I went nuclear with laying down dread. Now I'm confused.

March 14, 2019 | 26 upvotes | by Full Ratio

My wife over the last 8 years has been a monumental bitch to me; to say I have been through hell and back with mental abuse (and physical at one time) would be an understatement. A lot of what I went through was my fault, I should have never even accepted her behavior but I was convinced (she lead me to believe) I was supporting her by sticking with her through the chaos. I mean that's what marriage is in the vows right? through sickness and health blah-blah all that crap?

Anyways moving on, I got tired of that shit eventually. It really wore me down to the point I was suicidal, it was at this point that I told my self no, I am and was always better than this. My number one goal at first was to lose weight and stop putting up with her shit to the point of complete indifference, I was going to do what I wanted when I wanted and if she had a problem with it, there is the door....

The shit tests from there on out were relentless and the rage, oh boy, she would rage at my "don't give a fuck" behavior but after non stop diligence and a year later my looks did a complete 180. I dropped over 38 pounds, packed on some decent muscle mass, and even buzzed all my hair off, to which her shock (speechless with a slacked jaw) was ungodly satisfying because I never told her I was going to do it.

From there on out (post buzzed hair) I was getting some serious ass from my wife even finally got my first BJ from her, one that would continue to be many. Only problem is I resent her. I just can not stand her anymore even through all the positive attention I'm getting from her, she will sometimes get all giddy or flirty with me and I hate it, I find it disgusting. And I hate myself for it too because I take what I can get sexually and believe me I want it. At the same time I don't love her, its all gone now.

The confusing part is that we have been on the fence with divorce for years now and I made quite clear that we would be splitting and she agreed mutually but now she is playing like everything is all better now. Its not better at all, for me at least. The amount of attention I am getting from beautiful women day to day is staggering, my wife would die inside if she saw how beautiful some of these women are and I like it, fucked up as it is I like it a lot and want it. I want to experience new women, I want to feel what its like to have a clean slate, to have a frame I established first and never had it broken then repaired. Most of all I see these women look at me with seductive eyes, flirt with me, and I feel a strong urge to see what its like to be genuinely appreciated.

Don't get me wrong I'm not a cheater nor will I ever cheat, but I don't want to stay with my wife. She has displayed she has the capacity to change and it breaks my heart that after all I went through, got to the point I'm at, and even got what I finally wanted out of her that I despise every bit of her.

I apologize if this was a really long post or rant filled but I feel I needed to vent and I'd appreciate some feedback or help for what I'm going through. thanks.

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Comments

[deleted] • 60 points • 14 March, 2019 04:08 PM

We get what we earn.

The first 8 years you were a beta bitch.

Now you're manning up and you are getting what you want.

But that new you is a skin at the moment. You are wearing it, so the old you is still inside and mad that you didn't get what you wanted while being what society told you was the good husband. You have to let that resentment go as that is still the old you. Yeah it sucks, now shut up and get over it.

You get no retroactive points for trying one way and then the next. There is only the now and what you get now.

You've gotten your body in shape now you need to work on your mindset. If you still resent your wife for acting appropriately to how you were over the past 8 years then you're still a beta blaming the wrong person.

We don't care if you stick with her or not...but we will laugh at you if you blame her for bruising your ego with the bat you provided her with.

Please hit the sidebar material

You can't progress as a person holding onto resentment. It'll just fester and resurface now or later with her or someone else.

Full Ratio[S] • 11 points • 14 March, 2019 04:16 PM

You got a point, I definitely needed to hear that. I am still dealing with all this shit on the inside and never even looked at it in detail. A lot of it is probably pent up anger and I'm just looking for an excuse instead of taking responsibility for it and moving on. At the same time I can't help feeling disgusted with my wife. Is it really just disgust with myself?

[deleted] • 27 points • 14 March, 2019 04:56 PM*

Yes. Absolutely.

She's a stark reminder of how wrong you were. Your ego just wont let you accept it was you and not her at the moment. You can mentally understand that and STILL not feel it for awhile. I've pivoted a couple of times, twice as rock bottom...bouncing back up realizations, and once just the wave of good interactions overpowering the bad after repeated successful attempts at being a better man reaped better results.

If you ever got to the point where you understood her, even liked her, but still wanted to divorce? Then you may be able to trust yourself.

And this is coming from someone who was on the edge of "nuking in favor of starting over" pre, mid and almost post swallowing this thing we call red pill as reality.

If my wife ever treats me a bit like she used to, I may not like it, but I appreciate her reminder that I'm backsliding.

If I ever catch myself resenting her for ANYTHING, I stop myself and do a self-sitrep/diagnostic. "How did I fuck up? Where did I fuck up?" Even if that fucking up was giving her exactly what she verbally said what she wanted.

If anything she says or does affects your mood more than a hair then you aren't in charge of yourself.

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Hint: she doesn't want that either. How unsettling for a woman could that be that her emotions can weaken the guy she is supposed to be counting on to be her rock? Her joy bringer?

If anything, if she's worth any salt in the end, how lucky and awesome was she to wait out the shit-you. In the hopes you'd figure it out on your own and become who she thought she was hitching her life to in the first place? She must have given you a lot of benefit of the doubt.

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Full_Ratio[S] • 6 points • 14 March, 2019 05:02 PM
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Man thank you for that. I am still on the fence regarding divorce but I will definitely internalize what you said and re-examine myself.

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helaughsinhidden • 20 points • 14 March, 2019 05:52 PM
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Good advice from u/countpudyoola!

I like to think of my wife as a mirror. I don't hate the mirror when I look in it and see a fat and lazy beta staring back at me. I hate what it shows me. In the same fashion, when my wife is exhibiting bad behavior, I don't hate her, I hate that my frame is being perceived as weak enough that she feels like she can get away with it. Since the feminine nature lives "in the moment" her actions will immediately reflect weakness, but conversely if you error correct, she will almost immediately snap back in line because, again, they live "in the moment".

I would add this; if you start over with a new woman, you stand a pretty good chance of getting oneitis all over again and placing her on a pedestal. This was always your life, your frame, your marriage, your household, and most importantly, your fault.

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Chump No More • 2 points • 25 March, 2019 07:45 PM
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This is why the 'Stay Plan' can be preferable to the 'Go Plan'.

It's okay to say "I don't know", but until you do, use your wife to hone your steel. One can not internalize a strong frame and Mental Point of Origin without it being poked and prodded.

As the saying goes, "No matter where you go, there you are." If you go into the world with an untested frame, you will likely find your self right back to where you started.

Red-Nerd13 • 2 points • 15 March, 2019 02:55 AM

Just saved this comment cuz you're dead in with this.

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NMMNG_1 • 2 points • 25 March, 2019 07:12 PM
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This is an absolute gem of a post. Thank you.

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JudgeDoom69 • 26 points • 14 March, 2019 05:10 PM*
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Judge your wife's character by how she acted when she was at her best, not how she treated you when she was at her worst. Because her worst behavior was entirely your fault (for letting yourself deteriorate into a fatass beta pussy).

If your wife at her best is still not good enough for you, then consider other options. But don't make that decision based on how she acted toward you while you were a worthless fucking blob of a husband.

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Dialerstring • 7 points • 14 March, 2019 06:14 PM
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Standing fucking ovation...

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Bitr0t • 3 points • 14 March, 2019 08:35 PM

Thank you! This is idea that I've been been trying figure out for the last 2+ years with my wife but just couldn't verbalize.

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Bushpilot817 • 2 points • 14 March, 2019 09:38 PM

Have an upvote

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ChokingDownRP • 4 points • 14 March, 2019 05:05 PM

Is it disgust with the universal truth of AWALT? Will the grass be greener?

stoicman15 • 4 points • 14 March, 2019 07:47 PM

True. Holding onto resentment for your wife is just your excuse to not have to look inside yourself and rationalize the easy out - aka. running away/divorce.

Read ,,the courage to be disliked" by Ichiro Kishimi. The books explains what I just said in detail.

Deap breath - head up - stfu - go to work. (you can do it!)

WeightsNCheatDates • 4 points • 19 March, 2019 11:51 AM

Damn. Needed to hear this.

Ending it because things didn't magically go back to when we were first dating is just a weak way out of not facing myself.

Thanks for prompting me to take ownership and start the process of ending this resentment.

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HornsOfApathy • 5 points • 14 March, 2019 08:17 PM

You've started to unfuck yourself but you're nowhere near where you can be.

The fact that you crave attention from other women says you're still seeking validation for being a good little boy who went to the gym and cut his hair.

Stfu and sidebar.

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[deleted] • 16 points • 14 March, 2019 04:21 PM

she has I have displayed she has I have the capacity to change and it breaks my heart that after all I went put myself through, got to the point I'm at, and even got what I finally wanted out of her that I despise every bit of her for how she reacted to my inadequate behavior.

There you go.

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Full_Ratio[S] • 1 point • 14 March, 2019 04:26 PM
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I will take it, but what if she really did abuse me? I left out a lot, more than I was willing or had the time to type up. Where is the line between being a true victim and victim mentality? This has confused me for years.

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testy68 • 9 points • 14 March, 2019 05:31 PM
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You kept touching that hot stove, got burned repeatedly, and it's the stove's fault?

[deleted] • 4 points • 14 March, 2019 09:03 PM

I don't want to excuse abuse (and it's yours to decide what you are willing to tolerate, even retroactively) but, based on what you read in the comments and what you know about TRP, could you say a certain

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percentage of that abuse was deserved?

I don't think women are mentally equipped with the tools to rationally analyse a situation they are mad at. They can only react emotionally. For some of them, the reaction might be to scream at you, some it might be to throw boiling water at you while you sleep. Obviously one of these is acceptable, one is not.

Correct me if I'm wrong, but maybe there is still a part of you that thinks women are supposed to be gentle and fragile creatures and you wife is just a "defective" one. It's quite the contrary: your wife is a normal woman who got emotional because she realised that she married a beta bitch and now her fertility is wasted. Now that you fixed the problem and put on an Alpha skin so to speak, she is satisfied and secure and will not abuse you.

Maybe you think that divorcing and finding a new woman will allow you to slip back in your blue pill days of blissful ignorance but I'm pretty sure you'd end up getting abused in some way because that's just how women are: they *hate* beta men they are forced to acknowledge the existence, like having a beta husband.

johneyapocalypse • 18 points • 14 March, 2019 03:59 PM

You didn't tell mommy you got a haircut.

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hack3ge • 6 points • 14 March, 2019 04:26 PM
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By far the best part of this post.

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Full Ratio[S] • 0 points • 14 March, 2019 04:03 PM
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Yeah it may seem cringe but I was one bad off blue pill. I mean aren't most men when they discover this sort of thing?

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HornsOfApathy • 5 points • 14 March, 2019 08:13 PM
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Dont kid yourself. You are still full of cringe. Your entire post is you being mad at yourself. Your entire post is anger at your wife when it's all your fucking fault.

Hit the sidebar, faggot.

MrChad Thundercock • 13 points • 14 March, 2019 06:14 PM

You aren't special faggot.

You learned the hard way, like most of us, that she will act as shitty as you let her.

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[deleted] • 4 points • 14 March, 2019 11:55 PM
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Right.... the nature of women is reactionary. She will only treat you like shit if you let her. Be a leader.

KalenTheGreat • 6 points • 14 March, 2019 06:00 PM

First thing's first... your FIRST blowjob from her?? I'm pretty sure an assessment of blowjob skills is a standard prerequisite to proposing.

As for the rest, these top comments are right. YOU created this, you can't resent her for acting appropriately. She's had no captain, and she's resented YOU for that. Now you're finally taking the wheel and she loves it. Are you mad that it was that simple? That she was being a bitch because of how you acted? Would you have felt better thinking that being a bitch was just a part of her personality and that there was nothing you could do? It seems to me that you wanted her to keep being a bitch so that you would have no guilt nexting her. But now she's being great and you don't know how to deal with all that mental preparation you did to leave.

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Look at this as objectively as you possibly can: is she a good first mate, now that you deserve one? If you're going to next her, do it already, but don't blame her, man. Just accept that you fucked this one up and try again. But don't expect that any other women will be any different. AWALT. If you're a good captain, they will be great, if you lose control, they will be exactly like your wife has been the past 8 years.

BobbyPeru • 7 points • 14 March, 2019 06:10 PM

I see absolutely no sign that you've done *any* sidebar work.

That is your key. Get to work. Like /u/Countpudyoola alluded, quit looking at her and start working on yourself.

ChokingDownRP • 3 points • 14 March, 2019 05:02 PM

For me, and it sounds like you as well, there were 2 anger phases. The first was just reading the MRP material and realizing it was all true...that you were played by society, by your betadom, or whatever. You did everything the "right way" and still weren't living the life you wanted and felt you deserved.

The second, and more bitter, was seeing 1st hand the way my wife (and other women) acted towards me after I lost weight, added muscle and started gaming them. This is what I could've had for the past 20+ years? Did my wife suck Chad's dick this enthusiastically, then reserve blowjobs for me for special occasions? Is her behavior new to her...or only new to me (the answer is almost certainly that it's only new to me and she gobbled up Chad's cum behind the dumpster in the alley behind the club if he wanted it).

That shit burns. But you have got to accept it and move on one way or another. RP fixes the man, not the marriage. You can't fault a woman for being a woman. If you can't get past it, you have options... That's why the stay plan is the go plan.

Sounds like she's at least fucking now...but any woman will do that for a high value man. You have to figure out your next move, and it sounds like you know what you want to do...now kill the puppy and live your life.

GonzoAnalyst • 3 points • 14 March, 2019 08:42 PM*

I can totally relate to this. I'm in the same situation currently. Mine is compounded by a lot of other things ... Not your typical couple... but I am going through the same feelings.

The advice you're getting is solid and I'm trying to own the fact that my wife acted in reflection to my behavior, but it's still hard to swallow sometimes. I'm not sure how beta you had gone, but what I struggle with is yeah I wasn't my best self and I had many areas for improvement, but in many ways I was always a fairly attractive, stable dude with my shit together and plenty of women would have loved a shot at me. What I don't think we can ignore is how spoiled these modern women are.

What's your wife's background? I spoiled the hell out of my wife and her parents did before me. I don't always agree that we should own the blame totally ourselves. Especially if our girls are reacting insane like resorting to violence and threats like you describe. I've been there. They are fucking entitled spoiled overgrown children and at some point ignoring it or amused mastery or other tactics just doesn't cut it. I know for a fact if my wife had to go out and date and deal with being on her own for a bit or with another dude she would realize how fucking stupid she was. 90% of dudes out there are setting a low fucking bar these days. I figure go ahead and start over and go blow some dudes downtown you've had your eye on. Either they will pump and dump or she'll realize how fucking boring and worthless they are pretty quick

Again not sure of exactly your dynamic I've read some some posts on here where these women sound very familiar. If they had limited time dating on their own or came from upper class families, some of these women are just fucking horrible and are taught to act this way by their mother's who did the same shit.

In the end I agree with what others have said. Consider the value she brings. If its really only pussy when you're on the top of your game daily - fuck that.

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Obviously you need to lift, think, keep yourself in that DNGF mindset or you'll end up with another just like her. Own your shit to me also includes owning when you're done with your marriage. In the end do what's right for you and only for you.

RedPillCoach • 3 points • 15 March, 2019 01:52 AM

problem is I resent her. I just can not stand her anymore even through all the positive attention I'm getting from her, she will sometimes get all giddy or flirty with me and I hate it, I find it disgusting.

If only we had some experience dealing with the feelings you are feeling! (News Flash: We do!). You are not mad at your wife. You are mad are YOURSELF! Your wife changed ONLY in response to you. Now you know she would not have been an intolerable harpy all those years if you had behaved different so it is only natural and proper to blame yourself. No worries. You can forgive yourself. It just takes time.

I hate myself for it

How did I know?

because I take what I can get sexually

That is not exactly a reason to hate yourself or your wife but it confirms that you in fact hate yourself and not your wife. Think about it! You hate yourself because you are taking what you want. Definitely sounds like a personal problem!

don't love her, its all gone now.

Horse Hockey! Learn to forgive yourself and then to love yourself and the "love" for your wife will return. It will likely be a very new kind of love- one that she did not have for you and you did not have for her.

TLDR: It takes AT LEAST 1 month for every year of Blue pill marriage hell to unfuck yourself. Give it an entire year before you make any brash decisions.

NMMNG 1 • 1 point • 25 March, 2019 07:29 PM

Horse Hockey! Learn to forgive yourself and then to love yourself and the "love" for your wife will return. It will likely be a very new kind of love- one that she did not have for you and you did not have for her.

Thank you. I needed to read this.

screechhater • 3 points • 15 March, 2019 10:11 AM

Here we go again, another OP leaves out info in post of tantamount proportions. Physical abuse - knife pulling

Would you really like to know the problem with knife pulling? And that shit? Next time you will be asleep, you got it?

Violence in domestic situations is about control. Verbal abuse is about control. Pouring on the pussy after turning it off is the same. Don't kid yourself This is nothing more than control, manipulation.

OP honestly needs to learn boundaries and what a healthy relationship is.

God speed

Imaginary Historian • 3 points • 16 March, 2019 04:03 PM

I think it's common to resent women for being women when you first swallow the pill. I.e. we get resentful that

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women treated us like shit when we were betaboys when we think she should appreciate us for it.

And now the tables are turned, you are swallowing the pill and it's working and she's acting how you wanted her to. Now, I think you resent her for being attracted to RP.

In other words you still resent your wife for being a woman. Just realize AWALT, it's just the way their brains work, and resentment will go away. There is nothing to be gained by being resentful. Once you truly see the world with RP eyes you don't give a shit about that stuff and just move forward and enjoy your success.

red-sfpplus • 6 points • 14 March, 2019 04:45 PM

You are not special and your situation is not unique.

Do what I did and eject or dont.

If you know what you are worth then go and get what you are worth. Or dont.

We really dont care.

[deleted] • 2 points • 14 March, 2019 11:51 PM

Congratulations! You've taken the first steps down the red pill path... but these guys on here are right, you are responsible ultimately for your situation. Being mad at her is like getting pissed at hornets chasing and stinging the piss out of you because you stepped on their nest. That's what they do, and that's their nature. You may be pissed now, but like these guys say, let go of the ego and look at yourself. Your woman is like the hornets in the nest, just reacting to you because of her nature.

Keep going and improving. Many (most) of us have gone and are still going through it.

Thonesupreme • 2 points • 18 March, 2019 04:34 PM

You resent her for not unconditionally loving your internal fat kid/beta/mangina.

NO WOMAN will love your internal fat kid, and deep down, you know you're still that guy. You are terrified that your wife knows the real you, and that you can't fool her like you will be able to fool the next girl.

Kill the internal fat kid and those feelings should subside.

mrpthrowa • 2 points • 14 March, 2019 05:46 PM*

My view?

You resent her because you can now see she is not good enough for you.

We men confuse ourselves - we don't get that one of the reasons we don't get along with certain women is because they just don't turn us on.

They are not beautiful enough, interesting enough, fuck well enough, or are just plain boring. Girl game is a thing.

And we think they don't click with us because we're either not gaming them well enough or because of something else.

Fuck that, my experience: with the right girl, who has the right game, my game is on point.

With a boring girl, or with my ex-shrew, I just could. not. give. a. fuck.

Literally. They don't turn me on. I thought my ex was pretty, I don't know whether it's her age, or whether it's the hormones when I was young, or whatever, fact is, she's ugly now and when I left her and I could not have given a fuck even though I tried.

I remember vividly one night where I walked out on her while she was naked on the bed seductively massaging her tits.

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I get a pretty girl and my raging hormones literally rip her clothes off and drill her

So, it's ok, find someone you'll give a fuck about, you'll be motivated to give that fuck. Don't sell yourself short. And you'll ENJOY IT.

[deleted] • 1 point • 18 March, 2019 01:44 PM

lol wtf dude, have a same vivid memory of an ex seductively massaging her tits, and I just remember feeling repulsed as I walked out.

I also preach girl game is a thing, I see so many dudes who fall for girls who "look" good but lack any grace and sexiness.

donmcde • 1 point • 15 March, 2019 01:43 PM

I can relate to the resentment when you suddenly realize you can do and want better than the woman you're currently wait. Your anger will subside, but your feelings for her will never return to what they were when you were trying to please her. When you factor in her pulling a fucking knife on you, you need to dump the bitch (you should've done it right after that incident imo).

You stayed because you were a bitch and you're still too much of a bitch to leave her just yet. Keep improving relentlessly. Use her like the fuckhole she is while you plan your exit - the stay plan is the go plan. Just don't be stupid enough to get her pregnant while you do this.

Cascadesrising • 1 point • 15 March, 2019 04:25 PM

Going against the grain here, but I'm sorry, your wife sounds like a cunt at her core. Did you exacerbate her cuntiness by turning into a fat beta bitch faggot? Yes. But that's no reason for anyone to heap physical or mental abuse on anyone else. All this bullshit about her extreme nasty, abusive, behavior being your fault is nonsense. If she was a fundamentally good person, her reaction to your BP beta bitch ass would look quite different. She still wouldn't fuck you. She would still show frustration and lack of respect, but she wouldn't be a total BPD twat. If your description of her is accurate, and that's big if, she's a cunt. Yes, you are improving and she's responding, but If you ever get injured, or sick, or weakened, or backslide in any way, and she senses weakness, she will go right back to being the cunt she is. That's not the kind of partner a person needs. It sounds to me like your intuition knows this.

Aechzen • 1 point • 17 March, 2019 02:30 PM

Don't get me wrong I'm not a cheater nor will I ever cheat

Ok, then divorce. Get it over with. The grass is really greener, bro.

Nice post in general. I'm not surprised all the dread and unfucking yourself worked, but usually, guys who at long last get their wives to follow them enjoy it.

I would personally vote that you keep your wife blowjobs and you also play elsewhere, but that's just how I do it.

Redpillbrigade17 • 1 point • 14 March, 2019 04:40 PM

You may get many comments to tell you some version of "hang in there.", or "you just think you're ready but you're not". But ultimately if you've changed so much that you realize you married this woman as a Blue pill different person, and now this marriage completely doesn't do it for you on all your important levels (eg do you have kids together??, do you like at least some key things about her, does she add net value to your life?) then

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indeed it may be time to abort. Go at it in next stage of your life as the new, improved version of you. Including new relationships. It indeed can be life-changing.

Staying with her would be like wearing an old coat that just doesn't fit you anymore and is totally out of style. If kids, decision is harder.

If no kids, you should probably call a lawyer as soon as you close the Reddit app on your smartphone. Good luck.

Full Ratio[S] • 4 points • 14 March, 2019 04:55 PM

I think I'm going through a lot of guilt. My wife really did abuse me physically and mentally, to which I'm sure I will get shit on for and blamed as a victim, whatever honestly I don't give a fuck. Think and say what you want to think. We almost brutally divorced years ago for her pulling a knife on me and my son which was at the very peak of her abuse. I gave her an ultimatum and after having a restraining order against her for a few months she pleaded that she would be better for us and did follow through with stopping the physical abuse but mostly the mental stuff hardly changed. It was a gradual process but things did get better.

A lot of that mental stuff did go away once I changed myself but damn I'm a confused person right now. Part of me wants to rekindle the relationship but I have a lot of anger for dealing with the shit I dealt with and I think that want to rekindle is due to guilt somehow. Don't ask me why I feel guilty, I'd love to know myself.

MrChad_Thundercock • 6 points • 14 March, 2019 06:15 PM

"Pulling a knife on me and my son"

Wtf?

You married a crazy person.

Next.

Redpillbrigade17 • 3 points • 14 March, 2019 06:01 PM

Where does your confusion come from? What confuses you?

You clearly can't change the past. If you dwell on it you have not yet learned the right lesson.

You sound like you're still developing your own standards of what's acceptable to you, and maybe you also are not fully ready to adopt the right measures if people around you do not live up to those standards. E.g. if your loved one pulled a knife on you and your son, it should be game over. Or something similar to lead to tension, unnecessary drama and general adverse impact on your happiness.

What do you mean by "mental"?

NMMNG 1 • 1 point • 25 March, 2019 07:42 PM

So, her pulling a knife on you and your kid was NOT a deal-breaker for you? If you're still together, do you have any boundaries?

I don't know you or your situation, but from the outside, you have not established the most basic boundaries for human interactions; like not pulling knives on your family.

Again, that would be a pretty hard one for most people to "get passed".

screechhater • 0 points • 15 March, 2019 12:37 AM

Full Radio perhaps is a masculine man now that has value?

Why the fuck was she such a cunty bitch in the past?

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Resentment?

What do now ?? Pedal to the metal.

Still fuckkng hate her ?? Even after some time ? Ghost that cunt.

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BurnedRemains • -1 points • 14 March, 2019 05:31 PM

Stop hating yourself and do what you feel like doing. Let the guilt go. In fact, let all you negative emotion go.

The only use for it is fuel and even then after it is burned you need to transform it into positivity.

[deleted] • -2 points • 14 March, 2019 06:26 PM

Get a divorce you fag.

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