

# What are the rules or guidelines when the man initiates the break up of an LTR?

March 26, 2019 | 1 upvotes | by [mountainbiker178](#)

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Question: I see lots of commentary and guidance for when the woman initiates the breakup of a relationship. Would someone throw me some advice, or a link, on what to do when I initiate the breakup? What should I do? What should I NOT do?

Backstory: I just broke up with my LTR after 3 years. I started the relationship (pre-redpill) immediately after leaving my cheating ex-wife of 17 years. I fell madly in love with my LTR, and had an amazing time with her. I eventually became redpilled and opened my eyes to how things really are. It wasn't long before she made it known that she wanted marriage and me to move in with her. While I refused both, she continued to stay with me.

I'd say for the last year, I've known that I needed to breakup with her because I know she wants different things and I won't marry her (divorce in America will certainly kill that fairytale for you once you go through the courts).

This past weekend, she freaked out on me for silly reasons, and crossed some lines with what she said to me (I can explain if you want to know). She's done this twice before in the last three years, each time I left her place and she came crawling back to me the next day). This time I had enough, and broke things off last night. She seemed pragmatic about it, but I wouldn't be surprised if things get crazy when I go to pick up my things tomorrow.

I feel like shit because I still love her, but [I] know it's in the best interest of our mutual goals to breakup (we're both 42, each with our own kids).

Thank you.

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## Comments

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mrdeeds1972 • 2 points • 26 March, 2019 07:20 PM

Explain what lines she crossed. At any rate the longer you know you don't want to be with her but are will only increase her anger and resentment.

Be as cordial and emotionless as you can and make sure you keep track of your stuff.

mountainbiker178[S] • 2 points • 26 March, 2019 07:28 PM

We're on opposite ends of the political spectrum, which is fine, but she started saying shit about my family, which is unacceptable to me.

She said I was sneaky and shady for investigating my ex-wife, who I found out recently got married, but was still collecting my alimony payments (stealing from me).

She accused me of keeping secrets, which I don't. I'm just not an open book.

mrdeeds1972 • 2 points • 26 March, 2019 09:07 PM

It's tough when to know to pull the parachute, but if she crossed your boundaries there is no going back.

You're only looking out for yourself with the ex. Nothing wrong there

Terdmuffin • 2 points • 26 March, 2019 08:12 PM

Just stay strong, don't give in, and get in and out. Don't have a long pointless convo, don't get into an argument. It honestly might not be a bad idea to have your phone recording while you're there. Then it's time to move on. Delete pictures, throw out stuff that reminds you of her, delete get contact info, etc.

Aptote • 2 points • 26 March, 2019 09:23 PM

doing it correctly so far, from what i read.

have a friend go with you to pick up your stuff (if you must) and then go no contact

at my chick's place, i keep 1 pair of gym shorts, 1 t-shirt, a towel and a toothbrush. if ever dump her, she can toss my stuff