

# Wife is trying to counter my STFU.

July 13, 2019 | 15 upvotes | by [mbaquest](#)

---

Married 11 months. I'm 25, wife 24.

Took the pill roughly a week ago. Trying to read as much as I can. Started lifting regularly.

So a few days ago, I came home from a 12 hour shift. Wife was suppose to make me food, it was around 8pm. She asked me to wait a little longer because the food wasn't ready. I patiently waited, as I did the day before — no complaints — but around waiting until 8:50 I asked her to hurry up in a normal tone. She then got an attitude and felt offended.

She said "let's go to the kitchen together and bring the food to the living room".. I obviously sensed the power move and jokingly told her to "not make a big deal of it" and go get it for me. She refused... my wife is the stubborn type when she's upset (funny thing is the food was already done cooking) . Then I got up myself and put it on a plate. Half way in doing say, wife says "I want to eat ", I tell her "wait, you want to eat with me or on a separate plate?" As I gently walked from the kitchen into the dining room — trying to talk to her like I care. She notices and says never mind. Shortly afterward I come over and try and kiss on her on the cheek.. she says "don't come anywhere near me."

I gladly put on my gym clothes and leave the house. I've been doing STFU. But the problem is my wife tries to match my energy and just gives me the silent treatment. This use to bother me a lot but it doesn't anymore.

She keeps saying, before this incident, that I'm more mean to her, that I'm not as nice. She even went as far as to say "you're trying really hard to be cool lately." But every single time, I don't acknowledge anything, I just continue as if it's nothing.

Basically I came on here to get advice on how to break the silent treatment without apologizing while maintaining STFU. Funny thing is I went to the gym the night before as well the wife called and tried me with a comfort test about her being sick. I asked her if she needed meds and that I'd be home shortly.

When I came home .. she apologized for getting gum stuck to our couch (random i know— but she apologized like a little kid) .. I told her it's okay and gave her a kiss. She then said she felt hungry and wanted a snack from the kitchen. I told her I'd make it for her when I got done taking a shower. She said "but I want it now.." I said no, not right now. When I got out she was in bed. Lol she hasn't spoken to me since. I keep saying hey to her and making normal convo.

Any advice would help fells!

---

Archived from [theredarchive.com](https://theredarchive.com)

---

## Comments

---

RPeed • 52 points • 13 July, 2019 12:45 PM

Ask your doctor to test you for a condition known as “autism”.

jamesbond8181 • 3 points • 13 July, 2019 02:54 PM

Haha why do you say that

Shanguerrilla • 0 points • 13 July, 2019 07:29 PM\*

because:

She keeps saying, before this incident, that I'm more mean to her, that I'm not as nice. She even went as far as to say “you're trying really hard to be cool lately.”

**But every single time, I don't acknowledge anything, I just continue as if it's nothing.**

*Basically I came on here to get advice on how to break the silent treatment without apologizing while maintaining STFU.*

(that was in order and unedited)

Women are WIRED to do silent treatment to an array of shit that like a dog trainer with your specific dog-- up to you to find out. Here's a hint though- that first part I showed is YOU very much first doing "Silent Treatment" in every way she can understand and in reality-- FIRST. If someone is silent treating you, and you ask us for advice how to break their silence, I'd say an obvious answer would be to speak.

I've never been to this subreddit before and have no idea anything about it, but without knowing what STFU (other than shut the fuck up) is.... I'd say you are doing it wrong. If you want to break the silence you speak. STFU whatever it is can't mean you never fucking talk, it has to mean that you are aware and registering and FUCKING FILTERING your words and responses. The GOAL you should have is to not "RE"act to her, you give less fucks about her perception of you or emotions and the negative shit or anything that gets you down. You live and be happier then, that shit is attractive. Right now you are antagonistic, passive aggressive (rather than assertive) and blindly doing 'the silent treatment' as best as most men can..... but that shit is bitch language 101 so while all dogs have quirks, there are some defaults. If you silent treatment and act passive aggressive to a women and yet try to weakly beg her (she can tell) "to let you" dominate her, to have control. She LITERALLY cannot and female default to your silent treatment mis approach to whatever "STFU" is that women will silent treatment you back. All of them.

I've never said an "all women act like" thing before, but I am here because this MEANS it isn't 'her bad,' it is yours. You keep steering the wrong direction and wondering why you're headed the wrong way.

I wish an older me could have caught a younger me a decade ago about a different version of this stuff and my stupid shit.

tranquillkomodo • 3 points • 13 July, 2019 09:48 PM

I'm having trouble making any sense out of this...

mindfulbutgutless • 26 points • 13 July, 2019 12:57 PM

Took the pill roughly a week ago. Trying to read as much as I can. Started lifting regularly.

One week is not regularly.

She she she she she she she she her her her her her she she she she her her her her she she she she she... see how annoying that is. Stop that. I don't give a shit about your wife and what she said. This process is about you. Make it about you. Also you both, took STFU up to an autistic level and simultaneously didn't do it.

Basically I came on here to get advice on how to break the silent treatment without apologizing while maintaining STFU.

Fuck man, enjoy the silence!

mbaquest • 5 points • 13 July, 2019 01:29 PM

"Also you both, took STFU up to an autistic level"..

Elaborate that bud.

mindfulbutgutless • 9 points • 13 July, 2019 01:46 PM

So a few days ago, I came home from a 12 hour shift. Wife was supposed to make me food, it was around 8pm. She asked me to wait a little longer because the food wasn't ready.

Here. Speak up, you were starting to fester.

I patiently waited, as I did the day before — no complaints —

Here, the festering continues.

but around waiting until 8:50 I asked her to hurry up in a normal tone.

Then you popped, you probably handle this better than you have in the past but, I doubt it was a normal tone

She then got an attitude and felt offended.

This is because you got butthurt.

mbaquest • 3 points • 13 July, 2019 02:15 PM

What would have been the best way to handle it then?

You're right, half a year ago I would've yelled or made her feel guilty.. I've changed a lot since then.

mindfulbutgutless • 3 points • 13 July, 2019 02:19 PM

Post your stats, height, weight and current lifts. I will be able to give much better advice with that info

mbaquest • 2 points • 13 July, 2019 02:27 PM

6'0, 180lb. Deadlift 180 Squat 160 BP 150.

mindfulbutgutless • 13 points • 13 July, 2019 02:34 PM

Ok, my advice is until you have read the prerequisites and can pull double your body weight, take over everything you can control. Meal prep and cooking, laundry, cleaning, everything. You do this cause this shit needs to be done, not to appease her. Once this becomes the new norm you can now establish expectations. Once the expectation is known you have to hold your FO accountable. Read, lift and above all rule zero is paramount!

mbaquest • 3 points • 13 July, 2019 02:38 PM

Thanks brother!

BobbyPeru • 3 points • 13 July, 2019 05:37 PM

Not to pile on, but I'll second what /u/mindfulbutgutless said. You are skinny fat with those numbers. You need to live in the gym. It will transform you physically and mentally. You're weak in both currently.

red-sfpplus • 16 points • 13 July, 2019 01:38 PM

Make my food bitch.

Bring my food to me bitch.

Who else talks like this?

Kids.

That's who.

Kids.

Kids in high chairs. With bibs on so they dont get their shirts dirty. Whiney bitchey fucking kids. Who prob suck more tit than you.

Anyway.

Have fun.

Going to rail some PWO off my girls clit, hit the gym and probably take a shit.

simbarlion • 15 points • 13 July, 2019 12:56 PM

It's good you can see the matrix but you have no idea what you are doing.

More reading required

ReddJive • 8 points • 13 July, 2019 03:58 PM\*

I am going to go counter on this just a bit. This isn't Jersey Shore where you walk in with washboard stomach and panties fall. It helps, but it isn't all you do. Ripped or not she would have done the same thing. I have seen well built men in the gym cut their gym time short because "the old lady" called.

They lack Frame, boundaries, and self respect. They are doing it for her.

Most of you unplugging guys just can't keep your cock holsters shut. AND you don't even understand how the Relationship Market place works. STFU is just so you don't make a fucking mistake and say stupid shit like:

"can I make you a snack?"

The only snack you are making her is in your balls.

There are two currencies in the relationship. Her is sex. Yours is time (some call it commitment...same thing).

Which is of more value?

Make no mistake women think of sex as a currency. Even doe eyed sub that worships your cock. She may really want to get fucked, used, and be your slut but she does think that it keeps you around. That you will give her something for her sexual skills.

There is no relationship without a man. Zero. Money can't buy it, like it can buy prostitutes, escorts, or just a quick handjob. The government can't give it to her, though it made a good go at it with divorce laws.

Her mind is geared to think; he's being a dick so he's not going to get fucked or sucked. That little temper tantrum is designed to get you to come running, give her some smooches and hugs and for you to turn into the servant again.

Your time and commitment are far more valuable. You engaged at every level with her shitty behavior. YOu gave her what she wants. Negative attention is still attention.

You waited 40 minutes for dinner? She kept you waiting and a like a good boy you did so. Is that what your time is worth to you?

Don't fool yourself. You don't see yourself as a man who can get and command what he wants. YOu have zero respect for yourself. If the promised meal wasn't there in 5 minutes you should have gotten up and checked it out. Make your own food mother fucker. It's why meal prepping is a thing.

The standard is the standard. Is she living up to it or not? All of you men are so hung up on keeping her around, like "saving" the marriage is some Red Pill promise. Red Pill will save you, not the relationship. Get over it. Right now she is just your sparring partner.

So you keep saying hey. Of course she is ignoring you. I'd ignore you too. You aren't STFU at all what you are doing is taking a temperature reading to see how she is doing. Still a bitch? Ok.

Why do you care? Smack her ass when you go by and keep on rolling. Oh she will want to talk then and is she doesn't....leave and don't come back until I am smelling like whiskey and pussy from the bar. Absolutely guarantee you the silent treatment ends.

ANd yet....not a single one of you unplugging guys are there. I don't care how far along you think you are. She just blurts out that she isn't into sex that night. Cool, right now then? She still says no. Cool, I got shit to do...disappear and don't come back.

You set the standard. She meets it or not. This is a binary decision.

Either I am right or she will no longer be your problem.

My advice? Smack her ass. Say nothing. Forget the phone at home and go out the rest of the day.

mbaquest • 1 point • 13 July, 2019 04:08 PM

What an alpha response. I made a mistake by breaking STFU. I appreciate the advice my guy!

Chump\_No\_More • 2 points • 13 July, 2019 10:44 PM

Take "alpha" out of your vocabulary. You are not far enough on your journey to understand that it's just a placeholder for 'Frame'.

Before you act or speak, go through this checklist...

1. Am I in my frame, or not?
2. Am I my Mental Point of Origin or not?
3. Am I maintaining a mindset of abundance or not?
4. Am I behaving authentically and owning what I want or not?
5. Am I improving myself at least 0.1% everyday or not?

Focus on this and the rest will come.

SteelToeShitKicker • 5 points • 13 July, 2019 01:05 PM

This is the bullshit that happens when you aren't in shape. Your wife isn't attracted, she doesn't want to do anything for you, she doesn't want to be on your team. All the STFU in the world won't help you until you get you lift more and pay attention to your diet.

Basically I came on here to get advice on how to break the silent treatment without apologizing while maintaining STFU.

This is the crap I dealt with before going on TRT.

mbaquest • -4 points • 13 July, 2019 01:30 PM

so just lifting and dieting is going to magically cut that shit out? How has your progress been?

Int3grity • 5 points • 13 July, 2019 01:41 PM

Yes lifting and not being fat will cut all this out. The fairy tale society is told a out marriage is fiction. If Brad Pitt were waiting at the table for dinner from your wife what would have happened?

red-sfpplus • 6 points • 13 July, 2019 01:43 PM

We would get pics, an autograph and the fucker would take my order.

[deleted] • 2 points • 13 July, 2019 05:35 PM

Yes it does. Well not 100% but cuts it down a huge amount.

You're playing a "the I'm mad because this cool one trick I read on the internet didn't work". You have to stop caring about these little tantrums your wife throws. And that's what they are

RoccoPinkman • 1 point • 13 July, 2019 02:59 PM

Ask your self this. How the fuck are you going to expect people to respect you when you don't even respect yourself. She knows that nobody else wants you so she has zero respect for you. Who the fuck wants something nobody else wants. She knows your going nowhere.

SteelToeShitKicker • 1 point • 13 July, 2019 05:34 PM

For the most part, yep. I remember being like this. Thinking the perfect of the perfect response, how to handle things, etc. The fact is that if you were chad, you wouldn't be dealing with any of this. If you haven't already, get your T checked. It costs \$40 and is worth every penny. I recommend it to everyone when they start lifting, if you T level isn't good, lifting doesn't do jack shit and you will get injured. Very few ever listen though. But hey, don't say I didn't try to save you years of lifting for no gains and many preventable injuries...

My progress has been great, you should read some of my original posts here. Shit like, I walked out the door to leave, second time I pulled that, wife went for the door first, etc. Now I just worry about my shit. Wife generally doesn't cause me grief, certainly none of this back and forth gamesmanship BS.

[deleted] • 4 points • 13 July, 2019 01:10 PM

I know nothing about you because you didn't tell us much so the advise is going to be the same from everyone. I will go ahead and assume you are an unattractive faggot.

When you are an attractive man, silent treatment is a gift from a woman. If you are attractive she will come

running back to you if you remove time and attention.

When you are a man of value, a woman will do just about anything to please you. Time and attention is only a reward to her if you are of value, otherwise it's not really a good carrot to entice her. Essentially, you have no stick or carrot so you are fucked at the moment. Be attractive, not unattractive and none of this shit will matter one bit. Buckle up and start reading, you aren't a special snowflake and no one cares about you or your cunny wife.

FoxShitNasty83 • 3 points • 13 July, 2019 01:15 PM

I might care about his cunny wife... Especially if she is higher than 3 on the HB scale!

RP\_PO • 3 points • 13 July, 2019 01:28 PM\*

Wait. Is this one of those MRP satire posts making fun of autistic dick bags? Well done.

Should have told her to put your gum in her mouth

Edit: where are your stats and OYS, faggot fuck

mbaquest • -2 points • 13 July, 2019 01:32 PM

I don't even know what you mean. But this isn't satirical.

RP\_PO • 1 point • 13 July, 2019 10:02 PM

Just keep trucking, and understand you don't have much figured out at this point. We can give you pointers, but experience and finding your own frame are the best teachers.....if you're reading the sidebar and living in the squat rack

go-RED-go • 3 points • 13 July, 2019 05:11 PM

Only a week of red pill. Offcourse she's not allready responding like you think she should.

She knows the blue pill you for how long? This thing you are playing for her she finds akward and incongruent with your personality and she's not buying that fake shit.

You should implement changes sloooooowly, over the course of months, not days.

You need to do it so slow and subtle that she almost doesn't notice changes in your behaviour.

And you behaviour will change when you change yourself internally.

Even if you wanted to do it faster, you couldn't, because reprograming your old self takes effort and time.

mbaquest • 1 point • 13 July, 2019 05:57 PM

This right here. Thanks man. I will screenshot this and save it.

[deleted] • 3 points • 13 July, 2019 05:23 PM

This use to bother me a lot but it doesn't anymore.

Basically I came on here to get advice on how to break the silent treatment

This isn't congruent at all. You obviously care way too much. Let her not talk to you, reset everyday -> be fun and in a good mood.

You have zero frame and care way too much what she thinks or does. Enjoy the silence - be busy, get shit done, read some sidebar. lift something heavy. Use the time to your advantage.

mbaquest • 1 point • 13 July, 2019 05:58 PM

Thanks man!

Bushpilot817 • 2 points • 13 July, 2019 01:31 PM

Look man, you're going to get the same advice here from anyone that's done the work.

Stop being a bitch and read the sidebar. Then read it again and again. It's gonna take time and work and then some more.

You're wife knows you are faking it. She can smell that shit a mile away. Stop keeping score, stop with the "power plays", just work on yourself.

Right now you don't even recognize a shit test or comfort test. STFU is for exactly that, when you don't know the proper way to respond - do that, don't say shit.

And go post in the weekly OYS.

mbaquest • 1 point • 13 July, 2019 01:34 PM

I appreciate the practical advice. I can't see the side bar on mobile app though. By keeping score what do you mean?

gettingmymojoback • 3 points • 13 July, 2019 01:45 PM

I'll throw you a bone. Tap the three dots in the upper right hand side for the sidebar on mobile. Look for community info.

Start reading.

WolfofAllStreetz • 2 points • 13 July, 2019 01:55 PM

You're like a child that found a bunch of markers and are running around the house coloring all over shit and Mommy is yelling at you and you aren't sure why.

Why the fuck did you get married at 24 out of curiosity?

You went too Rambo, might be autistic too I dont know.

mbaquest • -3 points • 13 July, 2019 02:18 PM

Lol bud, this isn't about me marrying at 24. Same shift happens to you older fuckers at 40+.

The marker analogy, how is that even relevant. I didn't lose my temper like I normally would. I just took my gym bag and left. I'd love to improve. If you're not gonna offer practical advice then kick rocks dude.

HornsOfApathy • 4 points • 13 July, 2019 02:24 PM

You're a fucking retard man. But you're 25. We get it. You're full of shit. But that's ok. We were that age before too.

The marker analogy is relevant because you're running around fuxking everything up in the house and she is rightfully saying WTF. She manifests that in shitty behavior.

Learn to shut your fucking mouth and listen for a fucking change.

The same shift DOESNT happen at 40+ because we have more patience than ONE FUCKING WEEK.

I should just ask a mod to ban your ass for a period of time for being a faggot but even then you'd likely just blame someone else as you always have.

Man the fuck up and stop acting like an austic fuck.



Lift. Read. STFU

mbaquest • -7 points • 13 July, 2019 02:29 PM

I can see this post is the most control you have your life bud.

But I'll take that shift. Life, read and STFU.

Explain to me how you would've handled the situation, You alpha fuck.

egc6 • 5 points • 13 July, 2019 03:06 PM

A good barometer of your frame and emotional control is how upset you get at random people on the internet. You are starting to seem butthurt. You are deflecting attention away from yourself and insulting /u/HornsOfApathy to make yourself feel better.

My quick take away from your post is that you are trying to control you wife. Wrong. Second thing is that you care what you wife is doing. "Countering your STFU". This isn't a move in a game or a cool new way for you to be a manipulative cunt.

You STFU to prevent yourself from saying dumb ass shit that digs you deeper in the hole while you WORK ON YOURSELF. It also keeps you from reacting emotionally, like you have in the past. People have pointed out you are acting autistic as well as like a child. Maybe you can't see it yet but accept it, become more self aware, and move on. Much of that will come with reading and time.

She is peppering you with compliance tests and trying to guilt you to see if she can still control you. Also women sometimes use these as shitty comfort tests equating the compliance to "he still loves me because he does what I want". The trick is to break/ignore/A&A those tests without coming off as a stupid asshole, aka butthurt.

You are responsible for yourself dumbass. She doesn't cook when you are ready? You cook it your self. She doesn't serve you when you are ready for some reason? Serve your damn self. Your house is dirty because she isn't cleaning? It is your house/castle you maintain it yourself. You need your laundry done and she isn't doing it? Do it your fucking self. The power game is continuing because you are allowing her to play it. You are both trying to control the other person right now. Stop it.

mbaquest • 3 points • 13 July, 2019 03:22 PM

I don't mind somebody giving me shit as long as it's productive advice. Thanks for taking the time out to tell me to get my shit together dude. Also, can you direct me to a place to read more about 'STFU'.

HornsOfApathy • 4 points • 13 July, 2019 03:49 PM

Sidebar

How many times do we have to say the same fucking thing?

HornsOfApathy • 3 points • 13 July, 2019 03:48 PM

Explain to me how you would've handled the situation, You alpha fuck.

I would have spent more than one week reading the sidebar in addition to not being a autistic rambo faggot.

You can deflect blame all you want towards me if that helps your aching pussy feel better.

I'm just stating the obvious about you. As ha e every other person here has because you clearly cant look in the mirror and see what's going on.

This is all your fault. Remember those words. In a few months you'll read back over all of this and realize it has nothing to do with your wife and everything to do with you.

Take some responsibility for once instead of getting butthurt over what some internet stranger said. It's clear you lack any semblance of frame - so start there.

mbaquest • 1 point • 13 July, 2019 04:05 PM

Okay, thanks mate.

Chump\_No\_More • 3 points • 13 July, 2019 10:58 PM

You need to take u/HornsOfApathy 's words to heart.

You have no real understanding of red pill praxeology, and yet you make an ass of yourself with some adolescent idea of what being an "alpha" looks like.

Going 'Rambo' is figuratively punching above your 'dread' weight. You have not earned the passive dread to pull the moves with your wife that you're attempting and it will (and did) blow up in your face spectacularly. This is the purpose of 'STFU' for the newly unplugged... so you don't fucking blowup your marriage before you getting a fucking clue.

You are a child. Now it's time to grow up... you've come to the right place.

WolfofAllStreetz • 1 point • 13 July, 2019 08:20 PM

Happens to everyone who isn't red pill. You are too triggered but im not going to take the time out of my day to assist someone who doesn't appreciate help.

Have fun in that marriage, life is long with a harpy cunt.

Sepean • 2 points • 13 July, 2019 03:48 PM

First off, don't expect a smooth ride. She throws a shit test, you STFU. That's fine, but that doesn't mean she becomes sweet. No, she'll back it up with another shit test, like getting angry and giving you the silent treatment. This is how it is during the early stages, until she begins to accept your frame.

Second, you're going too hard. You're hell bent on being dominant, on challenging her and it comes across as rigid. Be more like water, just smoothly flowing and totally unaffected by obstacles and stuff thrown at it. Be unaffected, be above it all, shrug it off, make light of it, chuckle.

mbaquest • 1 point • 13 July, 2019 04:20 PM

That second paragraph.. when I'm suppose to be unaffected and shrugging it off. Do I just ignore her as well until she comes back to me? Is that the true definition of STFU.

Isn't there a line where is just becomes plain childish to have two grown adults not talking to each other for days.

Because when I mention in the post that I engage her and act like nothing happened.. I get shit. I tell em I'm quiet, I get shit lol. Every avenue, shit.

Sepean • 2 points • 13 July, 2019 04:36 PM

You're supposed to engage normally and act like nothing happened. Guys giving you shit about that are wrong. I doubt any of the flaired guys do that.

mbaquest • 1 point • 13 July, 2019 04:55 PM

And when I'm ignored and told me "leave her alone" with more silent treatment then how should one respond lol?

Because honestly I did exactly what you said.

Sepean • 1 point • 16 July, 2019 12:59 PM

Smirk, do your own shit, reset.

Throughout all of your journey, she will throw all sorts of shit at you. Silent treatment, call you an asshole, crying, yelling. You have to wheather all of it before she'll accept you as alpha, it is simply testing your frame.

[deleted] • 1 point • 13 July, 2019 05:41 PM

This 100%. Because nothing did happen. The oldest teenager in the house just threw a tantrum. Eventually it won't be an act anymore. You'll just let her bullshit roll off you like water on a duck.

gettingmymojoback • 1 point • 13 July, 2019 05:01 PM

You're still VERY early at this. Get the prerequisite sidebar books under your belt, THEN start implementing what you read.

Right now you (most likely) look like shit, have no frame, no game and are a kid running around playing with dynamite. You're being told to STFU so you don't do more damage with the tiny bit of knowledge you think you have.

Start with MMSLP, NMMNG, Book of Pook, The Handbook and Bluepill Proffessor's book.

Hit the gym like a mad man. Fix your fucking diet. Work on your hygiene and wardrobe. STFU! These are the very basics. You need to learn to crawl before you can walk. You don't make wholesale changes over night because suddenly you think you're an Alpha Male. Sorry doesn't work that way.

Get out there and concentrate on doing the work. Simple as that.

mindfulbutgutless • 1 point • 13 July, 2019 06:00 PM

Isn't there a line where it just becomes plain childish to have two grown adults not talking to each other for days.

You reset each day. Play the nice card. This shit should effect you. Then next morning you should be all smiles, cause that shit is like water off a duck's butt.

mbaquest • 1 point • 13 July, 2019 06:04 PM

Practical advice. Thanks man

HornsOfApathy • 1 point • 13 July, 2019 01:43 PM

Damn son, you're an autistic faggot.

Get in the fucking gym and sidebar. It's the same advice for everyone.

Silent treatment? Awesome. More time to lift

Being a bitch and ordering you around? "No" is a short fucking word you need to learn. You dont have to explain why. That's DEERing.

Get to fucking work, faggot. You're the only one who can turn this around and you're here asking for advice

from internet strangers when you're a mere week in. Clearly you cant read the fucking books in the sidebar.

Oh, and start fucking your wife. And fuck her like it's your last fuck

RoccoPinkman • 4 points • 13 July, 2019 03:04 PM

Oh, and start fucking your wife. And fuck her like it's your last fuck

Mines about 80% less cunty when she's been fucked hard a few times a week,I'm hoping she will let me join in soon.

primordialawe • 2 points • 13 July, 2019 07:29 PM

Zing!

kyzen142 • 1 point • 13 July, 2019 03:21 PM

I think you are being dismissive and shutting her off emotionally and that's why she is giving you the silent treatment. When there is any kind of conflict hold the tension and be assertive.

mbaquest • 1 point • 13 July, 2019 03:23 PM

I understand that part. But when I should 'hold the tension and be assertive' what does that entail? How would you unpack that into this exact same scenario. Tell me how you would have gone about it. Giving examples is the best way to learn.

primordialawe • 3 points • 13 July, 2019 07:42 PM

People don't usually give out fish around here. If you show you're putting in more work on yourself and learning to fish then you may get some "how to" on specific scenarios. However, if you read, try to internalize, think about shit objectively, it will come along and you will have the answers to your examples before you even type them out.

Also, I'll spell this out Bc I like reading what I type: act like an adult that can take care of himself. You're here Bc something isn't cool with your wife. She offers to make you food. Great. Nice. Be grateful for the gesture and don't expect too much. But if you are hungry before it's ready or you know it's ready and are waiting for her to bring it after a hard day of work as a test to see if mommy loves you (covert contract, read no more me nice guy today or listen on YouTube) then you're in her head and losing the game. Quit playing. If you want food and it's in the kitchen, go eat it. You said you knew the food was ready... why the fuck did you wait around for it like she was your servant? If she says something when you take care of yourself, say "I was hungry this is so good" like a positive attitude gorilla that was hungry. no fucking whining like a tired toddler. You can take care of yourself, so do it. And if the most responsible teenager in the house offers and falls through and then you give a shit, that's your fault too and you know you need to own it and move on. That's called frame. And there are dozens of posts about it. Read them then when you think you have it, realize you don't and reread them.

Brushyourteethm8 • 1 point • 13 July, 2019 07:31 PM

STFU doesn't necessarily mean to go silent. You can speak assertively - go broken record if she pushes for a response.

Get NMMNG and WISNIFG on Audible - listen to them several times while out and about and at the gym. Internalise and put it into immediate effect as you learn.

Speak with your actions, not words. Consistently SHOW her that you have changed over time through your actions.

Work on building and maintaining a strong frame.

jamesbond8181 • -1 points • 13 July, 2019 02:57 PM

Everyone is shitting on OP. I don't understand why, (I'm not married and am 24, will probably be married soon — religion).

What is he doing wrong ?

weakandsensitive • 6 points • 13 July, 2019 03:11 PM

He's a 24 year old who can't feed himself, and then had a pout about it. And now he's pouting to askMRP. Op should fuck himself with a coathanger.

HornsOfApathy • 1 point • 13 July, 2019 04:10 PM

At least the coat hanger is hooked on one end to hit his clit.

mbaquest • 0 points • 13 July, 2019 03:38 PM

I don't mind the shitting on as long as it's productive advice.

[deleted] • 2 points • 13 July, 2019 05:43 PM

The shitting on itself is productive. Plus it lets us assess where your head is at. Which right now is one with zero frame who DEERs way too much and gets butt hurt in 0.2 seconds.