

A look inside my old blue pill relationships

November 15, 2014 | 26 upvotes | by [slay_it_forward](#)

I realize most of what I'm about to say will be common knowledge for most of the guys on this sub, but this post is for the newly initiated so they can recognize where things are going wrong in their own relationships.

For a little background, my last relationship was four years long, two of which we were living together. We got together when I was 26 and broke up when I was almost 30. She was 26 when we broke up.

I was raised by my prototypical beta dad and red pill mom, alongside three wretched sisters. Needless to say I was fucked from the get go. I just saw my dad for the first time in a year after taking TRP and it's painful how beta he is. He's from the boomer generation and had my poor farmer mother latch onto him early to ride the gravy train. He's completely clueless.

So my idea of how relationships worked was based on this traditional model that has been outdated for some time now and because of that, I was very confused in every LTR I entered. I thought that if I treated my girlfriend well (bought her stuff, did as she asked, supplicated, gave lots of affection, provided for her, helped out around the house), stayed in shape, never made her jealous and maintained a good job I would be rewarded with her loyalty, sex and a family at some point in the future. That's the way it worked for my dad. It didn't work for me.

I was so confused because I was knocking all of these attributes that I thought I needed out of the park but was being treated like shit in return. I was a Petroleum Technologist working for a big oil and gas corporation making well into the six figures, I was good looking, athletic and ripped, I helped out around the house, I listened to all of her life problems and provided advice/support, I acted like I enjoyed the company of all her horrible friends, I went on the trips she wanted to go on, etc. What did I get in return? Complete lack of respect, no sex, nagging, and having to tolerate her atrocious behavior.

She was an extroverted party girl that had already banged 14 guys by the age of 21, which of course I thought was ok at the time. She would go out to bars and flirt with guys, she would flirt with guys at work (she was a bartender) and any time I would get upset about all of this bad behavior she flipped it on me by saying I was insecure and that I didn't trust her. There was even a time where she went out on a few dates with this asian guy "as friends" and again made it seem like I was the weird one for questioning this behavior.

As the relationship progressed the nagging increased to the point where I'd rather just be alone and the sex decreased in stride with every bump in nagging. I'm sure there's a mathematical formula that describes the amount of nagging in your relationship and the resulting amount of sex.

Near the end of the relationship she had made a few new slutty friends that she was spending ever more time with at the bars and different parties while investing less and less into the relationship. To make things even more confusing we were looking at buying a condo together and even on the brink of a break up she was still adamant about buying a place together.

The relationship ended when she went home for Christmas and cheated on me with her ex boyfriend. She told me he had the biggest cock she's ever seen. I appreciated that little detail. After feeling suspicious for a few months after she returned, I went through her phone and found out about the cheating through her text messages with a friend.

To summarize I'll put some of my thoughts on relationships into point form (feel free to add to the list):

- The relationship needs to start with her in your frame, never the reverse.
- Don't let her flip her bad behavior on you by saying you're being jealous and insecure.
- Instill dread when the opportunity presents itself but don't go out of your way to do so. If she senses you're trying to make her jealous it loses the effect.
- If going out with her friends seems like more of a priority than being with you, something is wrong.
- Trust your instincts. I knew something was wrong but I ignored my gut because of my scarcity mentality. My girlfriend was really hot and fun to be with so I let things slide and eventually it snowballed out of control. There are other girls that are hot and fun.
- If her career and social life are more important than building a life with you, something is wrong.
- Be very skeptical of girls with high notch counts.
- Don't think you're safe because you have a good job, you're in good shape, and you look good. You need frame and the alpha attitude.

It's taken me a long time to rid myself of beta behavior but I'm making progress everyday in the hopes that my next relationship will be a healthy and happy one. Here's to all of you trying to do the same.

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Comments

[deleted] • 21 points • 16 November, 2014 12:27 AM

"Skeptical"

Don't ever trust a whore, a whore is a whore is a whore and remember the art of whore:

<http://imgur.com/3edQoQQ>

Glad you made it brah

GregariousWolf • 11 points • 16 November, 2014 02:14 AM **[recovered]**

I'm sure there's a mathematical formula that describes the amount of nagging in your relationship and the resulting amount of sex.

The term you are looking for is inversely proportional.

AwesomeAndHung8 points 16 November, 2014 02:59 AM **[recovered]**

I bet you she'll try to reinitiate contact 9 months - 1 year down the line; she'll probe to see if she can get back with you because she'll realize she fucked up. Considering how you described yourself (good job, respectful, attractive), it's guaranteed.

You win in the end

slay_it_forward[S] • 7 points • 16 November, 2014 09:12 AM

It was over a year ago and I still get the odd email...but I ignore them.

[deleted] • 5 points • 16 November, 2014 04:25 AM*

I'm sure there's a mathematical formula that describes the amount of nagging in your relationship and the resulting amount of sex.

I thought I'd take the initiative:

$nsex \propto xnagging^3$

Amount of sex received is inversely proportional to amount of nagging cubed

slay_it_forward[S] • 3 points • 16 November, 2014 09:23 AM

Should be inversely proportional...no?

teeelo • 4 points • 16 November, 2014 06:01 AM

Instill dread when the opportunity presents itself but don't go out of your way to do so. If she senses you're trying to make her jealous it loses the effect.

Well said. And a good post all around. Most noobs come here after a few days and post a Friggen blog entry about their Beta Behavior followed by their revelations and finish it with a thank you.

Your post was pretty short, to the point, well structured and finished with several good lessons and reminders. Keep it up and I'm glad you found this place before it was too too late.

[deleted] • 3 points • 15 November, 2014 09:16 PM

Seems like dread game applied early on would have done a lot of good. I don't have much experience with long relationships so I find these sort of posts very fascinating. Thanks for sharing.

denmaur • 3 points • 15 November, 2014 11:03 PM

I'm curious about who initiated the break up. I hope it was you after her fling with the huge cock.

slay_it_forward[S] • 7 points • 15 November, 2014 11:18 PM

I moved out after finding out about John Holmes

Trellink • 4 points • 16 November, 2014 07:46 AM

That was adding insult to injury, man. Proof positive she was just being hurtful. Likely not even true: she just wanted an excuse she thought you'd buy.

LifeAtPeace • 3 points • 16 November, 2014 04:03 AM

Trust your instincts. I knew something was wrong but I ignored my gut because of my scarcity mentality.

This, my friend, is the mistake most of us make. We ignore all our screaming instincts about the woman and trust her blindly. If you have feeling that something about her is wrong, pay attention and find out if your instinct is correct. That will save you a lot of time and energy.

[deleted] • 2 points • 16 November, 2014 02:45 AM

I feel for you man, thanks for sharing your story and giving insight to the new ones. I hope you can get your stuff straight and this never happens again.

redpillbanana • 2 points • 16 November, 2014 09:50 AM

I thought that if I treated my girlfriend well (bought her stuff, did as she asked, supplicated, gave lots of affection, provided for her, helped out around the house), **stayed in shape**, never made her jealous and maintained a good job I would be rewarded with her loyalty, sex and a family at some point in the future. That's the way it worked for my dad. It didn't work for me.

At least you were right about one thing.

[deleted] • 1 point • 16 November, 2014 04:04 PM

"if her career and social life are more important than building a life with you, something is wrong."

while correct in this situation, this really depends on the length of relationship and the depth of the pair bond. you can't expect a girl to latch onto every cock she sees without having a plan C to take care of herself if things go awry

oh, plan B = orbiters

justbeaman • 1 point • 17 November, 2014 02:09 PM

Glad you made it. "She told me he had the biggest cock she's ever seen. I appreciated that little detail." This line made me laugh more than it should have. Glad you see the funny side.

[deleted] • 1 point • 16 November, 2014 03:46 AM

i wouldn't say you went full beta..after all,i didn't read where you married the girl..

[deleted] • -7 points • 15 November, 2014 09:45 PM

Only race I saw in that was Asian guy. Curious why.

teeelo • 4 points • 16 November, 2014 06:03 AM

Holy fuck, this is the same entitled bitching and complaining we get from Feminists and cunts. Get over your insecure self.

[deleted] • -4 points • 16 November, 2014 06:06 AM

Go fuck your self. Pointing out this bullshit isn't complaining or me being racist. This sub is good but that kind of retarded shit has to go. When people belittle my race they're belittling me, personally. Not standing up for myself would be bullshit.

teeelo • 7 points • 16 November, 2014 06:28 AM

You have got to stop victimizing yourself.

[deleted] • 0 points • 16 November, 2014 07:05 AM

You faggots think it's alpha to regurgitate what some other tells you about racial issues. I think for myself and don't consider myself a victim.

slay_it_forward[S] • 4 points • 16 November, 2014 09:02 AM

Yes you do consider yourself a victim because you made up that story in your head because you're insecure about being asian. Then you start going off the deep end swearing and calling people faggots because you're such an alpha. Obviously you aren't.

[deleted] • -1 points • 16 November, 2014 12:21 PM

Hey that's good logic there if you're retarded.

slay_it_forward[S] • 2 points • 16 November, 2014 01:52 PM

making up stories that play into your asian victim identity = you considering yourself a victim. Solid logic.

All you're capable of is using insults like a 5 year old.

[deleted] • 0 points • 16 November, 2014 05:46 PM

Pseudo logic pisses me off. What can I say?

teeelo • 3 points • 16 November, 2014 10:19 AM

I see a banning in your future if you keep this shit up.

slay_it_forward[S] • 6 points • 15 November, 2014 09:51 PM

Because why would she be friends with an asian guy? haha take it easy Lin

universalproduct • 2 points • 15 November, 2014 10:20 PM

Doesn't answer the question, as a white person i too am curious why this guy was the only one whos ethnicity was mentioned, we never got yours or your slut of a gf

Champagne-And-Reefer • 1 point • 15 November, 2014 10:41 PM

He's the only guy he specifically mentioned in the post

[deleted] • -8 points • 15 November, 2014 09:59 PM

Fuck you. The implication is that it's more humiliating your girl was getting fucked by a Asian guy who is auto beta.

No wonder your girl couldn't wait to spread her legs for someone else. You're useless.

[deleted] • 7 points • 15 November, 2014 10:08 PM

Do you feel insecure about being asian?

slay_it_forward[S] • 5 points • 15 November, 2014 10:11 PM

She never fucked an asian guy. Get over your race insecurity.

[deleted] • -7 points • 15 November, 2014 10:22 PM

I love guys like you. Never change. Throw some racial shit in your post then backs down when called out on it.

Have the courage to back up your opinions.

Champagne-And-Reefer • 1 point • 15 November, 2014 10:41 PM

He's the only guy he specifically mentioned in the post

slay_it_forward[S] • 5 points • 15 November, 2014 10:52 PM

Exactly. It was a description of the one guy I pointed out. They can read into what they want.

Champagne-And-Reefer • 1 point • 15 November, 2014 10:54 PM

Just ignore it I suppose. People are always looking for a reason to be upset.

denmaur • 4 points • 15 November, 2014 11:02 PM

Especially Asian guys with small cocks.

PookIsLovePookIsLife • 1 point • 16 November, 2014 01:43 AM

I'm wondering if this stereotype is actually true.

teeelo • 1 point • 16 November, 2014 06:04 AM

As a non-racist, I never picked up on that, Man.

[deleted] • -1 points • 16 November, 2014 06:11 AM

That just means you're dumb. Says nothing about whether you're racist.