.

Guys like him will always pick the girl. Every single time. They will always make OP the bad guy. Every single time.

People often have issues and need their friends to assist opening their eyes. Sometimes it doesn't just happen on its own.

Interventions don't work, be it alcohol, drugs, gambling, women you name it. The willingness for change and realisation has to be internal.

[deleted] • 3 points • 24 February, 2019 08:24 AM

Yes the willingness to change must be internal.

But why would someone change if they don't see how their behaviour impacts those around ?

People need to hear their friends tell them the truth, because when you are drunk or high or in a haze from sex or gambling or theft or latching on to an abusive partner , YOU ARE NOT YOURSELF and you need help. The hard truth from a friend is often the starting point for that willingness to change. The hard cold truth from one or more friends can trigger a desire to change. It may not do the whole thing, but it can start the process. But if friends hold back and don't say anything, the person can carry for decades and longer not even realising how badly of a situation they are in.

It's irresponsible and weak to leave a friend behind like that just to avoid being blamed. That's what I think anyway.

bflbro18 1 points 24 February, 2019 08:22 AM **[recovered]**

it is fucked though, I feel like he will side with her and his new found beta intuition and just write me off as some kind of fantasy destroyer and then tell his gf who will spread shit about me. Like his gf is pretty nasty man and I don't want to get into some sort of he said she said shit. also I don't think being a coward is the default outcome for not acting, like there are heaps of things to consider.

[deleted] • 2 points • 24 February, 2019 08:29 AM

He may react badly and hate your guts. But you have to live your life to your values not to how you fear someone will react.

I know for me my values are courage, respect, honesty etc.

I live by them even when I risk losing a friend. Usually if a friend does leave me they come back later and apologise, and respect me way more for me being hard on them and telling the truth. It's up to you how you live your life.

Also I think you are a coward the way you fear his gf spreading rumours about you. It seems like you are just as scared as your friend to stand up that girl. You say you lost respect for your friend, but why haven't you lost respect for yourself?

bflbro18 1 points 24 February, 2019 08:40 AM **[recovered]**

bro if a girl treated me even 25% as bad as she treats him I'd next her ass. i don't want some tattooed, chain smoking feminist that talkin shit about me all cause i tried saving a blind beta that she owns. this is my situation cause on one hand i think of all this stuff about values and respect are really important and that i completely need to at least TRY and save this dude, but then i have that other voice sayin to me not to get involved cause the dude is already to far gone and needs to go through the hell in order to find the truth himself. if your values system is having a meltdown over my specific situation then you may be projecting how you personally would be handling this shit but you aint in the situation i am and we probably have heaps of different views on things. Plus trp is only 2yrs new to me so i am still a little bit new to putting my hand in other peoples business even if that means helping out a good friend. like i been fucked over before by girls and guys and so this is all really making my fucken alarm bells ring. you got me thinkin though which is good.

nicyhasreddit • 2 points • 24 February, 2019 11:58 AM

No one cares. Stay with your friends you deserve them. And fuck off this page

[deleted] • 2 points • 24 February, 2019 08:48 PM

Nah your second voice is a coward that knows how to rationalise.

You do need to at least try to help your friend. You know that. The only reason you wouldn't make an attempt is fear.

The fear is telling you that he needs to figure it out on his own. Bullshit. How's that been working for him? You know he'll just suffer more abuse.

Shit or get off the pot man.

Hyper_Sonik • 2 points • 24 February, 2019 08:58 PM

It's not fear of how he will react, it's having the foresight to protect himself from and potential negative behavior.

[deleted] • 1 point • 24 February, 2019 09:11 PM

It's fear man, don't kid yourself. The guy is terrified of losing social status or being criticised from his whipped friend. Protecting himself IS based on fear.

Courage means feeling that fear, knowing the potential negative reactions and doing the right thing anyway. (The right thing being confronting his friend and living in line with his values such as honesty and courage)

Hyper_Sonik • 1 point • 24 February, 2019 11:23 PM

I have no issue with informing the friend of his beta behavior but if the friend rejects it or lashes out then the guy needs to walk away. That's my main point. It's foolish to try to force people to wake up, especially to the point of bringing negative consequences on to yourself.

[deleted] • 1 point • 24 February, 2019 11:27 PM

Yeah ongoing verbal abuse from the whipped friend you don't have to stand and take. Agreed there.

bflbro18 1 points 24 February, 2019 08:11 AM **[recovered]**

I never told him directly that I knew his girl cheated but she fucked a guy from her campus when he was away for work and everyone found out man like everyone yet they stayed together lol. I wouldn't bring it up now it was 1.5yrs ago and it'd feel out of line, like I don't want to dr phil him.

nicyhasreddit • 5 points • 24 February, 2019 11:57 AM

Fuck it. I'm out of here. I'm done with the three of you.

You three deserve each other.

InternetLiftingCoach • 2 points • 24 February, 2019 10:12 AM

Confront him. He will probably defend it, but try to dig deeper. In his heart, he probably knows that she has a toxic influence on him, yet he still decides to stay with her. Try examining the possible explanations for why he keeps maintaining a relationship with her, e.g. "I will never meet anyone again", "No one will love me as she

does", etc. Whatever illogical and inconsistent arguments he has for staying with her, do your best to challenge them. Do not be too confrontational. Do your best to make him realise it himself so he feels a sense of personal agency instead of throwing tons of arguments in his face. It is important that he feels that he is the one who comes up with the counter-arguments for staying with her. You just have to guide him through the process even though you are the one planting your own thoughts in his head. Also, perhaps recommend him seeing a therapist. When you have done that, that is all you can do in this situation. You cannot change his views overnight. Throw a seed at him and pray it will sprout on its own. He decides if he wants to take it into consideration or dismiss your thoughts completely. If the former, keep in mind that the process of cutting out a toxic person may take some time, so you just have to let the seed sprout on its own. Be there for him. Talk about personal or even emotional shit. Try making him open up to you and let him pour his heart out. Maybe all the guy needs is someone to lend him an ear.

nicyhasreddit • 1 point • 24 February, 2019 11:59 AM

They both are the same.

In fact I think this OP is trolling or projecting at this point.

nicyhasreddit • 3 points • 24 February, 2019 11:51 AM*

By whining about this here you're honestly even worse than he is.

By even interacting with him you're not only part of the melt down you're actively contributing to it. You're being whipped by her as well. She's not even your woman.

A woman must be really proud to string two bros along, one her boyfriend and the other his bro who doesn't want to let him go.

I see four balls in that woman's bag. Two yours and two his. Take those balls... And...

Just fuck off there already.

Also fuck off this page it's not for you. It's for people who want to improve.

Maybe just maybe you deserve those two friends of yours. You get my down vote.

[deleted] • 3 points • 24 February, 2019 03:01 PM

"By whining about this here you're honestly even worse than he is."

We could say the same about you whining here.

This forum is for anybody to share and discuss and learn.

nicyhasreddit • 1 point • 24 February, 2019 03:22 PM

Feel free to reply to me. It's just my stand on someone who is whining.

Like what I myself say, we need to be confrontational the first time. If they don't bother so be it. Same with what he should have did with his so called friend.

Whatever floats your boat man.

Hyper_Sonik • 1 point • 24 February, 2019 08:39 PM

Tell him he doesn't realize how shitty his life is and how bad it will get. That he's being a supplicating beta who you cannot continue to support but when he walks away or gets dumped he can talk to you. Tell him you care about him but are disgusted by his behavior. Now walk away and tell him not to bother you.

chazthundergut • 1 point • 24 February, 2019 09:13 PM

I think you should talk to your buddy about it, rather than us

thatbadrogue2 • 1 point • 24 February, 2019 10:15 PM

he's clearly content with his place in life. it's not your girlfriend, why do you care?

huggyblossom • 1 point • 25 February, 2019 12:11 AM

If the guy is a person you have been very close with there is nothing wrong to talk with him about the situation - do you like your life with her, because you were the soul of the company and now you are never out single blah,blah,blah. Try to talk with him about the valuable things you guys did together and how she strangled him from his previous lifestyle - if he is ok with that there is nothing you can do.

MorpheusSwag • 1 point • 25 February, 2019 12:26 AM

He's getting laid more than you! Bet she's hot too

VasilyZaitzev • 1 point • 25 February, 2019 12:51 AM

He's the individual version of this.

PimPedOutGeese • 1 point • 25 February, 2019 03:19 PM

Having this same issue with a guy at work. He married this woman and she is completely controlling him. No sex. No say in any decisions.

I feel bad for the guy.

We begin to talk, gently, about RP methodology and thought processes. He couldn't take it. I've SHOWN him proof with the girls at work multiple times that RP works... Then he gets upset and wants to argue about how I'm wrong and there's nothing he can do about it....

At that point, after debating a little I admit, I let it go.... RP and reality can be a hard pill to swallow.

Now I take the stance that I simply don't want to hear about it. Unfortunately he just won't stop talking about it.

Mind you I can't just up and leave. I work with this guy, side by side, from the time I'm here til the time I leave. If I ignore he becomes extremely beta and wines about it saying I have an attitude. It's just simply annoying lmao.

At some point you have to call his behavior out... And then if he refuses to change it you have to decide if you want to continue the friendship. I probably would... I just wouldn't do anything socially with him and his GF.

gregoire_ • 1 point • 24 February, 2019 07:57 AM

Does their relationship affect you or how he acts with you? If not, just mind your business.

bflbro18 1 points 24 February, 2019 08:09 AM [recovered]

Yeah man she changes the dynamics at parties and he goes from chill and fun to reserved and in what I call damage control. Plus she is pretty rude to me most times too.

gregoire_ • 4 points • 24 February, 2019 08:13 AM

Do the 3 of you have the same social circle?

bflbro18 1 points 24 February, 2019 08:17 AM [recovered]

yeah we (him his gf and me) all have the same base social circle, and as a whole all get along for the

most part. y?

gregoire_ 1 points • 24 February, 2019 08:21 AM [recovered]

Talk to him about it. Don't let her make you weak in front of everyone too.

nicyhasreddit • 2 points • 24 February, 2019 11:59 AM

She already did.

[deleted] • 1 point • 24 February, 2019 03:04 PM

If he is your close friend then he is within your business. Mind your friends' well-being, confront him.

SolarTortality • 1 point • 24 February, 2019 09:33 AM

If you are his friend you will let him know to his face not to a bunch of strangers online. Sounds like you aren't a real friend anyways though. That's fine, most people aren't.

RedPillAlphaBigCock • 1 point • 24 February, 2019 01:55 PM

give him a copy of the rational male - it may just save his life

mysticplaces • 1 point • 24 February, 2019 05:55 PM

Men in this state are like a rabid animal. You need to GTFA as soon as possible and let this individual hit rock bottom. Nothing you say will sway him from detaching himself from this cunt. He needs to make his own realizations about his own lack of power, weakness, and submissive behavior. Depriving him of these awakenings is a disservice and he will continue to make the same mistakes over and over. Abandon ship and never look back.

ColdBeing • 1 point • 24 February, 2019 06:44 PM

Are you really a friend if you don't talk to him or help him out about it?

F_Dingo • 1 point • 24 February, 2019 06:48 PM

It's time to have a man to man talk with him. Friends don't let friends turn into whipped losers. Before going in, know that he may need to hit rock bottom first for any of your advice to impact him.

[deleted] • 1 point • 24 February, 2019 07:15 PM

Not your problem.

Casd12 • 1 point • 24 February, 2019 07:21 PM

If that happened to one of my boys I will directly confront him about it. I will put my friendship on the line and risk a fight to give him the brutal truth. If he rejects my confrontation or brushes my advice, it's a hard next

MorpheusSwag • 1 point • 25 February, 2019 12:27 AM

Yeah a good friend fights you over perceived relationship issues. Total bro move

Freedom__Fighter • 0 points • 24 February, 2019 02:39 PM

Stop being a bitch, bro. Talk to your buddy and set him straight or lose a friend and your own balls in the process.

silent_dominant • 0 points • 24 February, 2019 03:52 PM

He might be a victim of partner abuse. Wouldn't be the first guy who's too scared to talk about it..

xNinja36 • 0 points • 24 February, 2019 04:41 PM

Have you tried giving him some of the sidebar material? His reaction to it should be your answer

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huey764 • 1 point • 24 February, 2019 08:36 PM

Why the fuck does this sub even exist if all answers are “read sidebar” anyways?

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javiercer20 • -2 points • 24 February, 2019 04:08 PM

Expect the same from him when you become as beta as he is now.