

# How to deal with sexual urge?

July 22, 2019 | 11 upvotes | by [Gonnaroff](#)

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My biggest issue is that I'd like to stop wanting my wife sexually until I've actually transformed myself. This is due to me actually wanting to be desired, which doesn't happen.

I however don't seem to be able to get it under control and just laying next to her after a couple of nights drives me crazy and then my whole life gets affected by this. I yell at the kids, I'm short with her and an overall miserable loser until we fucked. Pathetic.

Is this normal? How to deal with this?

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## Comments

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johneyapocalypse • 28 points • 22 July, 2019 10:42 PM

Self-control and discipline will serve you well in your journey from panzy to man.

*How to deal with this?* Choose to exercise self-control and be disciplined - and stop yelling at your children faggot.

ChokingDownRP • 8 points • 23 July, 2019 01:21 AM

*How to deal with this?* Choose to exercise self-control and be disciplined - and stop yelling at your children faggot.

If I may slightly shorten this:

**Choose to exercise faggot.**

HornsOfApathy • 5 points • 23 July, 2019 05:47 AM

If I may slightly shorten this:

**Choose to exercise faggot.**

If I may shorten this:

**LIFT Faggot.**

Gonnaroff 1 points 23 July, 2019 08:14 AM\* [recovered]

I do already.

BarracudaRP • 7 points • 23 July, 2019 10:20 AM

Shit, boys, he lifts already. Pack it up.

Gonnaroff 1 points 23 July, 2019 08:13 AM\* [recovered]

Yes, I agree o these points. But the HOW is my question.

FoxShitNasty83 • 1 point • 23 July, 2019 09:37 AM

The key is awareness, being aware of the thoughts and treating them as just thoughts and desires.

NMMNG is key so read it many times over. Only you matter.. only you can meet your own needs.

simbarlion • 17 points • 22 July, 2019 11:35 PM

Yes it is sort of normal.

You want her to desire you : she doesn't : why doesn't she notice me? : makes you mad = covert contract

It's also normal to be angry early on, at yourself, but you take it out on everyone else.

I should also point out expecting her to desire you once you have "actually transformed myself" is like the god of god's covert contracts.

RP\_PO • 3 points • 23 July, 2019 02:04 AM

Damn, this right here is easily a response for my OYS tomorrow.

Gonnaroff 1 points 23 July, 2019 07:51 AM\* [recovered]

That's actually very helpful. I read this many times that from a certain stage onward, it just doesn't matter anymore. The stories I read about that are just do strange and don't seem desirable for me. But nonetheless, thank you for writing this, eye opening..

i-am-the-prize • 3 points • 23 July, 2019 07:59 PM

Yup. NGAF matters. Another noob mistake: early on I was still "in her head" and had a scoreboard wondering what she was thinking. Wondering: "does she notice my improvements and actively/consciously ignore them to hurt me?"

this is so meta - and harmful! Even noticing that she's not acknowledging you is beta as fuck. An alpha doesn't care. And alpha improves/works/lifts/slays because they love to improve/work/lift/slay. Not so that "she" will like you. And she (her hind brain) picks up on this.

Whatever. Keep soldiering on, because if you "learn" to Not Give a Fuck (NGAF) and develop a true and real abundance mindset it changes things. All of a sudden its a weird chicken/egg thing happens:

- (1) you don't care if she notices/cares and you are truly becoming a better man, and you have choices, and you're slaying the world, not bitching, not being needy, with abundance and confidence...
- (2) she actually notices the choices available to you, consciously or not (you'll know its conscious when the comfort tests show up more often), and all of a sudden, she's actually the one trying to win your attention (like the courtship days) - ironically, because you DNGAF. (be careful here, too much attention back to her and BAM she reverts to "he's not worthy of me" and shit test return and her attention will dry up). but just DNGAF and work on your mission. SHE IS NOT YOUR MISSION.

Gonnaroff 1 points 25 July, 2019 02:37 AM\* [recovered]

That's incredible advise again from you. Thank you. When we met, she saw me professionally in action in a very big project resting on my shoulders. Dark suit, people telling her "so do you even know who he is?!!", "calm, cool and collected - always" we're her impressions. I didn't give a fuck, I had more important things to do. I need that mission focus again, which requires my family to run well, but the mission has to be not so petty. NGAF is an automatism if you're focused on something of meaning.

i-am-the-prize • 2 points • 26 July, 2019 07:35 PM

NGAF is an automatism if you're focused on something of meaning

Yup. It's not forced/fake when you have your mission as priority #1.

SorcererKing • 8 points • 23 July, 2019 12:55 AM

Dear Diary,

I really want to be different, but I'm too scared. My self-esteem is totally pinned on if my wife wants me to sex her, and I can't stand the rejection. But I'm still so horny! It makes me so mad that she doesn't want me, so I yell

at my kids and get salty about how she is violating the marriage contract. Boo hoo!

Won't someone please tell me it's not me, it's her!!

Gonnaroff 1 points 23 July, 2019 07:46 AM\* [recovered]

No! I know it's me and I've made it pretty clear. You're spot on with everything, but not the last piece. It's me. I know that. But what now? Everything positive I try in getting one step forward with myself is ruined a couple of days later by myself again.

i-am-the-prize • 5 points • 23 July, 2019 08:13 PM

" Everything positive I try in getting one step forward with myself is ruined a couple of days later by myself again."

consider: journal your wins and mistakes. at first i felt like i was shooting myself in the foot every few days, too. So i journaled in a secure app:

stfu: pass/fail, and logged every time I did or didn't stfu in a given situation. what happened. context. what i said, what i should have said. how she reacted immediately vs. long term after, etc. I found it helpful to figure out when to see what was happening. to teach me to pause before replying (time to decide if a reply was warranted at all, etc). and it frankly validated the sidebar. (AWALT)

shit tests: pass/fail - helped me ID shit tests, eventually comfort tests. i couldn't believe how many shit tests i was seeing before i knew what they were. they allowed me to not be angry (AWALT) and realize it was her wiring that tested me, noting personal. but it allowed me to log my responses, A&A, AM, and see what i did well and what i didn't do well and how to improve - and yes, the ass-slap with a grin really fucking works (if you're high value enough)

So keeping a 'scoreboard' vs. her and sex count, is not so productive, you need to NGAF and be your own mental point of origin. But for self evaluation of my ability to improve - helpful for me at least to journal specific tactical events vs. the theory of the sidebar.

For me personally, the trends I saw: replying too fast was most often associated with a mistake (both stfu/shit-test fails); when in doubt: answer/act from a position of strength (fake it until you feel it, if you must).

some additional reading that has helped me:

What is frame? <http://archive.is/HP80N>

'verbal intercourse' <http://archive.is/2VmqV> (don't forget JackTenofHearts post)

talking too much:

[https://www.reddit.com/r/marriedredpill/comments/51pfvj/talking\\_why\\_you\\_shouldnt\\_do\\_it\\_and\\_why\\_you/](https://www.reddit.com/r/marriedredpill/comments/51pfvj/talking_why_you_shouldnt_do_it_and_why_you/)

why walking away - genius - <https://rivsdiary.wordpress.com/2018/01/07/lets-say-a-girl-is-acting-bitchy/my-attention-is-my-currency->

<https://theredquest.wordpress.com/2018/01/08/attention-is-the-only-tool-modern-men-have/>

SHITTESTS: <https://illimitablemen.com/2014/12/14/the-shit-test-encyclopedia/>

Gonnaroff 1 points 25 July, 2019 02:31 AM\* [recovered]

Incredibly helpful and thank you for relating so strongly.

First course of action, I've started to record my mood via the Moodpath app three times a day.

Reason is to get a grip on the anxiety issue. 1) I cannot allow myself to bounce up and down emotionally without understanding when, why and if that's at all appropriate / justified (it's likely not at all) 2) My wife fucks me already most often when I want it, so I might be wrongly focusing on the rather irregular indirect rejection piece while not at all seeing the vast majority of positive events after years of conflict in this department.

I'll also take the idea of an event register. This is to learn the ropes better and identify where I'm back to asking my wife for approval instead of focusing on an independent mission that's not a waste of time.

Thank you.

i-am-the-prize • 2 points • 26 July, 2019 07:39 PM

2) My wife fucks me already most often when I want it, so I might be wrongly focusing on the rather irregular indirect rejection piece while not at all seeing the vast majority of positive events after years of conflict in this department.

have you read NMMNG in the sidebar? (external) Validation seeking through sex was an issue for me, and I didn't realize it. It just ooooozes neediness. I shudder to think of the vibe i was putting off.

now, i fuck her only when i want to fuck her (which may not be less frequently, actually) but it has nothing to do with knowing "i still have it" or "i can still get it" or some weirdo position of weakness push. It's more pure now, better, and when it doesn't happen due to a house full of kids and their related mess and drama, no butt-hurt, just some teasing, kino, and ground work for "raincheck".

blissfullyaware00 • 8 points • 23 July, 2019 01:57 AM\*

Lift. Chop wood. Find a core group of real men to hang out with. Think of sex with your wife as a perk to your diverse manly life.

escapethesolarsystem • 5 points • 22 July, 2019 10:45 PM

Wait, please explain why you think you can't have sex with your wife?

johnyapocalypse • 6 points • 22 July, 2019 10:48 PM

He believes that he needs to be desired first and since he's clearly a weak-willed, fat-fuck loser, he can't get to mommy's sweet, sweet honey pot.

escapethesolarsystem • 5 points • 22 July, 2019 11:06 PM

Getting unfat does take time, but not being weak-willed takes about 30 seconds of mental determination. In my view, if you have a wife who you are attracted to, you have sex with her when you want to. How is it "alpha" to do otherwise? "I'm so red pill and masculine, I *don't* have sex with my wife." Um, wtf? No. Why do you have a wife then? Get on grindr instead.

I get that women use sex to placate a man and make him tolerate some behavior they shouldn't be doing, but why not just have sex with her *and* still set boundaries / not tolerate her behavior? Seems pretty

straightforward to me.

johneyapocalypse • 8 points • 22 July, 2019 11:17 PM

not being weak-willed takes about 30 seconds of mental determination.

You must be new around here, and are thus not aware of the retard-factor.

Gonnaroff 1 points 23 July, 2019 08:11 AM\* **[recovered]**

That's not the point. I can have sex with my wife. And I do, and then she genuinely desires me. But somewhat I feel like a dog jumping up and down to get a bone. I just want her to look at me as if I'm the price. I'm obviously not, and I'm sure it's all me and none her. That's all not the issue. My ask is: Every step forward to becoming a different man is thwarted by massive anxiety attacks every so often where I feel rejected or "not seen". It's pathetic and I feel extremely beaten down. Once I engage with others, have a life that gravitates not around her and do something for myself, I'm fine again. But soon after the cycle starts again. It's these anxiety bouts that are very harmful. I was wanting to understand if that's common and what I can concretely do to deal with them. "Don't be a pussy" is not helpful, as the thing is very controlling.

Protest\_the\_caravan • 6 points • 23 July, 2019 10:31 AM\*

Try meditation for mid- to longterm anxiety relief and/or breathing exercises for immediate relief. It is not about "being seen". I hope you do it only for yourself and not to please anyone other than yourself. You need to say goodbye to the gratifying feeling of "being seen" as main motive of your actions. That is only the bonus, but not the main result of becoming the better you. The main result is you being who you want to be, for no other reason than self gratification! Otherwise you still live for other people, for your wife or whomever. You are qualifying yourself to them.

Anxiety in itself is only a mental problem, you vs. you, so to say. Anxiety has many faces. In my experience it is an alarm bell used by your subconsciousness to let your consciousness know that something is wrong. However if you truly want to work through it, you need to identify specifically what happens, when it happens, why it happens and so on. You need to study and dissect it like a researcher would dissect a new never before seen animal. Furthermore you need to rewire your subconsciousness so that the alarm bells are in accordance to your plans and desires, and not e.g. a program that is written by your social conditioning.

mrssmithhh • 2 points • 27 July, 2019 03:33 PM

Honestly, it's a hard situation to be in. The same applies to women who aren't getting the validation/attention/affection/whatever they crave from their husbands. If your spouse, the person who is supposed to love you, have your back, and who sees you at an incredibly intimate level, doesn't feel or act like you are worth being excited about, then you'd have to be inhuman to not take a blow to your self esteem. Of course we all care what our spouse thinks about us. I guess the trick is to act independent as far as being our best selves, but also keep a part of ourselves vulnerable to a he other person. It's a tough road, definitely. But RP principles are correct in how the genders work on a biological level. All you can do - all you can ever do - is be your very best, most awesome version of yourself and determine what behavior from your spouse you will or won't accept. Your spouse may never reciprocate, may never be what you wish. Your spouse may reciprocate as long as your are performing at your best. Your spouse may be one of the rarities that makes it her own personal mission to be her own best self and the best wife she can possibly be. Point is, no person can change another person. Your wife may change or she may not. But you will live never knowing if you don't fully change to be better, and if you do feel that you are all you should be, and she never raises her own standards, then the only thing left to do is decide

whether you can live without the desire you crave or not. Either way, you're better off.

WolfofAllStreetz • 3 points • 23 July, 2019 12:31 AM

This really isnt a bad question per se, try visiting asktrp if you want next level autistic.

Gonnaroff 1 points 23 July, 2019 07:47 AM\* **[recovered]**

I don't understand

Two\_kids\_in\_a\_coat • 1 point • 23 July, 2019 12:25 PM

Because your question is fucking stupid. Why the hell would you want to shut off your sex drive? If she's not saying no then fuck her.

rocknrollchuck • 4 points • 23 July, 2019 03:09 AM

Stoicism is what you need.

The Stoic Approach to Sexual Denial in Marriage

Rogue68486 • 4 points • 23 July, 2019 04:55 AM\*

Great post

Dont be so attached to sex

And initiate even if she's not feeling it yet

Fuck her like she owes you money (said differently do not focus on her getting off, do your thing)

Dont get mad at her because you're unattractive and shes not feeling you. Get mad at yourself and use that to lift and read. NMMNG I think would do you some good.

And quit being an ass to your kids

Gonnaroff 1 points 23 July, 2019 07:44 AM\* **[recovered]**

I AM mad at myself. I AM not proud for the behaviors I show, but it's extremely difficult to handle the swings. "Don't do that" is where I'm at. But I still cannot handle it.

Rogue68486 • 1 point • 23 July, 2019 07:42 PM

What have you learned from the feedback that will help you?

Gonnaroff 1 points 25 July, 2019 02:48 AM\* **[recovered]**

I've just answered a couple of advises here.

Learnings:

1. get anxiety in check via structured observation, reflection and tools for "the moment of". Will help to see the world around me more realistically and less butt-hurt. Will help me to ensure my kids get a "always dependable" father without crazily rapid mood swings.
2. Focus on a much bigger vision. I've gone from a beta with alpha traits to a very high salaried beta who's only focused on sucking nipples: Those of my employer and those of my wife. I need to get a fucking mission that drives me. There a big problems out there that I pledged to work on, instead I'm sucking nipples with no real perspective.
3. Focus on lifting is not at all to be more attractive to your wife. It's because it's the right

thing to do. It's an enabler for myself that signals to everyone out there that you've got your shit sorted out, like cutting my nails. I misunderstood it without realizing as an attraction generator for my wife which is just another frame issue in the end.

Rogue68486 • 2 points • 25 July, 2019 01:16 PM

Damn. Well done.

Also initiate and take what you can get and dont feel bad about it.

Perfectinmyeyes • 1 point • 24 July, 2019 05:29 AM

Somethings I agree with the article some things I don't.

The author and some posts here fail to mention that guys Need that release. Ya I used the word need.

But I'm going to re-read the article because I do agree that it's my fault/responsibility of what I will do about it.

rocknrollchuck • 1 point • 24 July, 2019 01:34 PM

Everything here is a toolbox. Take what applies to you, discard the rest.

guys Need that release. Ya I used the word need.

Release can be achieved without anyone else's help if you need it that bad. So it's probably not really about release, at least not completely.

IncitingDramah • 3 points • 23 July, 2019 12:24 AM

The questions in this sub are getting more autistic by the day.

Gonnaroff 1 points 23 July, 2019 07:47 AM\* **[recovered]**

How's that autistic?

IncitingDramah • 1 point • 23 July, 2019 11:19 AM

I yell at the kids, I'm short with her and an overall miserable loser until we fucked.

Need I point out more..?

Gonnaroff 1 points 23 July, 2019 11:40 AM\* **[recovered]**

That's not autistic. it's uncontrolled, it's allowing myself to be thin skinned to their demands, it's obviously by someone who's in a crisis, you can also call it pathetic and me a loser. I call myself all these things. But I don't see how that is autistic. I was merely trying to understand what you wanted to say.

IncitingDramah • 4 points • 23 July, 2019 12:07 PM\*

Real advice?

STFU. Nobody cares, welcome to manhood. No one cares you're a pussy, or weak faggot. You want to change? Then fucking change! No one will hold your hand because you simply lack the discipline.



The truth of the world though is people dont change, until the pain of not changing outweighs the pain of actually changing.

bowhunter857 • 3 points • 23 July, 2019 11:42 AM

If you are having good sex with your wife on a regular basis stop worrying about who is initiating. If she doesn't regularly reject you and you are still butthurt over sex then it's purely validation seeking. Which is one of the worst things to let creep into your sex life. A woman with children just isn't sitting around thinking about how much she wants to fuck her husband. Now if you put the thought in her head and initiate then sure maybe she wants to. There's no problem here dude other than your wife still nursing you.

amd206 • 3 points • 23 July, 2019 11:55 AM

Read "the way of the superior man" by David Deida.

He mentions rechanneling your sexual energy up your spine and into your mind to unleash warmth and nurture. Might seem like bullshit but I think the imagery helps with sexual control and harnessing your sexual drive to get things done.

Bushpilot817 • 3 points • 23 July, 2019 12:51 PM

You haven't read the side bar yet. If you had, you wouldn't be asking this question.

If you had, you'd go through a little thing called the anger phase, where you'd be pissed at your wife and you wouldn't lay there like a dry vagina; you'd just fuck her instead.

Start with Rational Male. You don't understand hypergamy or the female imperative yet.

CrazyLegs78 • 3 points • 23 July, 2019 01:07 PM

I had the same issue when I first started my journey. I'm really not sure of when it stopped or how I curbed it. Some combination of being too exhausted at the end of the day and not really giving a fuck anymore. It's pretty liberating actually. You really need to accept that you are doing this for you and you alone. Purge yourself of any and all covert contracts. They will become more evident with time and learning. Put a shit ton of effort into your lifting program and diet so that the results come quickly. Some external validation will come from others noticing your physical changes and this will help your issue. As others have said, it comes down to you wanting it enough. You have to accept and really WANT to curb this behavior before you have a chance.

SBIII • 4 points • 22 July, 2019 10:59 PM

You've already handed your balls to your wife.

Now you want to castrate yourself?

Lol

BobbyPeru • 2 points • 23 July, 2019 04:33 AM

The fact that you want to hold off on sex because you don't feel desired is a blue pill mentality to the core. This is how chicks think. You are asking the wrong question. The right question is how to I get over being a pussy? The answer is you fulfill your needs and go caveman.

Two\_kids\_in\_a\_coat • 2 points • 23 July, 2019 12:22 PM

Why? I don't understand this post at all. Giving your wife a good fucking makes her desire you. Laying around waiting for her to make the first move is kinda pathetic and a turn off. Game her, fuck her. Is she giving you a hard no?

HerukaArisen • 2 points • 23 July, 2019 08:20 PM

Read this post:

[https://www.reddit.com/r/marriedredpill/comments/bifc3w/where\\_sex\\_fits\\_in\\_thoughts\\_on\\_mindset/](https://www.reddit.com/r/marriedredpill/comments/bifc3w/where_sex_fits_in_thoughts_on_mindset/)

samwiser92 • 2 points • 23 July, 2019 09:52 PM

Read NMMNG. You need to game your wife NOW, even while being physically unattractive. Lift and diet harder, yes, but work on being your own mental point of origin, which is also attractive. Part of that is being outcome independent, so if you game her and she denies, you must be stoic. Being a sad sap in that situation makes you even less attractive. Nobody recommended you take an oath of celibacy until you get to a proper BMI, that is you talking to yourself and being too lazy to read the Sidebar. That said: Go get her, tiger!

[deleted] • 3 points • 22 July, 2019 11:56 PM

I fight people and lift heavy things.

BostonBrakeJob • 1 point • 23 July, 2019 12:24 AM

I doubt that's your biggest issue

Gonnaroff 1 points 23 July, 2019 07:47 AM\* **[recovered]**

What do you think is my biggest issue?

BostonBrakeJob • 3 points • 23 July, 2019 06:48 PM

Feeling helpless and stuck in your shitty mentality/behavior pattern.

There's a way through. You're not special. Get to work.

addwater • 1 point • 19 August, 2019 11:34 PM

Lol quit being a little pussy and just masturbate

She'll start fucking you when you deserve it

Taipanshimshon • 1 point • 22 July, 2019 10:58 PM

Try cutting off your balls

Thorondor\_Rising • 1 point • 22 July, 2019 11:59 PM

16 faggots came tumbling out of a clown car into AskMRP today.....

Over60\_FireTempered3 • 2 points • 23 July, 2019 01:31 AM

I've seen that movie many times here...

Always makes me LMAO.

Gonnaroff 1 points 23 July, 2019 07:48 AM\* **[recovered]**

How's that helping anyone? Aside maybe yourself having fun? If not here, who else to speak with?

Over60\_FireTempered3 • 1 point • 23 July, 2019 12:06 PM

I have no obligation to help anyone. Read this twice bimbo.