A fundamental core principle here is that you are the judge of yourself. This means that you have to be a very tough judge, look at those areas you never want to look at, understand your weaknesses, accept them, and then plan to overcome them. Bravery is facing these challenges, and overcoming the challenges is the source of your strength.

We have to do this evaluation all the time to improve as men. In this thread we welcome everyone to disclose a weakness they have discovered about themselves that they are working on. The idea is similar to some of the activities in “No More Mr. Nice Guy”. You are responsible for identifying your weakness or mistakes, and even better, start brainstorming about how to become stronger. Mistakes are the most powerful teachers, but only if we listen to them.

Think of this as a boxing gym. If you found out in your last fight your legs were stiff, we encourage you to admit this is why you lost, and come back to the gym decided to train more to improve that. At the gym the others might suggest some drills to get your legs a bit looser or just give you a pat in the back. It does not matter that you lost the fight, what matters is that you are taking steps to become stronger. However, don’t call the gym saying “Hey, someone threw a jab at me, what do I do now?”. We discourage reddit puppet play-by-play advice. Also, don't blame others for your shit. This thread is about you finding how to work on yourself more to achieve your goals by becoming stronger.

Finally, a good way to reframe the shit to feel more motivated to overcome your shit is that after you explain it, rephrase it saying how you will take concrete measurable actions to conquer it. The difference between complaining about bad things, and committing to a concrete plan to overcome them is the difference between Beta and Alpha.

Gentlemen, Own Your Shit.

Archived from theredarchive.com
Comments

[deleted] • 15 points • 20 August, 2019 11:43 AM*

OYS #1

Stats:
Age: 32; 6'1"; 223 lbs; BF: ? Wife: 32, (together 6, married 3); Children: 1 - 18 months

Readings: Way of the Superior Man. Halfway through NMMNG. Read quite a few books many years ago, but re-reading.

TRP Background
I embraced TRP after breaking up with a girl seven years ago. I knew it existed but had all the usual bullshit misconceptions. After realizing that I was a pear-shaped bitch with thinning hair, I made a plan to up my SMV and was the model example of success.

I started waking up at 5 am, got on TRT to fix testosterone (was 176), lost 50 lbs while gaining an inch on my arms by lifting, bought new shirts/pants, got a haircut, started a successful business, meditated the stress away, and had regular plates. I did the work, and it did everything but make my dick bigger.

Note: I even gave myself a personal challenge for the Summer of 2012 that I would talk to a certain amount of girls/day and ask for their number no later than five lines into a back-and-forth conversation. I wowed even myself with how well it worked and if it didn't - I didn't care. There were more women just around the corner.

Relationship
I ended up meeting a great girl six years ago that checked all my boxes (wanted to be a great Mom, loved sex, great around others, etc.), got married, and now have an 18-month old. I know so-called "trad women" are a myth, but she even prefers to be lead rather than lead (and has said so on multiple occasions), which is incredible.

However, like many married men, I woke up three years into marriage with an 18-month old and realized what I faggot I've become.

Put the weight back on
Stopped working out
Never restarted TRT after stopping for conception two years ago
Slowly quit reading books and started listening to sports podcasts
Started playing iPhone games rather than work
Stopped doing stand-up comedy/improv two years ago (I used to want to be a comedy writer)
Although the business has been successful (~$3M/year), it's been flat for two years, and I'm not making the money I should. Partners are pissed
Snoozing my alarm rather than facing the day
Frequently criticized, doubted, and questioned by my wife
Scared to confront that I'm a financial train-wreck for a variety of reasons
Stopped initiating (she wants me to!)
Drinking by myself all the fucking time, especially during the day

I've never had any illusions that my wife is a unicorn or anything, but the worst thing about it all is that my wife is the same person she's always been - a Trad woman who loves sex, wants to be supportive, wants to be lead, etc.
She does the predictable stuff ("I don't want you to get six-pack and because it would make me self-conscious") but there was no "dried up after two weeks of marriage" event where I got bait-and-switched - I'm just a faggot. Her criticisms are valid, her partner in life has all but given up, and he can't be trusted to follow through on anything. No fucking shit he doesn't deserve respect.

**Currently at**

I've been grinding old threads, intro guides, and the sidebar and I'm reading NMMNG. All of it, especially detailing the "What's Wrong with Nice Guys" (fundamentally Dishonest, Manipulative, Compartmentalized, Passive-Aggressive, etc.) has been a fucking gut punch.

It's shocking (or not?) how accurate Robert Glover's description of Nice Guys - his description of me - is. I'm hiding my mistakes, doing anything to avoid confrontation, afraid of what would happen if I set boundaries, etc. After grinding MRP threads, I've realized that I'm overflowing with covert contracts and imagined, unfounded fears.

Most importantly: *I have realized that I am the problem.* She doesn't have a captain; she has a passenger who hasn't paid his fare in years.

The marriage, compared to even my friends, is fantastic - it's just I will become a bigger and bigger problem if I don't fix it. Especially the drinking, finances, and business. It's not in danger, but it will be if I don't change my trajectory.

**Plan**

Action is the most important thing, obviously, but I'm already taking steps on the plan I've created.

**Begin waking up at 5 am:**

This is a keystone habit

Progress - read Miracle Morning by Hal Elrod, made affirmations, and got a Daylight, and woke up at 5 am twice last week (small win). Posted this at 4:30 am

By next OYS - waking up at 5 am every day.

**Get to 195 lbs at 10% BF by 12/31/19:**

Progress - dug out old fat calipers, put the scale where I'll use it, crafted a fitness routine for my home gym, and worked out the last two days (small win). Scheduled an appointment at Labcorp

By next OYS - weighing myself and carrying out a fitness plan every day. Find new Test E supplier.

**Increase recurring revenue 10% by 12/31/19**

Progress - none

By next OYS - reverse-engineered how the increase will occur

**Go from $120k/yr to $600k/yr by 12/31/22**

Progress - none

By next OYS - reverse-engineered required numbers, determined gross margin needed, determined 2020 income needed to be on track for growth and manage debt (below), researched executive coaching

**Read 1 book/week**

Progress - Reading NMMNG (note, I have read several recommended books - 48 Laws, How to Win Friends and Influence People, etc. but I'm starting over)

By next OYS - Finished NMNG, started WISNIFG

**Debt - TBD**
Progress - Begun the process of creating a budget (ynab) and evaluating expenses (small win). Got in touch with state agencies to determine next steps.

By next OYS - followed-up with IRS and see how much I owe so I can create a real goal, determine 2020 salary needed to comfortable pay installment plan

Life Plan - TBD

Progress - none

By next OYS - Dust off various exercises and visions I have in Evernote from years and years ago. Consider, update, and rewrite.

Also - per advice from /u/betrootjuice - determining "why" I haven't done the above, even though I know "how" (see original TRP results) is imperative. I hope to journal about this and come to some conclusions that I'll post in next OYS.

Conclusion

Reflecting on TRP, these threads, and writing my own OYS - I realize how great I do have it and how awesome it could be. I understand my potential and how it was achieved through previous effort and am beyond excited for the road before me.

I didn't have an anger phase seven years ago when I embarked on my TRP journey and haven't encountered one now. I don't blame the world or rage against societal expectations because there's no reason to. I am at fault and that's actually liberating.

I know from my time at TRP that "motivated to start!" posts are a dime-a-dozen, and this sounds no different. Especially because I have so many to-do's and goals.

However, I've done it before and succeeded several times and the incremental progress is minor enough to be achievable.

Additionally, I have a friend who has agreed to be an accountability partner and am committed to posting in OYS threads, so we'll see how that goes. I even created a Slackbot that will check-in with questions and measure an NPS in the various categories. (Faggot over-planning, but I'm doing it for the employees at my business so it was good practice).

This is a great community that's needed and leads to better outcomes in marriages, and I hope to contribute and learn and, eventually, be able to help others.

Edit:

johneyapocalypse • 4 points • 20 August, 2019 06:14 PM*

You worked hard for the prize.
You got the prize.
You quit the work.

The prize of which I speak was your wife, since clearly your TRP efforts were designed (1) not with you in mind but instead (2) with a "she" in mind.

AKA - you've already tried doing all this for someone else. Why not try doing it for you this time instead? p.s. You'll know you're succeeding when you become your own point of accountability. If you need a crutch now - your friend - like the booze the dude below mentioned - you'll keep needing crutches 'till kingdom come.

Thanks for this. To be clear, I originally did do it for myself (and got the exact results I wanted [getting
laid]). I did always want to get married and have kids, so I don't begrudge that I did it.

Why not try doing it for you this time instead?

This is something that's been pretty general throughout the reading and I'm glad you brought it up again.

Learning that meeting your needs helps everyone around you is really a revelation. You're definitely right that setting time aside and being demanding of defending that time is the most important thing in my life.

Great stuff.

johneyapocalypse • 2 points • 20 August, 2019 06:45 PM
One man's "I did it to get laid, for myself" is another man's "I did it for a woman, not for me."

[deleted] • 1 point • 20 August, 2019 06:58 PM
Ouch

ShortGame64 • 4 points • 21 August, 2019 12:32 AM
Note - deleted my original account used to post OYS above and created an alt specific to MRP. Not sure who knows my username.

part_wolf • 6 points • 20 August, 2019 05:47 PM

Drinking by myself all the fucking time, especially during the day.

This is the most significant problem you're facing, and likely the most difficult one to solve. You glossed over it without incorporating it into your goals or your plan. That's weak. Forget about the finances, forget waking up early, forget your business. You're lacking basic impulse control and accountability to yourself with the drinking. Your progress anywhere else will be marginal at best until you address those things.

When was the last time you committed to going a whole day without drinking and stuck to it, no matter what came up? When you did, how did you feel about yourself? If those questions make you uncomfortable at all, then you're not being honest with yourself.

[deleted] • 2 points • 20 August, 2019 06:56 PM
Ya, when given the task of "why" I wasn't executing from /u/betrootjuice, I reflected and realized I probably buried the lead entirely and didn't even mean to or intend to.

As much as I talk about keystone habits that are major wins, this is a keystone... fix? I have to imagine that curbing this will be a rising tide that will give me the opportunity to life several boats.

part_wolf • 4 points • 20 August, 2019 09:00 PM

Why don’t you start by answering my questions instead of telling me what you think I want to hear?

ShortGame64 • 2 points • 21 August, 2019 12:45 AM
Switched to an alt after deleting regular Reddit account (don’t know who knows my username).

> When was the last time you committed to going a whole day without drinking and stuck to it, no matter what came up?

Probably a day or two a week. Last Friday and Saturday at my brother-in-law’s house (stayed the weekend). Thought about it, as he has a fridge in his garage full of beer, but was doing stuff and it wasn’t worth it.
> When you did, how did you feel about yourself?
I didn’t give myself a pat on the back or anything. More like I brushed it off as “nah, I can’t” dismissal.

Reflecting on the above, I think I was engaged in meaningful activities (with a bunch of in-laws and their kids). I’m working on journaling out some of the responses to my OYS and I think the drinking stems from telling myself I’m bored (not doing anything else, so might as well) as well as building a wall that keeps others out. Again, considering this deeply but that’s just my first thoughts in answer to your questions.

part_wolf • 1 point • 21 August, 2019 02:25 PM

I didn’t give myself a pat on the back or anything.

OYS is not about earning gold stars. Take it from someone who was in your position, controlling the decision to drink and doing it responsibly are absolutely critical to maintaining your self-respect.

ShortGame64 • 3 points • 21 August, 2019 05:40 PM

Thanks. Reading through previous OYS threads and recommended posts, the lack of enablement here (unlike other subs) and Bullshit meters has been extremely helpful.
The focus on going deeper than the surface level has helped as well.
It's not behind me by any means, but didn't drink yesterday and so far so good today so hopefully will have a solid update on Tuesday.

Betrootjuice • 2 points • 20 August, 2019 12:23 PM

I am new to MRP so maybe this is crap but.
It feels to me that your goals are too ambitious or not thought through - yet.
For instance, waking up at 5am. To wake up at 5am every day and hold it, you also need to go to bed before 10pm to manage at least 7h of sleep. So what's the evening bedtime plan? You cannot last otherwise.
Working out: in 3 months, you want to lose 30lbs, workout every day, etc. From zero probably. Losing 30lbs will be achieved in the kitchen. You need to research that part as well.

[deleted] • 2 points • 20 August, 2019 12:41 PM*

Thanks! Don't know if goal-specific fitness/productivity advice is necessarily MRP-specific the way things like Frame, Dread, and Sex frequency goals are.
I've done 5 am (or earlier) several times before and I know it's easily doable. I even adapted to polyphasic sleep during the previous improvement period (which... I don't plan on doing again). Evening and bedtime is a good point. I'll dig up my old evening routine from my notes.
30 lbs in 19 weeks? Not sure that's too crazy. I've fired up my old LoseIt app with goals and went to Trader Joe's and bought requisite food, so that's on its way. When I wake up at 5 am - I work out. If I don't - I don't.
I'd actually say that these are the two easiest goals?

Betrootjuice • 1 point • 20 August, 2019 12:48 PM

Check what the MRP veterans are doing nutrition wise. Lots to learn. I now what you feel: your head
is exploding with the new info and you want to act at all cost. Plan it carefully.
As for 5am: looks like you did not hold it through time. Find out why.

Some background: I used to be a heavy poster on /r/keto and the glory days of /r/Fitness. I maintained strict keto for ~2 years and had intermediate lifts (245x2 bench, 365x3 snatch grip deadlift).

I only say this to say that, for some of these goals, I do have the how. However, I can't even begin to set goals yet for personal dynamics, communication, and life vision as, to your point, that does make my head explode. Grinding the sidebar to increase my understanding to the point where I can make a plan. (I can't just say increase frame without knowing the what the fuck that is).

This is great advice. It hurts. Knowing how to do things, but not implementing them, is even worse than not knowing and not implementing.
This is great for me to consider and I'll update by next OYS.

Updated as a next step in OYS post.

researched executive coaching
Look up EOS - Entrepreneurial Operating System. I use it, I know lots of people that use it. Very effective at accountability and getting results.

Part of an entrepreneur group where someone mentioned it. I'll check it out, as a specific framework could definitely help rather than just flailing around.

Temp_Shelter • 7 points • 20 August, 2019 01:06 PM
OYS #2
48, married 20 years, 2 teenage kids. 5’10” 178, estimated BF% 15ish. Found MRP January 2018.
Lifts: 200 bench, 330 squat, 370 deadlift.
Reads: Most all the recommended reading, 2nd and 3rd times for some. Focusing more on implementing what I have already learned.
Training: I have been adding in more hiking and biking to build endurance for going uphill with a pack. Got my ass handed to me a couple weeks ago, first 1.5 hours were fine, then hit the wall. Dialing back the lifting intensity a bit for a couple weeks.
Relationship and sex continue to be very good and importantly, improving. Moaning blowjobs and fake orgasms seem so real. Her current enthusiasm for things that have been taboo for 20+ years is soothing my faggot ego. I
don't really keep track of the number of times or blowjobs (anymore), now I just feel satisfied and excited for what's next.

Communication has been very strong. I asked her what has changed. It's really her perspective. In the past when she thought about sex, it was trying to figure out what would turn her on. As we know with women, this changes constantly and she is not able to stay in touch with that side of herself. She does still pay attention to that, but now said she focuses on what will turn me on and is having fun thinking of things. Ideally she gets turned on, if not she has 'fun' with it, and if that doesn't happen, she feels good about making me feel good. She is a pleaser by nature.

The other change is she is getting past her 'good girl' hang ups. Good girls don't crave sex, don't use toys, don't like ass play, or especially anything kinky or BDSM related. This wall is coming down and the other day we ordered additional tools to continue with the demolition. There is an interesting exercise where one with such hang ups thinks about where those voices are coming from. For example with anal play, what are the voices against it? Who in your life is saying it, friends, family, mother, etc? To go further, one then goes through those influences asking what would each of those people say. Finally, one can look at what they themselves have to say. She is realizing it is not herself that has resistance, but those outside voices.

So far lots of fun tearing down these walls of the past. I think her lack of desire for anything kinky was what was driving me to think the sex I needed would likely never come from her. Will be thinking and researching how best to introduce more kink/ BDSM. Advice?

Her enthusiasm and desire remain high. Even though life is busy, she is making the time and putting in effort. That more than any act or outcome has been an enormous change. My goal is to maintain the current improvement and support continued progress.

Giving her praise and importantly a feeling of safety are her biggest needs. I think my progress in dread levels was decreasing her feeling of safety. When other women give IOI's, she shuts down. When she thinks she can't please and satisfy me, she shuts down. Same when she realizes I could easily be fucking other women. Creating a feeling of safety allows her to open up. We have both been way more comfortable openly communicating, especially our needs. The turn around and improvement has me focusing on being more present and meeting her needs. Also reminding myself to be patient and allow for progress to unfold. I remind myself that you do not force a flower to bloom, but instead provide the conditions that best allow it to do so. Can't wait to see what full bloom starts to look like.

On the path, living the life, focusing on keeping alignment and continuing progress. Interestingly, 4 weeks ago I could not stop noticing attractive women, desiring to, and engaging with their feminine. Now they seem out of focus and in the background. The focus is on my wife and I am enjoying her feminine energy. Positive feedback loop engaged.

man_in_the_world • 9 points • 20 August, 2019 01:41 PM

... her ... her ... she ... her ... she ... her ...

The focus is on my wife

It certainly is.

This is OYS.

part_wolf • 2 points • 21 August, 2019 02:45 PM

Dialing back the lifting intensity a bit for a couple weeks.

Interestingly, 4 weeks ago I could not stop noticing attractive women, desiring to, and engaging with their feminine. Now they seem out of focus and in the background.
Her current enthusiasm for things that have been taboo for 20+ years is soothing my faggot ego.

In a single week you went from, "I need a sex goddess(es) draining my balls regularly until I say 'enough'" to being complacent now that the wife is letting you do some new things. You need to kill the need for validation and solidify your mission. Otherwise, you're going to be right back where you started when the wife loses desire and/or stops faking it. She definitely will if you're doing all of this for her.

https://www.youtube.com/watch?v=jvTpEoi0tzE

Temp_Shelter • 1 point • 21 August, 2019 04:24 PM
I appreciate both good observations. Guilty as charged. I need to find balance. Complacency is the enemy. Saw a guy on the corner today with a 'Honk for PEACE' sign. Fuck peace, we progress and succeed through conflict.

Probably too excited by her finally opening up. I may have begun settling into peace mode, thinking the battle was won. And maybe this battle was won, but the greater conflicts will never end.

I have an opportunity to enjoy experiences I have wanted for years. I do not want to set back or stall progress. A newfound 'oneitis' can not be helpful.

HornsOfApathy • 2 points • 22 August, 2019 03:01 PM

now said she focuses on what will turn me on and is having fun thinking of things. Ideally she gets turned on, if not she has 'fun' with it, and if that doesn't happen, she feels good about making me feel good. She is a pleaser by nature.

This is the submissive nature of your woman. Most men here see this in their wives but don't know how to lead because they are still faggots that are now just getting more sex. You fall into that category, and will likely cycle through this multiple times before you get that working on yourself is the path to a satisfying sex life.

Giving her praise and importantly a feeling of safety are her biggest needs.

I give you a post that I wrote about this exact subject: Transformation and Building Escape

Will be thinking and researching how best to introduce more kink/ BDSM. Advice?

My wife and I are in a 24/7 D/s BDSM relationship. You are no where fucking NEAR being able to pull off that, but maybe you can introduce light bondage and spankings to add some spice, but I really think you need to do step #1 first - build her a safe place.

Without the safe place you are likely to experience some serious ASD and madonna/whore complex that you're not capable of working through by a long fucking shot.

Just slow the fuck down. I'm betting she is just ovulating or feeling horny this week.

Temp_Shelter • 1 point • 22 August, 2019 04:46 PM

Thanks, I appreciate that! I recall reading it when you first posted, but an example of needing to be ready before receiving the message. I am on the 2 reading of WofSM and it's now like a new book.

Creating a place of safety and having patience have been my focus. When she is readily and happily passing compliance tests, and ASD is fading, what might I want to consider as the next steps?

HornsOfApathy • 1 point • 22 August, 2019 06:24 PM

I am on the 2 reading of WofSM and it's now like a new book.
By and far my favorite sidebar book, I had envisioned this type of relationship that Deida describes entirely polarized. Hence, my current situation.

When she is readily and happily passing compliance tests, and ASD is fading, what might I want to consider as the next steps?

No one can answer that for you. By that time you should have become a version of a high quality man, I bet you'll already know the answer of what the next step should be FOR YOU. There are a lot of steps in front of you first.

For me, it was opening up the bedroom into BDSM so my wife could become vulnerable again. She had no idea how to, but wanted to desperately. Her anxiety prevented her from doing so. I thought long and hard about that and wanted to lead us to the next stage. I had a willing wife who was looking for a leader - and the only logical thing I could think of was to rewrite the relationship for the both of us.

Most men here that "get it" have many different paths. None of us are alike and not one story or result is the same. We are human afterall.

InChargeMan • 1 point • 24 August, 2019 01:25 AM

Vulnerability is so powerful. Once you get past that point in a relationship, it is like a whole new world. My wife is 100% open and vulnerable to me, she has given herself to me completely, body and mind. When one doesn't have to expend mental energy on presenting a facade to others (literally what everybody does with everybody else, 100% of the time) you free up so much opportunity for true love, respect, appreciation and service.

InChargeMan • 1 point • 24 August, 2019 01:21 AM

Usually guys will start checking boxes from their sexual wish list, anal, oral, the gamut of BDSM. Eventually you find that it isn't about the specific act, it is about shaping your world where you can unapologetically do whatever you feel like doing whenever you feel like doing it. That is the source of my inner peace.

For example, I always wanted more anal, but now that I do whatever I want whenever I want, I haven't done it in months, I'm having way to much fun doing other stuff. Don't make specific sex acts part of your plan with your relationship, instead focus on other metrics for progress relating to her efforts to please you, intimacy, respect, etc.

My story might be of interest to you. I am in a 24/7 D/s relationship.

Temp_Shelter • 1 point • 25 August, 2019 01:43 PM

Thank you so much for that! I recall reading it originally, so glad to read it again now (twice). It is absolutely insane how similar our situations and experiences have been. Though I seem to have made more mistakes early on...

I think your story may have been a huge push for me to have the serious talk with my wife. I was at that point. Now, I have had an incredible 3 weeks. She has been showing in every way she wants to meet my needs. From literally the best sex of my life Friday, to wanting to make me a pie on Saturday.

I am where I want to be at this point. She is focused on meeting my needs and it is allowing her to be happier than ever before. Hw do I keep it going? Do you have suggestions on D/s readings I could show her? I'm not sure that's our ideal, but want to learn more.
I'm on such a high right now, feeling satisfied and happy. Don't want to fuck it up... Again, THANK YOU! I appreciate you taking the time to share your story and to reach out to me.

InChargeMan • 1 point • 25 August, 2019 03:42 PM

Good to hear! One book I like is Leading and Supporting Love. It is not focused on the "kink" side of things, instead specifically about the structure and nature of the relationship. There are tons of resources for kink, but really I find that the sex is a byproduct, not the goal. Build yourself and the relationship to your ideal and you will have a partner who is all to willing to please you in any ways within their power, as long as being a submissive is for them. Every woman isn't going to be a good sub. Although, I would suggest that AWALT still might apply, and it could be that they haven't found the right Dominant yet.

One big disclaimer is that 24/7 D/s relationships are in many ways different than the typically prescribed MRP path. In 24/7 D/s you are hyper aware of the state of your submissive and responsible for her, just as a man is responsible for his children and his home. Typical MRP has the 1000 ft rope analogy, where it is solely up to the woman to "keep up". In D/s you are her mentor and teacher, you set out the goals for her and the relationship explicitly and offer significant mental head-space to help her be successful. It is a lot more work, but with a higher reward IMO.

HornsOfApathy • 7 points • 20 August, 2019 03:26 PM

**OYS #40**

Been at this over a year.

37 yo, 6'0, 165lbs, 9.5% BF, married 4, together 7, kids 3 & 13

I felt a shift this week. Some DMs really got me thinking, and I realize what I've done here. I have completely removed the bluepill and my wife from the pedestal. Problem is, I replaced it with the redpill. Now that's all fine and dandy if redpill praxeology aligns 100% with my mission, but it doesn't. I don't think many vets here would say that the traditional RP of 'fuck more give less make money' is what drives us.

I'm going to spend some time constructing the last few pieces of my frame that need to latch onto my already existing RP inspired frame. It's not complete yet. I'm not sure if that means taking some time off here, reconfiguring my MAP, or blowing everything up. Blowing shit up would be stupid though, I'm the happiest I've ever been in my life with a wife who finally has learned her own version of authenticity, congruence, and femininity.

My relationship has shifted to a 24/7 one. We've giving it a shot. I don't know how I feel about it, but so far it's been much easier for me than just keeping it to the bedroom. We don't have to hit the lightswitch everyday and I think this will turn into the new normal. Maybe not. It's fun for now. We have mutually enjoyable sex multiple times a day.

I am still tested daily, but now have reframed most of those tests to her as attention seeking behavior. I assure her that it's OK - she'll get my attention one way or the other, but there are better ways to go about it. Couple of cases this week: she went heavy comfort seeking, then I magically produced some flowers I just happened to get before. No real reason, it's just been awhile. Another case he was starting to test about how we didn't have good passionate sex that's slow and shit.... little did she know I had already planned a scene to incorporate those things that evening. I'm starting to see the trust levels increase that I execute in making sure we both have what we
I've really fucked up my shoulder in the gym. I've had this injury before about 3 months ago. My whole arm goes numb for days. Then gradually gets better. I went to my doc the first time it happened, got some anti-inflammatories, but now I'll go to a specialist. Something isn't right.

I spent last week traveling for work. I took a couple of days and stayed out in the middle of nowhere. It was amazing out there. Empty as fuck. Peaceful. Tasteful. I enjoyed my time with no mobile service or internet. No cars. No people. I was able to appreciate the landscape for the first time in a long time as raw, natural femininity.

Everything is very polarized in my life now. My relationship most of all. It's difficult to thread the needle of remaining masculine, stern, and caring. If I could remove the 'stern' part of that equation and replace it with 'resolve', that would help build the frame I want. I'm starting to be able to see these little things in my frame that aren't true to who I am.

I've really fucked up my shoulder in the gym. I've had this injury before about 3 months ago. My whole arm goes numb for days.

go see a chiropractor. they never helped me with back and neck issues. finally saw one after i had these symptoms. it was a disc issue roughly between my shoulder blades, crazy, but he fixed me in one visit. no more numbness.

good luck on your quest - keep it up.

about balancing the sternness and your love - have you read "Way of the Superior Man"?

Good suggestion on the chiropractor. Might give it a shot.

I'm on my 27th read of WOTSM. It's the book on the sidebar that lead me to the polarity in my relationship.

It's a difficult needle to thread always.

lol, I honestly replied to your comment without noticing it was HornsofApathy i was responding to, or wouldn't have suggested you "check it out" :) I recall your dozens of readings of it comment in another thread (!) my bad.

yeah, i had numb arm, tingling pinkey and index fingers at times. and the nerve runs behind my rear delt/tricept was 'sore', that's what home runs to the area between the shoulder blades, if memory serves - I was surprised he fixed my arm by setting my back but made sense after the fact.

That's exactly what I'm experiencing, exact locations. Weird. I'll go see the chiro.

I spent last week traveling for work. I took a couple of days and stayed out in the middle of nowhere. It
was amazing out there. Empty as fuck. Peaceful. Tasteful. I enjoyed my time with no mobile service or internet. No cars. No people. I was able to appreciate the landscape for the first time in a long time as raw, natural femininity.

Everything is very polarized in my life now. My relationship most of all. It's difficult to thread the needle of remaining masculine, stern, and caring. If I could remove the 'stern' part of that equation and replace it with 'resolve', that would help build the frame I want. I'm starting to be able to see these little things in my frame that aren't true to who I am.

It's only after we've lost everything that we're free to do anything. Your challenge now is to figure out how much you've lost and how far you have yet to go. What's holding you back, keeping you from being free to do anything? Once you figure that out, the rest of these "little things in your frame" will resolve and you will become the man you were meant to be.

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OYS #17

MRP Journey began: Jan 2019

Age: 33; Height: 6 foot; Weight: 175; BF: 9.5% ; Wife: 35, (married 12); Children: 3 kids – 6,7 and 10


Currently reading: Taken in Hand a guide to domestic discipline, 48 laws of power, Extreme Ownership, The MAP, This Naked Mind.

Physical / Health / BJJ

Not much to report here, just another week of grinding. I have been reading the book /u/Rpeed suggested called “This Naked Mind” and its really good. I am growing disgusted with alcohol as I read it. I am also starting to think about how its affecting my health and happiness. One concept I never thought of is that Alcohol doesn’t actually make you happy, it just brings you back up to the point you were before you previously drank. Alcohol makes you feel shitty when you don’t drink and it helps you feel less shitty when you do drink but it never lasts and it only brings you back up to “normal” it isn’t real at all. I did a lot of drinking this past week and I proved to myself it makes me far less happy. The more I drink is directly correlated to depression and shitty feelings. It is concrete in my mind now and I am ready to stop drinking at least for an experiment. I don’t want to promise I will quit drinking forever but I am doing a juice fast and I won’t be drinking for 10 days. I am actually really excited to see how I feel after. I heard about this dude Mitch Aguiar from Jocko podcast and he sells this green shit. I am going to try it out.

Career / Finance

Still haven’t heard back on the job. I am starting to just give up the idea in my mind. There is no point in dwelling on it. I have been focused at my current job trying to kill it but I really wanted to move on. I feel stuck. I officially have oneitis for this job and I need to start looking for other opportunities to kill it.

Relationship

Not a bad week, but I am not happy. This weekend I was getting pushback about her jobs. Apparently I am putting to much stress on her and she is failing. She keeps fucking up the budget and she forgets to serve me food at times. It's not the end of the world but in her mind she is failing. I am getting consistent comfort tests. This weekend the comfort tests shifted a little into something else weird. She was being a brat and went to the
grocery store during a time I normally lift. Then she just stayed out and dicked around at stores. Normally, she would ask permission or at least give me a heads up. She did it on purpose for a reaction. She is breaking rules and I have no way to “punish” her bad behavior. In a normal D/s relationship there are punishments but I am not there yet. I have just been pulling back on time and attention. Then when she gets back she asks if I am using GPS to track her location etc. WTF

At some point over the weekend the topic of sex before we were together came up and she said “I have done some crazy shit in my past”. I prodded and said “Oh yeah, what kind of crazy shit?” She refused to tell me and cited back to our first year of marriage when we dug through her past relationships and I freaked the fuck out. She didn’t want to experience the beta rage she felt before. I knew she had been with a lot of men but I didn’t know she fucked on trains, planes and all kinds of shit. The girl she described sounded fun, where is she? I had this non-slutty girl now but in the past she was a complete whore. I remember the beta feelings of anger and rage. I don’t feel anger about this anymore, not even jealousy. If anything, its more of a turn on knowing what kind of a freak she was/is. I encourage freaky behavior and don’t want to slut shame her. I want slut pride now. This dovetailed into a conversation about one alpha she dated in the past. Most of her ex’s or people she datted were beta as fuck. She controlled everything and used them for validation. Sex was purely for validation purposes. I forgot about this one guy but then a bunch of memories came back. In our first or second year of marriage he hit her up on facebook messenger to “congratulate” her on being married. Knowing what I know now, she was probably unhappy and bored with me and looking for some attention or dick. Guilt got the best of her and she told me about him and I flipped the fuck out and forbid her to talk to him. I might have even messaged the guy, I don’t remember. Is that what women want? Are they looking for a reaction so they feel valued? It’s all just attention seeking behavior. What am I doing that is bringing out this attention seeking behavior? She is looking for punishments by “accidentally” doing things wrong. It feels exactly like my children.

Now I am getting the “I am tired and need to go to bed early. My needs are important blah blah blah” shit. 2 nights in a row I went to bed alone because she was planning to go to bed early so she could get up for the gym. I know this is bullshit because I went to bed before her. Why would a “sleep deprived” person stay up late watching Netflix? She did say “So what are we doing? Are we going upstairs together to make love or you just going to hang out alone. I have things to do so just let me know” I said, “You can do whatever you want, I am going to hang out for a bit and go to bed.” I could have said “Get your ass upstairs right now” and I could have fucked her, but I really didn’t want to because it felt like a power play. I would go upstairs and get a bunch of shitty behavior, I decided to pass.

This morning when she got back from the gym I get a question about the text I sent her a text before I went to bed. Called her on her bullshit for saying she was sleep deprived but stayed up watching Netflix. (I know, gay I regret it) She tried to DEER telling me she did go to bed when she said she would (lie) but then when the look on my face told her she was full of shit she stopped. Then I get the line “I work like your slave for 12 hours a day, I am not going to be available to you every night.” This is the power play right here. I ask too much out of her, even though she agreed to it. She works so hard as a slave and I have no right to ask more of her. I sense some big shit test/comfort tests and stuff coming up.

Tomorrow, I am taking the day off and I plan to go to the beach alone. I am going to read some books and do some serious soul searching.

Edit: She just showed up while I was working butt naked. This is the 4th time she has come in my room this morning. Offered me a quickie, I declined because I am working and totally not horny. Run hamster run, do work for Daddy.
because you're so far into your own head.
Like, fuck your wife, bro. Stop thinking about it.

At 12, I went to the gym. I came home and she is cooking me lunch. The other day she "said" she wasn't
going to do it anymore. I didn't put up a fuss, just said OK, I can take care of food for myself and I had
been. Power struggle 1.

Sex has been OK, but she doesn't want to push boundaries or do any work. Power struggle 2. I am
passing up the sex I don't want. After lunch she does her hair and showers etc. Comes into my room
again for the 5th time today. This time she is wearing sexy underwear. Starts rubbing her ass on me like
its on accident while I am focused on my screen. Then I look at her and she dies laughing. I take off my
headphones and ask if I can help her. She says she wants to fuck. I tell her no, but if you can suck my
cock if you want. She says it probably smells bad because I was at the gym. I told her it was probably
smelly, but she is welcome to suck it. She did at first, but then quickly turned around to try and shove it
in her. I told her no. She asked please and said she would do all the work and bounce on my dick like I
was a boss at work. She knows I am into role play and her being my little slut. I oblige her. She fucks
hard and fast like a good little slut, asking for praise. "How does that feel daddy? Do you like this
daddy?" She was a very good girl and she knows it.

I am just going to reject the sex I don't want (no praise) and accept the sex I do want (lots of praise).
Super simple formula that has been working. Then she gets comfortable and thinks she is the shit for
being such a good slut. Power grabs come back etc. Rinse repeat.

Yeah, your wife fucks for validation alright.

Not a bad position to be in. How would you use it to your advantage? Think on it.

Step 1. Starve her for validation
Step 2. Only praise her when she is slutty.
Step 3. Profit.

Step 4: She shit tests you that you only praise her when she's slutty
Step 5: Pass test. Fuck her.
Step 6: Profit.

Sounds about right

The more I drink is directly correlated to depression and shitty feelings.

I may have to read that book, I'm starting to feel this too. It's odd since drinking does lead to some fun, care-
free situations for me, but the next day is typically ruined. Comparing this morning of lifting and not
drinking last night vs Monday morning not lifting and drinking Sunday, it's night and day.
I never change my lifestyle based on drinking. Even if I am up until 2, I'm waking up and owning shit with work, lifting, kids or whatever I normally do. For me it's more mental issues related to the "coming down" off a poison. I didn't realize how much your body has to adapt to poison even if it's not enough to get me shit faced. I'm willing to try killing anything that is contributing to my mental and emotional weakness.

Cmvplease2 • 3 points • 21 August, 2019 12:32 AM
Part of my MAP is giving up alcohol, porn, junk food. Giving up alcohol has by far been the biggest blessing. It's a thief and a liar. It promises to give good times but it steals what would be a good day. If a good day is worth 10 points alcohol may add 3 to the night. 13 point day! If I really over do it, the next day is a big fat zero maybe even negative as I just look forward to the day being over. Net points: -7. Alcohol robbed me of 7 points and $20.
I’ve drank sooo much over the years that I'm just done. I've experienced all it has to offer. Now when I see people drinking I cringe. I'm like, yeah, that shit will fuck up your body and mind. And I'm just maybe 3 or 4 weeks out from my last binge. I don't even remember when it was. Doesn't matter. All that matters is I'm done.

johneyapocalypse • 1 point • 20 August, 2019 06:18 PM
Regarding quitting the booze, look for STSK’s post - it's good.
Sinclaire Method I think it's called.
He knocked that shit off in ten days flat.

STSK’s • 1 point • 20 August, 2019 06:21 PM
Who is that?

johneyapocalypse • 4 points • 20 August, 2019 06:29 PM
Steeltoeshitkicker and his post.

[jo] • 1 point • 20 August, 2019 07:04 PM
Thank you

[jo] • 1 point • 20 August, 2019 09:20 PM
Wow, that sounds too easy. A magic pill to take away the desire to drink. I will look into finding out how to get it.

johneyapocalypse • 4 points • 20 August, 2019 11:56 PM*
Alcohol is bad on your liver, but it's more bad on your brain, just like opioids. Imagine being 60 - maybe in a time where people regularly live to be 100 - and not capable of experiencing happiness 'cuz so much of your brain is so fucked.
That's the unfortunate longer-term reality of alcohol.
You wanna know anything about "green shit" and I can share. I went full-on hardcore vegan to save my life and I have that side of things down to a science, even though I'm no longer living that vida loca.
I'm super into green shit. My kids were sick and this hippy judo Dr guy told me to juice. Been doing it for 7 years. Fat sick and nearly dead was what changed the game.

I went hard core vegan to lose weight and reset. I went from 225 with a ton of physical illness and gut problems to a lean as fuck 175. I'm a hippy now.

Once he cured my baby son, I took a closer look. I found some really good things

My objective take-away after ten years, post-adoption - from the one peer-reviewed study that gave me hope - along with my decade-long experience:

The trinity: (1) garlic, (2) ginger, and (3) onion.

Juicing = remove the fiber = bad.
Blending = keep the fiber = good.

JuiceBlend those three things above every fucking day and you'll live for a long-ass time, never get sick, and maybe even beat a supposedly unbeatable disease. Maybe.

It really is fucking hard to get enough protein when vegan.

Or, at the very least, it's hard to stay sane while eating all the goddamn beans you need to get enough protein while vegan.

Science keeps catching up with Ayurveda - and I'm a science guy, not a woo guy - so I've been watching it for the 15 years I've been married to my hot but wacky wife.

Being full while vegan is pretty much impossible; unless that uncomfortable, bloated feeling from eating a fuck-ton of beans is what you call full.

I no longer believe that 100% veganism is the optimal way to go. But helping me - even if in the smallest way possible - get through what I got through - well that was good enough for me.

If your experience cutting booze is anything like mine, when I locked in for the long haul, shit got harder and weirder before it got better. Then it got a lot better.

It was more of an enlightening journey than I expected it to be when it came to my long term mental state and attitude. One of the most interesting things is that the long game seemed more important.

If your experience cutting booze is anything like mine, when I locked in for the long haul, shit got harder and weirder before it got better. Then it got a lot better.

Care to elaborate on this bit?

When you use alcohol habitually or frequently, there's a reason for it. Coping with constant stress, pain, anxiety, boredom, etc. When you remove the coping mechanism, you're still left with all those feelings and depending on your situation, it can be work. Like taking a different
red pill to bust out of your own matrix of bullshit.

I was a weekend warrior. Friday and Saturday nights I'd get drunk. Have a few beers on Sunday sometimes, but none on regular work nights. I'd stopped before periodically. Sober October and shit like that. But I always knew it was there waiting when I got back. After I stopped in Jan a great therapist recommend a book called "the truth about addiction and recovery". This book turns 12 step on its head, I liked it. One of the ideas he presents is that the process of using begins WAY before you actually drink, smoke, fuck a whore, gamble, whatever. A rough Tuesday in a shitty job or some other mental obstacle can be offset by the premise of gettingucked up on Friday night so you just say "fuck it" and never deal with the actual problem as head on as you should (which is not always comfortable). I immediately saw this in myself.

So in my case, instead of having a beer right when I got home Friday night, letting loose with the family, then drinking on and off until I either fell asleep after sex or poured myself into bed, I got home tired and a little irritable with no "fuck it" juice to look forward to and wash the day off. As the night went on, the energy I got from booze helping me not giving a fuck wasn't there, which brought up a whole host of other annoyances. Then, if my wife was too tired to hang, instead of hanging with beer and netflix or spotify or going out to have a beer with a buddy, I was just here. Anxious, tired, horny, wanting to turn the night into something because "it's friday night dammit!". But because this whole process didn't just start on Friday night, it impacted my whole week. Every day was right there. I couldn't say "hey it's OK I'm gonna party friday night and not give a fuck".

I didn't wake up with hangovers. No mental fog. Those were great. But NOT having alcohol as a crutch for whatever I was doing left me to sort through a lot of my own shit. It was (and is) productive, because you have to face it more head on. But it was uncomfortable for a while.

I didn't say "I'll never drink again" but I also haven't said I'm only quitting for 6 months, 9 months, a year, whatever. I knew I needed it to not be there waiting and I'd be force to deal on my own. Shit started getting a lot better a month or two in. Can't remember exactly. Mental clarity and HOLY SHIT the mood stability was amazing. My frame wasn't as shitty. And I cared about my career and personal growth more and differently than I did before. That one is hard to describe so I'll just say the long game got more important and more real. Issues that were normally stressful didn't impact me as badly. Mentally I am just a different person.

One of the most insightful things I heard around reintroducing it was from the author of This Naked Mind on YouTube. Someone asked her when they could have a glass of wine like a normal person. She said "You don't have a right to ask that question yet. Go for a year. All the ups/downs/parties/vacations/funerals/weddings you would normally drink at and don't. Start there." So that's where I am now. I can be around booze at events and parties and stuff. No issues, just relearning how to do all that stuff w/o chemical help.

Jesus Christ that was a lot. there's my "bit" of elaboration. I clearly enjoy talking about myself. Maybe you're not as bad as I was so your mileage may vary of course.

[deleted] • 1 point • 21 August, 2019 12:46 PM

This was very helpful, thank you

i-am-the-prize • 4 points • 23 August, 2019 09:12 PM
OYS #6

Stats:
Age: ~50yrs old, Height: 5'11”, Weight: 207 lbs, ~13% BF
Relationship: Wife is same age, been together 20+ yrs, several kids 9-15 yrs old.

Lifts (no idea of max, these are rep weights, the rep count (in parens) Squat: 335#(7), rows 210#(10), bench 205#(10), dead-lift: 275#(7)

Sidebar reading - NMMNG - re-listening (read it before) and re-listening to the big-3 from Rollo (read in kindle before). Found another book may not be 'official side bar' material, but Audible recommended it. That guy calls shit-tests "fitness tests" and claims they are used (also unconsciously) by the female to see if the guys inner mettle matches his outer persona/posturing. And is he 'fit enough' (his: frame, strength of character/will) to handle her and by extension other external threats (to her and her offspring). Fitness-Tests, made sense.

STFU/DEER'ing: I've been good here. My STFU events journal (pass/fail logging) is trending well. My only complaint between us in a month was a boundary verbalization, but articulated with a smirk on my face ("remember, I'm talking to a child") so I made it a point to not be crabby/butt hurt. She DEERed back to me, but I reiterated and left the house/went to the gym. Issue settled, she promised it wouldn't happen again (we shall see, but there will be no claims of ignorance this time).

Sexual – a good/close friend I turned onto RP, we talk regularly. He asked me about my rejection rate, hadn't thought about it frankly. Reflected and 0% rejection for months now. So I'm not scoreboard like I used to. I traveled for business back to back with her menses and when I arrived back in town within 5 minutes she mentioned: "I've got clean sheets on the bed for tonight, after all it's been 6 days..." and smiled at me. (I LOL'd thinking - ha, I used to be the one that counted days - almost as bad as the spreadsheet guy) so whether she was counting or assuming I was, IDNGAF I'm not in her head, but it was an interesting contrast to the BP me.

1000' of Rope - this is working. A few months ago I was 'mirroring her (lack of affection/attention) but it came from a 'counter-point' to her actions (or lack thereof), so the Frame was obviously not from my point of origin. The 1000' of Rope analogy:

begins with one's own point of origin
reinforces that I do what I want/need to because I am truly busy on my mission(s), which often take me 'away' from her
this results in a tighter rope by hapenstance, not design (assuming I'm a High Value Male) after all, if there is no attraction there is no rope; the rope is her attraction for me not her obligation to me.

Dread - less shittests, but its in her nature to drop them out of the blue. no more anger, occasional annoyance, but NGAF and pass them. But her change the more I am RP and more strong I become is definitely more comfort-test than shittests like easily 3-4x ratio. Flipped the ratio vs. a few months ago even (recall i track shittest pass/fail in my journal app). I keep getting more cut (lowering BF) and more muscle and more fit; no bitching, no arguing, no complaining, no whining, no mategaurding. I am NGAF 23 hrs a day. She finally got on board and is down a few pounds, looking better, but since me breaking 20-15% BF and finding RP, she is the one MateGaurding me when we go out. Interesting change. It's not why I do it. But just an observation.

Mental - meditation is coming slowly. Seems to calm me during and shortly thereafter, but not permanently. I realized after taking some psych tests recently that I have more trait neuroticism than many guys. I'm not tragic/crippled, but have to focus on not being distracted by what-if's and shit. It's my challenge, so be it. I have been in touch with a proper BJJ gym, from a reputable teacher, I have my first session next week. OYS7 will have a report. Hoping BJJ will bridge the gap between my notable physical improvements and desired mental improvements that I'm looking for.

Interestingly I'm drinking less and less. I cut a lot of drinking last year when I got serious about losing weight,
but the fitter I get the less I want to drink. And when I do, my liver/etc are so on point I have no hangover and do not get 'buzzed' like I used to on 5 drinks, even though I'm a lot thinner. Regardless, less alcohol seems to agree with me. I don't smoke, no drugs, so drinking less is also cheaper, good, will help pay for the BJJ gym :)

**Relationship** - not trying to pedestaliize, but after the anger phase and as I continue to get stronger, I am starting to see again, why I chose this woman to be my wife. She adds value to my life and she is a solid parent, totally responsible with money and the house and the kids multiple crazy ass schedules for school and sports, she fights for me and for them and she's the opposite of lazy. Was a PHD and made bank before becoming stay at home mom, and glad to know that she didn't turn into a couch surfing loser, she took the same intensity and channeled it into being a solid mother. She has become very responsive to us as couple and understands my views (no longer articulated, but I said them in early 2019) that 'we' are what's important, the kids will benefit from us putting eachother first. She originally recoiled at that thought ("I'm a mom first"), I pushed back on that and we argued (again pre RP) But without speaking about it anymore, I see her making time for us in ways she didn't before. Maybe before (before dread, before my SMV climb, before my mission focus, before my ultra availability withdrawal) she took me for granted. She does not anymore.

MRP - not guaranteed to fix your marriage, but it will fix you. Then rest is in your hands.

[deleted] • 5 points • 20 August, 2019 10:31 AM

**OYS Week 45**

**Stats:**

Age: 36; Height: 74 in; Weight: 191; BF: Not going to worry about for 3 months. Was 13-15%. Wife: 38, (together 17, married 14); Children: 2 kids – 5 and 10

**Readings:** All of the sidebar. Most 2x.

**Physical / Health**


- Libido has been shot and fatigue is very bad. I’m starting to think my ‘dizziness’ and ‘heart racing’ may be a form of anxiety that I never experienced previously – but I have no mental issues when it occurs (no racing thoughts, impending doom, etc.).
- Heart and kidneys check out fine. I’m 90% certain my issues are caused by hormone issues.
- Entering week 3 of BBB. Starting to stretch daily, especially hamstrings and back. Very poor flexibility
- Muay Thai started back up again

**Relationship**

This week, I had no anger towards my wife. But there is now a sadness and a feeling of giving up/stop trying with her. Frankly, I’m starting to not like my wife that much. Not in a “I hate you” type of way. It’s more of a “I’m not sure we are right for each other” kind of way. And not just talking about sex... she’s just not fun. She’s boring... (yep - my fault I know) but thinking back she’s always been this way - hates going out, but also hates doing stuff at home. Board games, cards, doing a puzzle, even joking around she isn’t interested in.

I can’t change how she feels – I do the best I can – staying fun, trying to tease / be playful, inviting her to do things with me, game her, kino, etc. The last few weeks have been really bad and negative from her - she’s been moping around. My attempts to bring her in on fun get no response 90% of the time. It’s not a covert contract to change her mood – I know that’s on her, but it’s not fun to be around – so I haven’t been as much.

Her birthday was Friday, I decorated as best I could, lots of balloons, a big bag of Sour Patch Kids (it’s not skittles… but close). Had a nice day – go karting with the kids, trip to the mall, nice breakfast out. She came along but was negative and complaining about getting old and hoping she dies soon (this has been a common
statement after my son died). Over the weekend, she was depressed (not in the clinical sense, but in a “I don’t want to do anything except sit here and watch TV” sense) – she’s been like this a lot in the past month. The worst part is the kids still want to be around her, so I have a choice to 1) take the kids and do something in the house away from her or 2) go out by myself. I did both. I want a fun wife partner, who is spontaneous and playful (sexually and non-sexually).

Messaging a few people and remembering other OYS, it seems like this is a fairly normal phase. The “I don’t like my wife” feeling.

She went bat shit crazy again last night over… me saying I’ll drive the kids to school. This was from her saying how she’s tired from getting up “early” – the same time I get up. Her mind immediately went to me trying to control her. Seriously… this is the shit that causes me to have this nagging feeling in my gut that this woman isn’t right. That and now she’s recording arguments (for evidence or whatever - I don’t really care since I’m not the crazy one). Naturally I just AA’d and AM’d and told her (jokingly) that I’ll spank her later and left for Muay Thai. But her behavior is getting out of control – I’ll have some tough decisions coming up to make. I get home, of course her shit is in the guest bedroom. There’re more red flags every week with her. Is this AWALT or is this she actually has a mental problem? I am seriously thinking my life would be a lot better alone – despite what she does do around the house, it’s not worth having this level of crazy in my life. I read some of /u/red-sfplus posts on his divorce and used to think my wife wouldn’t be capable of that… I know 100% fully believe that my wife is capable of all that shit and possibly planning to blow shit up just for the hell of it – out of some misguided need to get revenge since I am ‘controlling’ (I’ve seen controlling – I am definitely not controlling).

To be brutally honest with myself – what I find hurts the most from her and sucks is that I have truly cared about her and her well being. I saw these flaws and loved her anyways. Is that faggot thinking? Absolutely. Now the flaws are becoming worse and worse and I am not attracted to her very much. Sure she looks good for 38, but who the fuck wants to be with a crazy person? What I am still questioning is if my gut is right – is she truly crazy or is shit testing to extreme levels? I know I’m past the early stages of MRP but no means at the end, so I’m going to keep at the grind and keep going. Just this nagging feeling I need to swallow down for now.

On the positive: the one time we had sex was great. Non-sexual affection is up from her – much more touching, kissing, etc.

I need to go back and re-read the sidebar. I’m at a much different place now than when I last read the books. Things have changed – I need to continue my MAP as it was but also getting to a point I need to find out what the next step is for me in this journey.

**Last Week Focus**

1. Getting healthy – *still need too much god damned sleep.*

2. Be mindful of my own emotions and when I’m reacting to them – went very well. *No anger felt and no reacting to the negative emotions*

3. Play out scenarios in my head, how I would react to certain situations / shit / comfort tests so I do not revert to emotional responses – *good, but no real major blow ups this week*

4. Find better ways of proactively giving comfort. The balance between dread and comfort is poor right now – it’s one thing to think I could find someone else / cheat and another that she is ACTIVELY thinking it’s happening. Time to dial back dread inspiring AA’s a little bit – *Excellent. Comfort but not overdoing it.*

**This Week’s Focus**

1. Determine TRT next steps
2. Stretch daily

3. Continue playing nice card each day. Continue to invite her along to do fun things

4. Play with the kids more away from wife

5. Restart sidebar readings

RStonePT • 6 points • 20 August, 2019 02:09 PM

That and now she’s recording arguments

That should give you pause, this isn't not a small red flag.

But her behavior is getting out of control – I’ll have some tough decisions coming up to make.

they are as hard or as easy a decision as you make them.

what I find hurts the most from her and sucks is that I have truly cared about her and her well being.

Yes, captain saveaho is a real thing, it's not just about BPD chicks. the more you nurse her, the more she treats her fucked up situation as real, you build a stasis of shit that you can both wallow in, it's comfortable, it's known...

I'm surprised you don't think your kids can see this, and if you're aware it's having an effect on how they handle their future relationships. Best to stop making this a tough decision, so you no longer have an excuse why you aren't doing anything about it.

Get her some professional help. The amount she drags her feet on it, and the ratio of heavy lifting (making calls, remembering appointments etc) between you and her will tell you all you need to know. Is there a light at the end of the tunnel or is this an empty void that wants to swallow you whole.

Taking action makes it very obvious

[deleted] • 1 point • 20 August, 2019 02:19 PM

I'm surprised you don't think your kids can see this, and if you're aware it's having an effect on how they handle their future relationships. Best to stop making this a tough decision, so you no longer have an excuse why you aren't doing anything about it.

It's fucking the kids up. I know this. Not just in future relationships but even as growth as kids. My wife uses them as her emotional blanket. If they get mad at her for something she tells them "I guess you're not my best friend anymore". That's just cruel to do to a five (or ten) year old.

Yes, captain saveaho is a real thing, it's not just about BPD chicks. the more you nurse her, the more she treats her fucked up situation as real, you build a stasis of shit that you can both wallow in, it's comfortable, it's known...

Yep - it was 100% saveaho. She had a tough time, mom kicked her out -> i need to find her a place (this was dating for 5 months btw). She got into financial trouble -> I helped her out of it (about 1 year into our relationship). Fast forward 17 years later and we were both a mess... I'm fixing myself - in a great place.

Get her some professional help. The amount she drags her feet on it, and the ratio of heavy lifting (making calls, remembering appointments etc) between you and her will tell you all you need to know. Is there a light at the end of the tunnel or is this an empty void that wants to swallow you
Well fuck me. This is the best advice. I know where this leads barring a miracle that isn't likely to come. Considering I've tried multiple times (as has her family and friends) to get her some help and she 100% refuses tells me what I need to.

RStonePT • 3 points • 20 August, 2019 02:25 PM

It's fucking the kids up. I know this. Not just in future relationships but even as growth as kids. My wife uses them as her emotional blanket. If they get mad at her for something she tells them "I guess you're not my best friend anymore". That's just cruel to do to a five (or ten) year old.

And if a brother, in law, or stranger was doing it to them you'd beat the shit out of him and proudly brag about it on facebook. Best interests of the child indeed.

I helped her out of it (about 1 year into our relationship). Fast forward 17 years later and we were both a mess... I'm fixing myself - in a great place.

I think you've not done enough with the covert contract work. I don't know if you acknowledge it elsewhere, but this is a pretty obvious one staring at you. Ima guess you've been working on your MAP for <2 years now? that revelation hits around that mark

tick tock

Well fuck me. This is the best advice. I know where this leads barring a miracle that isn't likely to come. Considering I've tried multiple times (as has her family and friends) to get her some help and she 100% refuses tells me what I need to.

references

https://www.chumplady.com/2013/07/real-remorse-or-genuine-imitation-naugahyde-remorse/
https://www.youtube.com/watch?v=ALMvW4_A99U
the above are about infidelity, but you can map them to your situation rather well

SorcererKing • 7 points • 20 August, 2019 01:58 PM

Put these three lines next to each other:

hoping she dies soon (this has been a common statement after my son died)
Over the weekend, she was depressed (not in the clinical sense, but in a “I don’t want to do anything except sit here and watch TV” sense)
There’re more red flags every week with her. Is this AWALT or is this she actually has a mental problem?

I don't know the story of your son, and you don't need to recount it here, but I'm going to guess that she is NOT over this and it is eating her up. All that you describe are the symptoms of clinical depression, btw: flat affect, fatigue, loss of interest, etc. Time to get her some help, man.

[deleted] • 2 points • 20 August, 2019 02:09 PM

Time to get her some help, man.

And how do you do that when she refuses to 1) acknowledge a problem 2) thinks everyone ELSE is the issue and 3) will "never go to a therapist, I rather die".
SorcererKing • 3 points • 20 August, 2019 02:16 PM

My mistake: it's time for you to get some help in getting her some help. I'm afraid I don't have any resources for you, but I'm sure some are out there. Maybe a CTJ is in order? Not something we often advocate on here, but sometimes direct is best. Pretending nothing is wrong isn't working.

[deleted] • 3 points • 20 August, 2019 02:25 PM

I have my therapist appointment later today. I'll discuss any options with her. She agrees my wife needs help but she also has made it clear that at some point, I need to do what's best for me (and the kids) and that there's a good chance that means separation and then divorce. She thinks separation may be the only thing that gets her into treatment.

SorcererKing • 3 points • 20 August, 2019 02:29 PM

Didn't want to say that, but yes, that's the CTJ part. At some point it gets to where you have to literally say, "You're not well. You need help. You need to see someone; I can't keep doing this." Tough road man, sorry you have to go through this.

00Pi • 2 points • 20 August, 2019 05:49 PM*

*My sympathies go out to you, man. I can identify with a lot in your post - The death of my child radically changed my wife, and part of my journey has been learning to accept that fact. And, yes, I have definitely had the “I’m starting to not like my wife that much” moments; in my experience they wax and wane.

Here’s what I’ve done:

I’ve set up appointments with doctors - only to have her cancel them.

I’ve physically carried her into appointments to watch her lie - or demonstrate extreme denial - while taking the clinical depression assessment.

I found a particularly adroit psychiatrist who managed to (momentarily) convince her to take medication as a “muscle relaxant.” That only lasted a few months - but, boy, wife on “muscle relaxant” was a fundamentally different wife.

I bought her self help books

I brought us into couple’s therapy - or tried - because I thought that would be one way that I could get her to see a professional…

I finally gave all that up because I realized that the only person I can ultimately save is myself (and maybe, to a limited extent, my kids.)

I’m going to echo what others have said here: the most effective thing you can probably do in this situation is to set up boundaries...And, yes, definitely bring this matter to the attention of your therapist.

Some things that have sort of helped: Listening to her; asking (guiding) questions - so that she realizes her cognitive distortions (sort of like negative inquiry - but with the intent of having her realize her own distorted thinking/unhealthy feelings); modeling cognitive restructuring (when she asks about my day etc.); opening up about my own therapeutic experiences (eg. It’s rough that you’re going through X. It reminds me of when I experienced Y. What helped me was Z technique (or realization) from therapy); tough love (flat out telling her that certain behavior is unacceptable.) My wife has begun to admit that she potentially has a problem (previously all her problems were external not internal) and that she could maybe benefit from some professional help. (It’s taken months to get to this point.) The jury’s still out on whether she’ll actually act on this awareness.
HornsOfApathy • 1 point • 20 August, 2019 12:20 PM
Are you sure you aren't inviting too much? It's like the buddy you have who's down at the bar 5/7 nights a week and always sends you an invite. There is no scarcity.
I think it's time you continue the nice card with scarcity in mind.
This sounds and reads an awful lot like placating.

[deleted] • 1 point • 20 August, 2019 12:34 PM
Nah, I'm not inviting every day. Once in awhile - every couple of weeks.
Can you expand how you feel it is placating? I don't see it but I may be missing something.

HornsOfApathy • 1 point • 20 August, 2019 02:35 PM
I may be reading between the lines, but I see a lot of effort from you still to change her mood. You talk a lot here about her mood, and how you're really not trying to change it, but then are sort of pissy she doesn't accept your invites, yet claim not to be inviting her as a covert contract.
There's some dissonance there.
I think you've got a little ego here to explore.

[deleted] • 1 point • 20 August, 2019 02:40 PM
I appreciate the assessment. I see things a little differently.
It's the overall pattern that is starting to get to me. The negativity, the hostility, the emotional blank use of the kids, not interested in life.
I've read your post again on depressed wives. And I get it, but she's in such a state that I am not capable enough to get her out - and she refuses professional treatment.
That's where I am this week, trying to figure out how much more effort I can put into something that I really - deep down - know with 90% certainty how it's going to end.

HornsOfApathy • 1 point • 20 August, 2019 09:56 PM
Being capable to recognize you're not capable is still good leadership.

FoxShitNasty83 • 1 point • 20 August, 2019 12:44 PM
I will post later as my thoughts about this are aligned with yours right now. The power is changing but your forcing it (in my opinion). Also do you even like your wife? I saw my wife nacked for the first time in a long time (long story). the net result was that I didn't like what I saw... in fact I'm in shock. is the juice worth the squeeze?
P.s consider a foam roller and resistance bands if you dont already have them. My shoulder mobility is getting better.

[deleted] • 1 point • 20 August, 2019 12:48 PM
I was forcing it in the past, I agree. But now I don't see that.
I am not sure if I like my wife is the honest answer. I would say 80% of the time I don't.
Got the roller coming today. Have the bands already.

FoxShitNasty83 • 2 points • 20 August, 2019 01:13 PM
You are trying to lead, she sees this as hes taking over... I dont like it. It's not normal... hamster spins
but not towards you... away from you... fear, scared, danger danger. Like me, you need to work out how to lead the hamster out of the depression, across the broken glass, across the crocodile lake, past the Chad's and into your arms / dick. Hard? (not your dick).

I don't have the answers yet but you control you... thoughts?

I control me - sure I know that.

Here's how I see it and yes this is getting inside her head, but whatever...
She had a controlling dad (like physically abusive type)
She has a mindset that anything she doesn't like is a personal attack on her [AWALT for sure]
She holds onto these personal attacks... well forever [AWALT]
I always backed down when she acted like this (it's been the entire relationship but it's getting worse). My fault
I don't back down now. I come up with solutions to problems (and yes I include her input).
All this comes into being controlling (like her dad - she's said as much)
Since I'm controlling, she can videotape me "just in case" [I do not think this is normal]
This is a serious thing now: "Since I'm acting different I must be possessed by a demon and need a spiritual cleansing" [I do not think this is normal]
What (again) concerns me is everyone who knows her and I tells me she needs some serious help. This are people we've known for years - her family, mutual friends.
I get the "you seem so much healthier and happier" while for her it's "she seems to have really gone off the deep end and shows a lot of sociopathic [insert other mental issue] here".
Then there's her statements of "when I divorce you, I'll take it to a full trial just to prove my point and show my evidence, then you won't ever see the kids again and pay me everything you make for the rest of your life". So naturally, that's a bit concerning especially combined with the videotaping and her emailing lawyers. Could all just be a shit test (why else would she "show me" she's emailing lawyers, but that's what I'm trying to determine. If this is a get the fuck out before she chops your dick off level of crazy or AWALT.

"Since I'm acting different I must be possessed by a demon and need a spiritual cleansing"
[I do not think this is normal]

Sorry dude, I lol'd at this.

Does she get mad when you jump up, start speaking in tongues, burn some sage and demon fuck her from behind?

She has attempted to use sage on me on more than one occasion.

Between this and the recording thing there is zero doubt a mental break is around the corner. These are major negative signals that require an escalation of force toward therapy or separation/divorce.

Don't be the guy who gets shot in his sleep to exorcise imaginary demons.
FoxShitNasty83 • 1 point • 20 August, 2019 02:11 PM

Fuck me, yeah I relate to this 100%, bitches be crazy.
If my wife even threatens divorce, I would get the paper work done and call her out on it then and there. Then we move forward either way.

HornsOfApathy • 1 point • 20 August, 2019 02:50 PM

If my wife even threatens divorce, I would get the paper work done and call her out on it then and there. Then we move forward either way.

I see alot of advice here on MRP along these same lines, but we also should calibrate effectively.

I think if he were to pull this card (which is actually the right one most of the time) it may send his wife over the edge. She's already threatening to throw herself off the cliff and seems quite unstable at the moment. You don't walk up to a woman on a cliff who's seeking leadership like his wife and say, "Go ahead, jump."

Personally, I think it's the right move at the wrong time. He still has 18 years of faggotry to unfuck.

[deleted] • 3 points • 20 August, 2019 02:56 PM

I think there's another option.

Do a separation (hell it's required anyhow by my state). I see this as "listen, you're on a cliff, I don't want you to jump but I can't stop you from jumping. But I am not going to be a party to you being out her standing on the cliff anymore. If you want to back away from the cliff, we can go from there, but it's dangerous for me [and the kids] to be around you when you're on this cliff".

FoxShitNasty83 • 1 point • 20 August, 2019 02:55 PM

This is true. How would you know when the right time is? Is it a simple case of giving space so she can realise what she needs to do. How does one lead someone who resists being led. Where do we draw that line?

HornsOfApathy • 1 point • 20 August, 2019 03:09 PM

I think you draw the line when you're 100% certain you want her to jump.

When YOU have made the decision to divorce. Anything else is from her frame.

If you're certain she's going to jump 100%, why not just make the decision of when you're going to tell her to?

Rifleshoot • 1 point • 20 August, 2019 01:28 PM

Are you sure that your wife isn't actually clinically depressed? She certainly seems to be showing signs of it, just based on what you’ve said here. She doesn’t want to go out, she doesn’t want to do anything at home, she hates waking up, etc. Maybe you’ve had her checked out for it, but if not, you might should do that. Obviously, you are dissatisfied with your FO, but there could be a problem that could be fixed if it is addressed. All the game and attractiveness in the world won’t help you if she isn’t in her right state of mind.

[deleted] • 2 points • 20 August, 2019 01:49 PM
I think there is definitely something going on and I have tried (scheduled an appointment for her) to get her in. She 100% refuses to see someone. She's fine - she's normal. I'm the one who is possessed and needs help. She'd be "weak" if she went and (recurring theme) no one can tell her what to do or how to feel.

I do see a therapist - have since my son died. It helps.

All the game and attractiveness in the world won’t help you if she isn’t in her right state of mind.

Agree.

Rifleshoot • 1 point • 20 August, 2019 02:17 PM

I guess keep trying to get her to seek some help. From here, it does sound like she does have a problem. Is it affecting how she treats your kids or is mostly in her treatment of you? If it is affecting her in relation to the kids, that’s probably the angle you need to push to convince her to finally get some help.

[deleted] • 2 points • 20 August, 2019 02:24 PM

If it is affecting her in relation to the kids, that’s probably the angle you need to push to convince her to finally get some help.

Angle pushed. "I just love my kids so much... it's perfectly normal to want them around me 24 hours a day, they're my best friends, they make me feel good to be around them". I really would love to find a way to get her some help. But that goes back to the "saveaho" mentality.

Rifleshoot • 2 points • 20 August, 2019 02:38 PM

I’m still fairly new to RP in general, so take everything I have with a truckload of salt. But it seems to me that if the FO is afflicted with something, it is on the captain to get them the cure. With depression, it can actively stop someone from seeking help on their own. It might be time to force her into therapy. It’s obvious from your OYS that you are at the very least contemplating divorce. Wouldn’t it be better to take a stand and lead her into therapy rather than letting the condition worsen until divorce is the only option?

No judgement regardless of what you choose to do, it just feels like that’s the way I would handle it.

HornsOfApathy • 2 points • 20 August, 2019 02:58 PM

I really would love to find a way to get her some help. But that goes back to the "saveaho" mentality.

You know, for once I have a reason to say to this comment: Fuck that nonsense. This is your wife, not a ho. 'saveaho' is a mentality founded for men that are vetting women. They have that luxury. I prefer the term "her emotions are not my responsibility".

What I think you have here is a case of testing your leadership, but that's just me.

You can't find her help as you've tried here. It has to be her idea. In all of my days of trying to get my wife to go to therapy for her shit, even going as far as to schedule the appointments myself for her, it did nothing.
See, I don't think you're her safe place. If you were, and asked her to go, she would gladly. That has ZERO to do with attractiveness and ZERO to do with game (the sex kind, anyway).

**You can't teach your FO.** She already has the skills to be a great FO according to you.

**You must lead your FO** to what they already know.

You lead through authenticity (congruence) and the masculine trait of care (nice card). If she refuses that gift, in face of her own admittance of true fucking honesty, then you have lead as far as you can.

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I agree - she has no safe place. There's never been vulnerability in her. To anyone.

My good friend gave me this advice: "keep going until it starts to affect you or the kids". Well - it's at the point it's affecting me and the kids.

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Can you appeal to her raw emotion which is fear? This woman is bouncing around like a meth head lately.

Have you said, "Hey babe, all of this... all of this XYZ... I know that...deep down you bare scared. I dont want a scared wife. When you can admit to me this is what's going on, let's talk. I know you better than anyone. Come find me when you want to talk."

Then go OYS. Sometimes the feminine needs the clarity and vision of the masculine, and perhaps the storms are too frequent for her to see it's just a hurricane of fear.

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I've been reading some more of your responses and I think you need to really consider the health of your FO. The red flags for suicide are all there. Most suicide victims show plenty of warning signs beforehand, hoping that someone, anyone might stop them and help them. It sounds like your wife is in that place for sure. In her current mental state, she cannot act to save herself. You have to be the one the act.

At this current juncture, I think applying dread and other MRP staples are only going to feed into her depression and make her feel even justified in her suicidal thoughts.

If you don’t take action, I’m afraid that one day, either you or your kids are going to come home and find her dead next to a letter.

---

I think you're right... she claims she would never do such a thing and she's "fine" but her actions scream out she needs help. She can't move past my son dying. And she's killed off one by one her support network with the exact same behavior she's pulling now. I think she WANTS to be miserable.

Thanks for the perspective.
dying people often withdraw entirely, shut down relationships, and "kill off one by one (their) network," just like your wife is doing, for reasons I can understand, because after having nearly died - over an extended period of time - I can tell you the only thing I consider worse would be to experience the death of one of my children.

Hell, you grow accustomed to the idea of dying, you stop fearing it, and you learn to accept it... when it's you.

At the same time, my wife has been, since day one, anti-therapy. No worries for me, 'cuz I've never been pro-therapy.

But I'll tell you this - we had one appointment with a therapist - one-time - because she said something to one of my children that was boundary-breaking. And she could not see the (clear and incontrovertible) error of her ways. She has talked since day one like your wife: tough, do-it-herself, solve her own problems, etc. - and shit this woman does so - she meditates daily for one hour (sometimes more) and has only missed one day in 20 years. She's also the healthiest woman I know.

But I told her it's quite simple: we see a therapist to help us resolve this otherwise unresolvable matter, or we're done, period. I said this after it became clear that her perspective was clouded and her judgement about her own behavior was off-kilter.

She folded. We saw the person. She waffled. But she came to understand that what she had done was wrong - though not terribly willingly or terribly objectively - but she did. And she knows never to say it again, regardless of whether she had a fucked-up childhood with a fucked-up father or not.

Your wife has two tough strikes against her: (1) she's a DIY, skip-the-therapist girl like my wife, and (2) she's clearly not getting over the only I thing I can think of that would be harder - on the entire planet earth - than what i went through - which was pretty goddamn hard - and she went through it.

Your therapist is right, dude. Only way you're advancing here is putting your foot down and nuking - if only temporarily until she sees the light.

Thanks. Your post way back when was the one that gave me an ounce of hope of overcoming my issues. And I’ve done so - well a lot of them.

My therapist today (conveniently already has a session) basically said I need to find an attorney and get out - there’s likely no saving this since my wife has created a completely false narrative around life and only lives for one purpose - and that’s my kids. That combined with the videotaping points to only one answer.

I know this is hard and that it’s easier to look away, but your wife is sick and desperately needs help. Watch what she does, and not what she says. She’s acting out in desperation, hoping that someone will come along and save her. That’s you.

It's hard but it's not something I've ignored. It's the "doing the same things over and
over and expect different results". She doesn't want help. I have tried multiple approaches. It's frustrating because I care for this woman and see her pain and KNOW she needs help.

PillUpAss • 1 point • 20 August, 2019 01:56 PM

I decorated as best I could, lots of balloons, a big bag of Sour Patch Kids

If it's the true expression of what you want, I suggest doing nothing for anniversaries, wife birthdays, etc. Dig deep, do you really want to do all that shit? I don't and I solved a ton of problems by just dropping all of it. It has eliminated all conflicts around such events. I've never been asked why, but if she did ask, I'd tell her she gets the gift of ME everyday.

She went bat shit crazy again last night over… me saying I’ll drive the kids to school. This was from her saying how she's tired from getting up “early”

Come on man, that's BP 101: trying to solve her problems.

now she’s recording arguments

I was considering this when I was headed towards divorce a couple months ago. That and self-analysis would be the only reasons. I don't think it's the latter in this case.

I have truly cared about her and her well being. I saw these flaws and loved her anyways. Is that faggot thinking? Absolutely.

Disagree. You can still care, you can still love - if they are authentic feelings you need to own them. Being a faggot is to deny them because other faggots on an anon forum say you should. Faggot is also confusing loving someone with what is going to work with your mission. They can be and are often two separate things.

Continue playing nice card each day.

Instead of this, how about you go more hands-off for a week. Give her more space to be however she's going to be. Don't try to change or fix it. Focus on improving yourself while being the cool, hands-off guy. Still fuck her if you get the opportunity and feel like it, but stay out of her shit where possible. Her problems are hers and she'll have a better chance to fix them with you being the frame, not the art supplies.

*edit: typo

[deleted] • 2 points • 20 August, 2019 02:08 PM

Thanks for the insight. This is helpful

Dig deep, do you really want to do all that shit?

Actually - yes I did. Me and the kids worked together to do it. She could care less about this shit, I did it because it was fun and something to do with the kids. Anniversaries, valentine's day, etc. There's nothing except maybe a handwritten note for her.

I don't think it's the latter in this case.

Me either. What I keep thinking about is how some women can never give up control and rather choose to be miserable and make everyone around them miserable.
Come on man, that's BP 101: trying to solve her problems. She asked for a solution. "What do you think I should do about this?". Normally, I just empathize but when she directly asks for a solution, I provide one.

Being a faggot is to deny them because other faggots on an anon forum say you should. The faggot thinking was being hurt over her actions despite me loving her with her issues - that screams covert contract to me.

Give her more space to be however she's going to be. Don't try to change or fix it. Focus on improving yourself while being the cool, hands-off guy. Still fuck her if you get the opportunity and feel like it, but stay out of her shit where possible. Her problems are hers and she'll have a better chance to fix them with you being the frame, not the art supplies.

Good advice. I was planning to see my parents in the next few weeks anyhow. May make sense to plan that sooner.

ChokingDownRP • 1 point • 20 August, 2019 09:00 PM

You don't have a typical MRP situation. You guys lost a son. She is still dealing (not very well) with this loss and she's depressed. She needs professional help. No amount of lifting, reading, gaming, etc is going to address this.

If she doesn't want help, or tried to get help and nothing changes, then you make your decision about whether you're right together. I'm assuming your vows said something like "for better or worse, in sickness and in health". This are the for worse and in sickness parts. Be the captain, lead her to get help ASAP.

By all means, continue to work on yourself (perhaps you also need counseling?).

[deleted] • 2 points • 21 August, 2019 10:46 PM

Thank you. This was very helpful. I can work on myself and will. Your point about the vows (which I do take very seriously) is spot on. My goal is to get her help. There’s likely ptsd, depression, along with some personality stuff that makes things worse going on.

At this point we have a counseling session scheduled. I’m going with her. WISNIFG was crucial here. Basically there was two paths - divorce or she gets help. Initially she was all set on divorce and I was making plans for it (still am tbh). Then tonight the reversal that she would go but wanted me with her. If this turns into a long road is evil and I need to rub her feet more than that’ll end that. But I’m focused on solving her big issues around the loss of my son.

Dread, overly sexual AA all need to be put on pause until she gets well. I think that’s all simply made her situation much worse. That combined with Rambo and lack of comfort is all my fault.

Thanks... this was eye opening.

HornsOfApathy • 1 point • 22 August, 2019 12:51 PM

But I’m focused on solving her big issues around the loss of my our son.

FTFY. If you're going into this and getting down in the trenches with her on this topic, it's imperative you keep in mind that you too experienced this - with her.

[deleted] • 1 point • 22 August, 2019 01:38 PM*

I have this tendency... mine vs hers. My house, my kids, my son, my X. Something I've been
hyperaware of lately.
I need to read Extreme Ownership.
safe place with her vulnerability.
I haven't been. That probably is the reason for all the other shit (not open sexually, not open emotionally, shut down and finger fucking her phone)... I went from a supplicating / dishonest faggot to an angry/unsafe asshole.
Good times... we will see how the next few weeks go. Hopefully the cycle is going to be broken through some of this.

HornsOfApathy • 1 point • 22 August, 2019 02:20 PM
Extreme Ownership may help you reframe the thoughts. It won't focus on the plural, but rather your position of leadership of "My family. My children. My life." can encompass all parts of those things with you at the helm.
It may be a good thing for you to make this mindshift as the leader of your clan.

ChokingDownRP • 1 point • 26 August, 2019 01:41 AM
I'm glad you found my post useful, but I'm just some stranger on the internet. You figure out your situation and take the course that's right for you. Just seems obvious that she (and you) have to get some help dealing with a major life tragedy. I hope the counseling you're referring to process to be a good first step in getting her (and you) to deal with the loss.
If MRP is RP on hard mode, you're RP on impossible mode. Good luck, looking forward to following your progress. The road ahead will require a frame of steel...keep putting in work!!!

RPeed • 1 point • 20 August, 2019 09:03 PM
It's a lot bro. But being brutally honest: where are the boundaries?
You are entering the “trainwreck” zone.
It’s only “all your fault” until you decide it’s not.

[deleted] • 3 points • 20 August, 2019 09:17 PM
The boundaries have been violated - the videotaping is the big one. It’s not my fault. I’m making plans to get out of the situation. My therapists feedback: - my wife won’t change.
- My wife doesn’t love you, maybe never has.
- she exhibits clear traits of sociopath - she is abusive towards you and then makes you the bad guy - find a good attorney

[deleted] • 3 points • 20 August, 2019 09:36 PM
What’s sad is my biggest concern about a separation if an apartment would let me have my power rack and weights in there.

RPeed • 1 point • 20 August, 2019 09:42 PM
I used to rep 450lb deadlifts in the third floor of a rickety old apartment building. Might be easier to beg for forgiveness than ask for permission.
That being said, I’ve had 3 home gyms and honestly enjoying being back in a tiny commercial gym right now.
Have you been to a cardiologist about the dizziness/heart racing?

I experience something very similar. For me, it’s a slight arrhythmia called Atrial Fibrillation.

It is worth going to a specialist and filing out before you jump to anxiety (many arrhythmia actually produce an impending sense of doom as a side effect).

Cardiologist cleared me yesterday after a stress test. Nothing abnormal whatsoever. “Extremely healthy heart” was what he said.

So I’ve had thyroid, pituitary, adrenals and heart checked out. All very healthy.

I could be wrong, but I believe an arrhythmia would be very hard to spot during a stress test. I had to wear a halter monitor for a month to find mine, as they are fleeting.

However I’m sure your cardiologist knows more about arrhythmias than I do, so I’m sure they ruled it out.

It would be hard to spot for sure. My dad has one so I knew immediately what it was when I first started getting symptoms or else I may have never caught it.

TRT seems to have completely fixed the issue and I don’t experience any symptoms at all. My doc said that low estrogen can cause heart problems and that likely the hormone changes resolved the issue.

The other thing to ask your doc for is a sleep study - mild sleep apnea could also cause it.

TRT curing your arrhythmia blows my mind.

One of the most confusing things about looking into TRT has been that some people say it increases cardiac risk, while others say it’s protective.

In the end, all you can do is be aware of your own health.

Yeah my issue was I had low E2 which is really really bad for your heart. I likely would have died of a heart attack in the next 10 years or required blood thinners and surgery for my arrhythmia. Hormones are bitch - too much either direction and you are fucked.

Entering week 3 of BBB. Starting to stretch daily, especially hamstrings and back. Very poor flexibility.

F**k stretching. Get your joints in order first. Do Controlled Articular Rotations (CARs) every damn day.

And I agree with all the advice above. Your wife needs professional help. And you need to decide how that
fits into your mission. Just don't delude yourself... you (and your kids) are frogs in a pot of water that is heating up. Pick your "go temp" and be ready to GTFO.

dweakandsensitive • 1 point • 21 August, 2019 04:19 PM

do you want to be proactive or reactive? what are you willing to sacrifice to achieve your goals?

FoxShitNasty83 • 4 points • 20 August, 2019 08:57 PM*

Age: 36, Height: 5'7", Weight: 142lbs, Fat: 15%
Diet Mode: Bulking
Gained so far: 1lbs
Target: 160lbs
SQUAT: 216lbs, BENCH:160lbs, PRESS: 105lbs, DEADLIFT: 231lbs

PHYSICAL
I'm eating fuck loads up to 2500 now from 1700 ramped up over 6 weeks still no weight gain. I will carry on for a total of 10 days then up to 2700 until I make 0.5lbs per week in gains. Lifts not back to full strength yet since ligament damage.
Readings
way of the superior man
mmslp
practical female psychology

WORK / MISSION
Work is going well, im learning to "play the game". I got distracted from my mission by chasing strange. It was a dead end I struggled with maintaining that emotional connection. Need to work on my game, out once a week socialising.

LEADERSHIP
At home im leading more and more, doing things not asking. Wife is always commenting have you done x, y or z. When you did a did you also do b? the answer is yes or a version of AA... shes stopped asking a lot more and backing down. The FO is in a shit state health wise, lots of health issues long term she is working on. She rarely complains, doesn't seek comfort or acknowledge just keeps her head down and plows on regardless. However.... she often gets angry, i mean really fucking angry. I have taken over a few times told her to chill. I will and need to start taking more time for the kids.

Relationship
things have been bad for a long time now and it's on me, I own the issues. I have failed in many ways I accept its all my fault. My wife got sick this week which resulted in me seeing her fully naked for the first time in 5 years (dont ask). I suspect 40%+ fat, I have not felt at all aroused since, desire for my wife died that day and I can't get past it right now. My wife is stubborn and she won't lose weight for her health, she won't lose weight to look attractive she has low self-esteem and regularly puts others down to feel better about herself. I realise that I can only do me right now, I can only lead by example and she either comes or goes. Divorce has consequences considering her long term health issues I'm weighing it up. At the moment do I even like her? remove the baggage, the truck load of resentment.. I honestly don't know. I'm not attracted either physically or mentally to her. This is a far cry from the placating needy over comforting prick I once was. Stay plan is the go plan.

Plan
Focus on mission
Continue to practice game (this is fun because... its a game)
Eat more
Lead my boys into adulthood
Bang strange
Live my life and have fun

man_in_the_world • 7 points • 21 August, 2019 10:15 PM*
me seeing her fully naked for the first time in 5 years ... I have not felt at all aroused since, desire for my wife died that day and I can't get past it right now.

You can fuck a body, or fuck a person. They're not separate, but neither are they the same. Only the latter leads to intimacy. Which you seek likely says more about you than the body/person of desire. Surely attractive older guys with options who still desire and fuck their wives remain attracted to and engage the whole person, not just the aging body.

I suspect that almost every newbie at MRP seeks sex only with his wife's body, and simultaneously validation from his wife's person, an awful disconnect for her that has made both him, and sex with him, very unattractive. MRP teaches both how to kill the validation-seeking (NMMNG), and how to have sex with the whole person (game; SGM's DEVI).

At the moment do I even like her? remove the baggage, the truck load of resentment... I honestly don't know. I'm not attracted either physically or mentally to her.

Either, both, or neither the body or person may be attractive. Your wife is unattractive to you in both aspects right now. Her health will make both harder for her to shift ... but is your frame dominating a positive environment in which at least her person finds encouragement to regrow, or are you still stewing in anger and resentment in your own little frame-island within the larger sea of her ill, unhappy frame?

Your comments still sound bitter and reactive like an employee dissatisfied with his boss, rather than an owner disappointed at repeatedly failing to reach a valued but underperforming employee. The latter is the mindset in which major personnel decisions are best made. I don't get the sense that you're the proprietor yet.

Over60_FireTempered3 • 2 points • 22 August, 2019 12:40 AM
attractive older guys with options who still desire and fuck their wives remain attracted to and engage the whole person, not just the aging body.... Her health will make both harder for her to shift... <and all that follows>....

True words. This is where I live, have lived.

OP take notice of this wisdom, you have been given all the keys here.

FoxShitNasty83 • 1 point • 22 August, 2019 02:17 PM
Any advice on what changes I can make?

Over60_FireTempered3 • 1 point • 22 August, 2019 06:25 PM*
OP take notice of this wisdom, you have been given all the keys here.

Your assignment is to re-read the comment above from u/man-in-the-world and re-read my comment... several times.

Your anger and dissatisfaction at home are blinding you to the gifts you have already been given
You have been given all you can digest at this time. "Knowing " more will not necessarily help you "understand" more. edit(yet)

FoxShitNasty83 • 1 point • 22 August, 2019 07:14 AM
I hear what you are saying. I will give this some thought. She is wounded, angry... closed. I cant connect or open her.
Like an old sick cat that never moves from the corner... take it milk, food, try to comfort it. Just hissing and swipes at you, take it to the vets.. (lists of health issues, but its not old 39 still life in it?)
My wife used to lead the family, now it's me its all on me. I enjoy it and bring positivity.
What action can I take?

man_in_the_world • 1 point • 22 August, 2019 02:46 PM
Perhaps you can't help her. You certainly can't until you get your frame right, and it sets the tone for the household. But if and when it does...
Perhaps if you stop your pursuit to "connect or open her" but with love, she'll start crawling out of her wounded, negative frame to bask in the sunlight of yours/the family's.
Perhaps you'll be able to gently call out her negativity with sympathy and OI instead of butthurt, and help her realize that she will be happier by adopting your frame.

FoxShitNasty83 • 1 point • 22 August, 2019 02:55 PM
There is a middle ground to be found, by not chasing/comforting her (validating me and my desire to fix). Give her space, show her "love" lead the family and play my nice card every day. Still stand up for myself kindly in terms of belittling towards me and true shit tests. Am I close?

man_in_the_world • 2 points • 22 August, 2019 04:21 PM
Am I close?
Yes.
belittling towards me

When I'm generally owning my shit and I know it (which is much of the time!), I'm self-validating about it, and the praise or criticism of others has no effect on me. I tend to feel more pity for whatever ego or psychological issue is causing them to belittle me, rather than anger on my behalf. Always remember that if you're OYS, their bullshit is really about their issues, not about you. When you're truly past your need for external validation, you can even spare sympathy, or amusement, with those you care for even under their "attack". That's why many senior guys here say that they now enjoy shit tests.

FoxShitNasty83 • 1 point • 22 August, 2019 04:47 PM
Thanks for taking the time, I will keep on going.

johneyapocalypse • 3 points • 20 August, 2019 09:37 PM
1. One of my favorite posts ever.

2. You're still going about your relationship from a perspective of **scarcity** as opposed to **abundance**. Why not just tell your fucking wife she needs to get her act together or you're done, and if she doesn't do it, just be done?

3. You hit 15%. Nice work.

FoxShitNasty83 • 1 point • 20 August, 2019 10:35 PM
Wow, tough read. Thanks

Int3grity • 1 point • 22 August, 2019 02:43 AM
What did the guy end up doing on your favorite post ever?

FoxShitNasty83 • 1 point • 22 August, 2019 03:00 PM
Yeah I wondered that, he was close. A few tweaks and the rope may have tightened

threekindsoflucky • 6 points • 20 August, 2019 08:27 AM

**OYS 43**

**Fitness**

Hit 122.5kg Romanian deadlifts, got all reps in (8, 7, 6). Up to 125kg this week. The progress continues. Weight is fluctuating which is frustrating. Goes between 92 – 95kg for the week. Struggling to get the extra calories in every day, with weekends being the main time when I let the ball drop. Going to double down on this.

Injured my left elbow at BJJ, on the right side where the forearm muscle meets the elbow. Got caught in two rough arm-bars, but no pops or anything. Went again to BJJ a few days later and it didn’t appear to inhibit me, although I haven’t done an upper body workout since, with my next one tomorrow morning. Hoping that it doesn’t cause discomfort as it remains sore.

**Career**

Everything is proceeding well. Smashing out reports. Flights have been booked for the professional networking event which is a result of a competition where I had the winning entry. Looking forward to this event, though its still a few months off. Hard to believe that I won, especially since I didn’t put much effort into the application. Was told my application was far better than any other, so I guess the competition wasn’t too stiff.

**Relationship**

Was a good week. Not a heap to say. Had sex three days in a row, which hasn’t happened for years. Worth mentioning only as it’s a rough marker for progress.

I’m going to follow up from comments last week from /u/RPeed and the link from /u/man_in_the_world. RPeed wisely pointed out that there is a trend for unreasonable emotional outbursts from my wife, and more importantly, a pattern where I apply comfort with diminishing returns. I do agree with this, especially the unconditional comfort part of it. I’ll repeat some of what I said in my reply, as it still remains relevant.

I have never considered that I apply unconditional comfort, but I do so in those situations. Its always ‘no, you’re not a bad person, you’re a great person and you can’t let these other people tell you otherwise’ etc. In most cases, it’s the truth. In other cases, its just comfort for the sake of comfort. In her last outburst, I pointed out that you can’t act like everyone is out to get you, but on the flipside you also can’t naively trust everyone. Me included. I followed up with ‘don’t worry I’ve got you’re back I love you etc.’ which is where the excess comfort came in to compensate.

I remember many years ago where I deviated from unconditional comfort. I once told her that her marks would
need to be better if she wanted to do further studies, and that she should seriously think about whether or not she can actually achieve it. It got brought up time and time again as an example of how I wasn’t ‘supportive’ although it was the honest truth. Since then, I have been hesitant to deviate too far from comfort when its sought. When she fails her exams, I always reassure her that she is smart and she can do it (and I do believe that). But again, it’s unconditional comfort.

With both of those things in mind, I have yet to decide how best to act in these situations. I’ve tried both, and both have their benefits and pitfalls. This would lead me to believe a middle path would be best. I ‘feel’ like I attempted that with the recent example regarding the trust issues, but I then move to full comfort, almost to cover it up. I think that is where my mistake is.

Perhaps the best way forward is to provide comfort when the situation is reasonable and nuke the comfort test when it appears to be unreasonable.

As a self recovering over-comforter I can say that you need to give way less fucks. Provide comfort when you want to and also be conscious of giving it when it's not wanted. Last night I called an ambulance for my wife who was in 8/9 pain.. went for comfort and to hold her hand. "Get the fuck off me"... "I'm sensing that you don't need comforting" I opted to take the piss to take her mind off the pain.. different tool, same job. Calibration

People can say you didn't do x or y or didn't support me etc.. but that's down to you to be your own judge and own it and learn if something needs to change.

Calibration is my problem. I did read your comments in the thread /u/man_in_the_world linked and they were quite insightful.

Its just comfort for the sake of comfort

I've found being authentic, regardless of her reaction, is the best compass.

It got brought up time and time again as an example of how I wasn’t ‘supportive’ although it was the honest truth.

Congruence with reality as I perceive it is a core value for me, so I would push back on something like this with either negative inquiry, or with a one sentence narrative like "In my view, truly 'supportive' requires being both on your side, and honest with you."

My core values are boundaries that are always enforced and verbally clarified as needed, not subjects to be negotiated.

That's where I am aiming. I can be congruent, especially when I just speak my mind. I used to speak without thinking, which interestingly enough ensures congruence, but I then learnt to temper it.

My problem is that I will say what I really think, but then in the next sentence try to mitigate it with over comfort, which is in all honesty just another form of fear of her reaction. What I need to do is actually hold to it rather than shying away from my own spoken truth. Those are boundaries I have not set, both
for myself, nor for others.

Links to what /u/PillUpAss said as well.

man_in_the_world • 1 point • 21 August, 2019 06:11 AM

My problem is that I will say what I really think, but then in the next sentence try to mitigate it with over comfort

Is this because your first "what I really think" is an autistic-engineer-honest statement devoid of any "on your side" element, so then you have to overcompensate to bring that in?

They have to be blended together, not delivered separately, like egg and flour instead of a cake.

threekindsoflucky • 1 point • 21 August, 2019 06:13 AM

Is this because your first "what I really think" is an autistic-engineer-honest statement devoid of any "on your side" element, so then you have to overcompensate to bring that in?

Yes. I'm getting better at it, but still, yes.

Edit: You picked up on that rather easily considering I'd not really made the connection.

man_in_the_world • 1 point • 21 August, 2019 06:24 AM

Yes. I'm getting better at it, but still, yes.

Well, no wonder then! Fix that.

You picked up on that rather easily considering I'd not really noticed it.

It's not that hard to see ... if you're not an autistic engineer! :-)

threekindsoflucky • 1 point • 21 August, 2019 06:27 AM

It's not that hard to see ... if you're not an autistic engineer! :-)

Autistic scientist fits my job description better.

Thanks for pointing this out to me :)

man_in_the_world • 2 points • 21 August, 2019 06:33 AM

We're all autistic or idiots in one way or another; glad I could help a fellow retard!

Cam_Winston21[□] • 1 point • 22 August, 2019 05:38 PM

Hit 122.5kg Romanian deadlifts, got all reps in (8, 7, 6).

If those were really RDL reps (hamstring, almost a stiff legged DL) and not deadlift, props.

threekindsoflucky • 1 point • 22 August, 2019 11:28 PM

Romanians are no joke. Spent a lot of time on my technique, but still adjusting when it seems off.

sea-tease • 3 points • 20 August, 2019 11:54 AM

OYS #5

Stats: 5’7” 152. 50, wife 49, 4 kids. 7 months into my journey – making this week’s short.
**Reading:** Only MRP and ASKMRP. Surfed and worked all week.

**Physical:** Waves never stopped last week, surfed every day but one. Wave size really increased over the weekend and I logged nearly eight hours in the water by Sunday at 2:00. Barley moved until work on Monday. Go ahead and give me hell for it but surfing will always take precedence over lifting. I still lifted some at home, just can’t do both surfing and the gym. u/hack3ge said something funny to me last week “Surfing doesn’t make you strong, just like riding a bike or playing tennis – it’s a hobby.” Nearly everyone who doesn’t surf doesn’t understand. Once it’s in your blood, it becomes a way of life and at this pace is physically exhausting. But I know it is not the gym.

**Spiritual:** Still better and nothing to report. Haven’t gone back to church in a couple of months but my favorite pastor returns next week so I will be going back. My faith is the centerpiece of my life and regardless of how much I have gained here and how frustrated I am with the church, my faith will always remain my center.

**Relationship:** Had my teeth knocked out and then my ass handed to me on a plate last week by u/man_in_the_world, u/hack3ge and u/LongRoad-518. I fumed for two days but settled into really appreciating the advice as hard as it was to take.

**From u/LongRoad-518:** “FOCUS ON YOUR BEHAVIOR AND YOURSELF. YOUR WIFE WILL COME ALONG, FREAK OUT AND DIVORCE YOU, OR YOU’LL CHECK OUT AND BE SO HIGH VALUE YOU EXIT – BUT FOR YOU (AND I) YOU DON’T NEED TO WORRY ABOUT THEM. THEY’LL COME NATURALLY IF WE JUST FOCUS ON BECOMING AS HIGH VALUE AS POSSIBLE.”

I read it all the time but it is so easy to pay attention to everything around you rather than keeping on, which is where the validation creeps in. I have gotten distracted from just working on me to wanting to looking for visible results that my mind was away from the task at hand – working on being the best version of me and letting the chips fall where they may. I am still glad that I spent the few weeks working on a contract because it gave me some clarity on things important to me but I have decided to give it a rest for a while and continue to work on being the best version of me that I can.

I am building back confidence and traction but have been so beta and so stupid for so long, it gets hard not to get lost in my own feelings of anger and frustration over what I have created. I just have to keep moving on and work toward becoming better and stronger. I left the contract alone, went back to work on me lifted at home and surfed to exhaustion.

**Goals:** Lift (waves are gone) STFU, IDGAF, express emotions like a man, be attractive, not unattractive.

**hack3ge** • 1 point • 23 August, 2019 01:19 PM

“Surfing doesn’t make you strong, just like riding a bike or playing tennis – it’s a hobby.” Nearly everyone who doesn’t surf doesn’t understand. Once it’s in your blood, it becomes a way of life and at this pace is physically exhausting. But I know it is not the gym.

It’s no different than BJJ - it is physically demanding and a way of life and exhausting but it’s no excuse for not going to the gym and lifting like a fucking beast. You are making excuses for why you are small and weak.

**Cam_Winston21** • 1 point • 23 August, 2019 02:56 PM

Yes, you are, OP.

I go to the gym 4x per week. Each session is around 50-60 mins, that includes walking onto the gym floor until I'm walking out of the gym, so I'm not rounding down. 4 hours per week - out of 168 - has
given me this. And I'm older than you.

You sure you can't make time for at least three hours? Surfing afterwards sounds like a great way to finish (need protein replenishment first, of course).

Cloudy_Pirate • 3 points • 20 August, 2019 02:00 PM

**OYS #23 (OYS Journey started Jan 2019)**

Age: 43y, Height: 5'9'', Weight: 189 lbs

Relationship: Wife is 42y, married 18 years, 4 kids (16y,14y,10y,5y)

**Lifts (Demonstrated 1RM):** Squat: 300lbs; Deadlift: 340lbs; Bench Press: 225lbs; Overhead Press: 150lbs

**Sidebar reading:**

MRP Posts, MMSLP, NMMNG, SGM, WISNIFG, TWOTSM, Pook, TRM

Bigger, Leaner, Stronger (25%)

**The Vision:** Lead. Be the oak. Enjoy abundance, generosity, and adventure in all areas of life – sexual, mental, physical, spiritual

**Lead** – Back to owning stuff. My wife did call me out on not taking care of her car maintenance as she was past due for a tire rotation/oil change. That was fair – I showed her how to schedule it, and also replaced the battery on her key remote. I also got the us moving forward again on home repairs and contractors. I initiated more conversations with my wife and daughters and more activities with my son. I’m no longer on autopilot, but I still feel somewhat directionless. With my actions, I’m basically asking my crew “where do you want to go?”

I read several good posts on Mission this week. Callouts to /u/ReddJive and /u/SteelSharpensSteel for some very good thoughts.

https://www.reddit.com/r/marriedredpill/comments/8lruyt/finding_your_mission/

https://www.reddit.com/r/marriedredpill/comments/77mf7f/purpose_the_rules_of_the_gameway_of_the_superior/r/

I have several core values and I have referred back to them repeatedly over the years. I have also set many intermediate goals over the course of my life. I’ve achieved many of them. Some of them were no longer important and were dropped. **But I am hard pressed to define my mission or my purpose.** There are many different ways that I could achieve my vision for happiness, but most of them are mindset. Few of them are mission driven.

**Be the Oak** – I contacted a counselor and am trying to find a schedule for sessions that work. I established more emotional connection with my wife and kids after having pulled back for a bit. My wife has been much more emotionally stable lately. I’m not sure if that is good or bad. She is likely compensating for my low mood and will explode at something in the next few days.

**Sexual** – My libido returned as I moved out of the depression from last week. Had sex twice. I actually think it was better for my wife than it was for me. She came hard both times. She was responsive and into it - after I initiated. My initiations (honestly) weren't that great, but OI was strong. I haven’t had the frame or motivation to push boundaries or explore fantasies. It wasn’t starfish sex, but it wasn’t SGM either.

**Physical** – I deloaded all my lifts by about 20% and started doing 3 sets with reps of 8. I’ve been doing that for a few weeks now and it seems to be working well. I am slowly adding weight while keeping up the volume. My shoulders are still sore/stiff, but they aren’t impeding any lifting.

I like a nightcap of bourbon on the rocks 2-3 nights per week. On the weekends, I’ll frequently have wine or a
cocktail. I’ve noticed that I weigh about 1-3 lbs more the next morning after having alcohol vs. the nights that I don’t drink. I’m going to try cutting it out completely for a couple of weeks and see if it has much impact on my abs.

Social – I took my son out for lunch and shopping and the outdoor store. Getting together a couple of times this week with some guys who I’m cultivating friendships with.

Mental/Spiritual – I’ve been reflecting on the famous Sun Tzu quote:

“If you know the enemy and know yourself, you need not fear the result of a hundred battles. If you know yourself but not the enemy, for every victory gained you will also suffer a defeat. If you know neither the enemy nor yourself, you will succumb in every battle.”

I still think that I am my own worst enemy. I used to think that I knew myself, but my recent reactions and struggles have called that into question. Since I finally finished reading The Rational Male (I actually read most of it on his website already, so this is really my second read), I am ready to move on to another book. I think I need to spend more time on knowing myself vs knowing women. I’m looking at either Caleb Jones or Richard Rohr for my next book.

Quote from Rollo:

“You are who you believe you are, and you are who she perceives you to be.” I’m not sure exactly who I believe I am – or who she perceives me to be. I’ve long told myself that I just am – it doesn’t matter how people perceive me or how I think about myself. But that isn’t entirely true. I think I’m in denial in this area.

I also am still mildly depressed. I’m doing the things that need to be done, but I would probably be perfectly happy just playing video games. I cut out all gaming (phone/computer/xbox) for just over six months. I was more productive, but I wasn’t happier.

I realize that I am all over the map lately. Still, it's helpful for me to journal this out.

Goals:

Develop a mission

Plan out and execute wardrobe upgrades.

Develop and invest in more male friendships

———

johneyapocalypse • 2 points • 20 August, 2019 06:22 PM

Look for my upcoming post by next week on defining your mission - and your plan - and how to turn your ideas into something you can practically execute upon.

Yours is actually a good vision statement. You're the first person I've seen both (1) start there and (2) get it right.

Don't worry about a purpose, your purpose is outlined by your vision.

Cloudy_Pirate • 1 point • 20 August, 2019 10:34 PM

I’ll definitely look for it. I’ve gotten a lot out of your posts.

00Pi • 1 point • 20 August, 2019 04:23 PM

Have you had a chance to read Unchained Man yet? There’s an excellent chapter in there on missions - including a “mission discovery exercise,” which I found helpful. I can provide details if it helps - or alternatively you can just get the book. It’s by Caleb Jones.

Cloudy_Pirate • 1 point • 20 August, 2019 06:19 PM

It's on my list, but I haven't read it yet.
If you’re really set on developing your mission I’d push *Unchained* to the top of your list - even if it’s only to read the chapters on developing a code and mission. They’re gold, imo. (He sets parameters for what a mission is/is not; provides several examples; and outlines questions to get you started on reflecting).

Also, in my experience - and from what I’ve been told/read - a true mission is not something to be pounded out in a week. It will probably take a lot of reflecting, but it’s good to get started.

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**OYS #17**

Age: 41; married 7 years; 3 kids under 4; 6’2”; 170 lbs; Estimated 1RM - DL: 311; B: 185; OHP: 124. (Still not squatting due to injury). Currently reading: *Way of the Superior Man*; taking notes on *Unchained Man* and re-reading *Co-Dependent No More*.

**Mental Health:**

I wrote out a draft of my “code” - the standards by which I’d like to live my life - and have tweaked my mission accordingly. In therapy I’ve been working on identifying emotional manipulation within my relationships. One insight I’ve had is how many of my relationships (both current and former) have followed a (maladaptive) pattern. I have greater clarity into myself and my situation. However, there’s still a striking disconnect between what I know and how well I can apply what I know to my daily life. It’s easy to get frustrated, so, I’m striving to stay intentional - by focusing on goals and blocking off time for mental fitness (quiet introspection and reading).

**Physical Health:**

I’ve been concentrating on making my workouts as efficient as possible (My ex can only watch my kids for about 35 minutes - between work and pilates). So, I’ve basically been doing Wendlers 531 without the accessories. (I considered supersetting, but decided to keep things simple.) I’m still keeping up with my rehab at home, and will resume other accessory work when I have more permanent childcare.

**Relationships:**

Babysitter (my plate) has been very emotional. She keeps calling me - crying as if she's in the middle of some terrible tragedy - demanding that I do things (eg. that I call her uncle and stop him from coming by the house and scaring her). I was trying to reassure her by remaining calm, confident and in charge…However every call was ending with her disowning me. (“Leave me alone” “Don’t ever call again” “Thanks for nothing”.)

Someone wise told me, “She doesn’t want you to fix her problems, she wants you to command, guide and empower her to fix them.” I realized then that in my efforts to be “in charge” I had fallen into care-taking again. With this advice as my compass, I started restricting our conversations to a short broken record: reiterating the “three c’s” of Al-Anon - we didn’t cause it; we can’t control it; we can’t cure it - and reminding her that she has a safe place to go if she needs it. I also started setting boundaries (delineating what she and her family are allowed and not allowed to do) rather than fixing crises. (Eg. I made it clear that I would not give or lend money to her mom - even for a necessary work expense). And I set some boundaries for myself as well (eg. only answering calls when it was convenient to do so, and not at 3 AM). I’ve alienated Babysitter by setting these boundaries, but I’ve also become less embroiled in her family’s affairs, which has been helpful for my well being.

With my wife I’ve been working on establishing limits as well - but of a different sort. When she complains about her life, instead of giving advice, which is my impulse, I’ve simply been letting her vent for a few minutes and then redirecting the conversation. I think this approach has helped change our dynamic slightly: she seems
less angry at me in particular, and is now just unhappy in general. For my part, I find myself less on the
defensive (i.e. less likely to DEER) and more likely to listen to her. I’m beginning to realize and accept that she
is temperamentally anxious and frequently depressed - Also that she has a fixed mindset and a slew of cognitive
distortions. I can’t save her …or Babysitter. What I can do is be a more effective leader and/or consider my exit
strategy. I have a lot to practice and do on both these fronts, and have added Boundaries, Where to Draw the
Line and Extreme Ownership to my reading list. For what it’s worth, my wife is considering going back into
therapy. I don’t know if she’ll follow through with this, but even the admission that she could possibly benefit
from therapy is a step forward for her.

**Hobbies:** I recently ran into my former kyudo (zen archery) instructor. The encounter renewed my interest in
kyudo and inspired me to resume my (long defunct) meditation practice. I’ll look into lessons when I return
home. I somehow doubt I’ll find any (since I live in a remote area) - but it’s worth exploring.

**Children:** This has been my first experience traveling alone with all 3 kids over an extended period (It’s been 7
weeks since my wife left, almost 4 since Babysitter flew back). In some ways I’ve gained confidence in my
parenting abilities: I’ve learned that I can successfully handle more scenarios than I previously thought. In other
ways it’s been humbling: there’s been some challenging moments. As always I need to prioritize and
differentiate my needs and wants - and to balance these with the needs and wants of my children. I also need to
stop being such a people pleaser and to establish healthy limits. The same stuff I keep recursively learning and
practicing.

I’m looking ahead now to our next chapter - work for me, daycare and preschool for the children - and am in the
process of putting things in place to make this transition as smooth as possible — eg. finding an alternative sitter
(from Babysitter ) for the 2 week interim between my start at work and when the daycare can accept my kids.

Cloudy_Pirate • 3 points • 21 August, 2019 03:06 PM

(My ex can only watch my kids for about 35 minutes - between work and pilates)

Did I miss the part about an ex?

00Pi • 1 point • 21 August, 2019 06:31 PM

No. I haven’t shared much about my ex. It’s complicated. But the tl;dr version: we’ve both discovered
that we have a lot to learn about ethical non-monogamy. I’ve added a book on open relationships to my
reading list. PIV sex: no. Flirting/other types of playing: yes.

We generally don’t keep in touch when I’m out of town - ie. not in Hawaii - and I leave soon, so I doubt
she’ll be an integral part of my daily life for long.

Cloudy_Pirate • 2 points • 21 August, 2019 06:59 PM

we have a lot to learn about ethical non-monogamy

Given what you’ve shared so far, I got a good chuckle out of that

rotkohlblaukraut • 2 points • 20 August, 2019 11:11 PM

Boundaries - nice job. Baby steps but good.

And you called babysitter a plate... are you still fucking her? Get off the babysitter.

00Pi • 6 points • 21 August, 2019 08:45 AM

Thanks. Good advice. You’re just 28 weeks too late…
A plate is here to drain your balls. You have (upgraded her to) a girlfriend.

You're right. Reframing it that way clarifies a lot for me, actually. Thanks

OYS 3: first OYS was back in February I think.

Then my mom came for a visit a few weeks ago. My wife treated her terribly, like she is the mother of the beta husband she had to settle for. She was confrontational with my mom the whole visit, making shitty remarks, etc. On one occasion my mom was helping my 3 year old pick flowers and my wife came and just picked her up and took her away. My wife asked me if she could confront my mom about a comment my mom made 5 years ago. I said no, I don’t think that would be helpful. She confronted my mom anyway and made my mom cry and leave the house. My wife behaves like she doesn’t want my mom or any of my family to have a solid relationship with my kids.

After this situation with my mom I have decided I’m going to move forward with improving my life no matter the consequences: divorce, loss of time with kids, financial stress, not finishing my masters, etc. If I have to drop out of school to figure out a divorce or can’t pay for it, so be it. I can’t live like this anymore. But I need help figuring out how to improve my life. Right now I need to take control over my life but not go Rambo.

I don’t really need to save my marriage or get more sex. I want to improve my life and be in control over my life. I’ve always been in her frame. She constantly uses the threat of me not spending time with my kids to control me, shame me. If I try and set a boundary (to the best of my ability) or politely ask her to stop belittling me in front of the kids when I don’t jump up and do as she asks immediately, it always starts an argument that I cannot stop unless I leave. No matter how many times I say we can talk about this later or please stop, it does not stop until I leave. STFU often does not work. She just keeps pushing and pushing until I engage or leave. I have not figured out any solution other than to leave. For the past 6 months or so I am rarely alone with the kids. She works on her cpu part time and is always home when I can spend time with the kids.

I fully took the red pill 12-14 months ago and I’ve not gotten very far. Have had a lot of anger and may still be angry. I went to a NMMNG men’s group for about 9 months, started the group in March 2018 and it led me to the red pill later that year. It ended up being mostly trad con values and saving marriages so I stopped going
when I didn’t see it helping me anymore.

Reading: NMMNG 3x, WISNIFG 70%, everything I can find on MRP reddit (all of steels guide), all Rational Male books, Atlas Shrugged 3-4x (not on reading list but lays out the egoism philosophy of the red pill), book of Pook, Roissey blog.

Lifting:
Only 2xweek for past 2 months, max lifts are certainly down. I lose muscle mass very quickly. I got my total testosterone level checked today, result = 277. It’s low and I’m going to start TRT in the next 2-4 weeks. I will get my ass back in the gym 3-4xweek starting tomorrow.

Hobbies:
I got back into golf this summer after 15 years of playing very little. It’s been very good for me.

Conclusion:
I haven’t gotten very far due to my thinking. I’m still afraid of confrontation somewhat due to my lack of confrontation skills. I need to spend more time with WISNIFG. I have not acted in a way where I trust myself. It’s the fear that holds me back. I fear making the choice. I fear being wrong. I’m indecisive. I’m not sure what exactly I’m afraid of. I’ll describe the feeling like this: when I’m playing golf and I get ready to hit a golf shot I feel fear and indecision even though I’ve hit many more good shots than bad shots in my life. I should have proven to myself by now that I can hit a good shot but I still lack a confident mindset. I hit mostly good shots when I’m fearful and indecisive and still haven’t learned a confident approach to the game.

In this post: https://www.reddit.com/r/marriedredpill/comments/2wc1g0/mrp_beginners_guide_for_the_career_beta/. It recommends the career beta find a morpheus. I have don’t have anyone I know who could help me in this way. I don’t have any friends where I live anyway. Any thoughts on how to find Morpheus are appreciated?

FoxShitNasty83 • 3 points • 21 August, 2019 12:15 PM
How about pulling her to one side... "stop being a bitch or get the fuck out"
I did this, she lost the ability to talk... by the time she mumbled something i was gone.. shitting myself admittedly but I was angry and protecting myself by stfu and leaving. Simple: people who cant be respectful dont get my time or presence.

CasinoRoyale4455 • 1 point • 21 August, 2019 04:23 PM
I need to learn how to enforce this type of boundary as was pointed out in u/man_in_the_world's comments and links. Essentially, it seems, if I want to see my children I deal with her as she is.

FoxShitNasty83 • 2 points • 21 August, 2019 04:55 PM
When I lose my shit, i fucking lose it. This is one of the traits of the nice guy. The trick is to know when to show controlled anger.... "are you trying to get me angry?" And deciding when you leave and when you stay. Awareness is the key, I used to feel some sort of way and then bang anger... but now I feel angry and it's time to evaluate but not dwell on why and relase it at the gym or review what covert contracts are in place. I'm angry today at many small things but I make a note hit the gym and tackle the list again tomorrow.

man_in_the_world • 1 point • 21 August, 2019 05:19 AM
If I try and set a boundary (to the best of my ability) or politely ask her to stop belittling me in front of the kids
You clearly don't understand boundaries.

STFU often does not work. She just keeps pushing and pushing until I engage or leave.

This is what WISNIFG is for, you faggot.

I fully took the red pill 12-14 months ago and I’ve not gotten very far.

Maybe it's because you haven't done any of the hard-for-you work that's needed for your situation:

I’m still afraid of confrontation somewhat due to my lack of confrontation skills. I need to spend more time with WISNIFG

Quit being a dancing monkey pussy, and face your fears by finishing WISNIFG and practicing assertiveness. You can do it ... but only you can do it.

CasinoRoyale4455 • 1 point • 21 August, 2019 04:32 PM
Thanks for the guidance. I'll finish WISNIFG and get to work.

tap0988534 • 1 point • 21 August, 2019 07:37 PM
Stop whining. You are the cause of all this shit, and you need to realize it and take responsibility. Even if you ultimately leave her, you need to fix yourself before you do. Your wife is now your own personal crash test dummy laboratory. Until you've fixed this, you're only good for MGTOW, not other women. Walking out is simply running away from your problem which is you, not your wife.

I understand it's scary to face yourself and realize what an utter piece of shit and waste of life you've been. Too bad. Fuck you. It's time to grab your loins from your wife's purse and gird them for battle against your old self. War can be terrifying. You will grit your teeth in fear until your molars crack. You will get hacked up and wounded.

Your wife hates you. You disgust her. Your existence humiliates her. She is filled with loathing toward you and self-loathing for herself every time you cringe before her. At first she tested you to see if you had a spine, but all you would do is supplicate yourself to her like a worm. And more you wormed around like a putrescent eel, the harder she pushed. She was desperate to provoke you to some act of manliness, to find some line you wouldn't allow her to cross, but you just supplicated yourself even more. Not even an abused puppy or a slave would tolerate the abuse that you have. What kind of hell did she sign up for, to be married to someone less manly than an infant child? This is her life now. And in her misery, desperation, and loneliness she keeps beating you, even recruiting the children to help, hoping that the slug will roll over and start to grow vertebrae.

You say that you politely set a boundary. "Don't hurt me so much, pretty please." A boundary is not something you make with your meaningless mouth noises. It is something that you defend with your actions. But the truth is, you have no boundaries. If she demanded it, you would crawl sobbing across the floor in lingerie in front of your kids and parents and let her craigslist date electrocute your butthole with a cattle prod.

Until you grow into a man, it will always be this way for all women that would have you. Luckily, you are in the right place. The sidebar teaches craven spineless worm creatures how to become men. The first step is heavy barbell lifting 5x a week. This is more important than your job, your school, or your kids. Just the mere act of making this happen will begin to transform you. But like any real growth it is slow. It will take time. If you try to squat 500 lbs, your body will be crushed and broken. You must accomplish it by growing a tiny bit every day. Likewise, if you pretend you are a man who can say "boo" to his wife, you will be squashed like a bug. You must become that man by transforming yourself a tiny bit every day.
"I needed to hear this."

"I was mostly saying it to myself."

"She was confrontational with my mom the whole visit, making shitty remarks, etc."

Did you cry on the phone to your mom after about how hard things have been?

On one occasion my mom was helping my 3 year old pick flowers and my wife came and just picked her up and took her away.

Did you look on helplessly, but with grave concern?

My wife asked me if she could confront my mom about a comment my mom made 5 years ago. I said no, I don’t think that would be helpful.

So your wife has been pissed about something for 5 years, and you prefer to keep it festering, because you're too afraid of your mom to talk to her and resolve it?

My wife behaves like she doesn’t want my mom or any of my family to have a solid relationship with my kids.

And why the fuck would she? You have shown that you are incapable of having boundaries or standing up to anyone? Your family is a nightmare for her because she is required to either pretend around them, or perform the manly duties of taking responsibility, setting boundaries, and resolving conflict. Your fucking family. Your fucking responsibility to handle shit.

"OP - this is solid advice.

You are headed for a place where your wife will not want your mom to see the kids. How do I know? Because I'm in that situation with my parents. All because I had zero boundaries and figured it was best to "let her deal with my parents". Hell I have a pretty good excuse even for the incident that caused this to occur but guess what? It's still my fucking fault and doesn't fucking matter.

Here's my advice:

Apologize to your wife for being a faggot in all this

Remember - you're married to your wife. Your priority should be: you, kids, and then wife.

You're job is to protect your family - physically, mentally, and emotionally.

Stop being scared (and you know that's what this is) of your mom

You should have dealt with this 5 year a go thing. In your wife's mind it just happened yesterday. She thinks about it every time she sees your mom. "Sweetheart, I understand that you're still bothered by this, I'll take care of it so it doesn't happen again".

Guess what the fuck happened this week after my OYS and after I set a hard boundary? She 1) agreed to get counseling (something she said she'd rather die than do) - she actually does have issues. 2) she then out of the blue told me that she'd be willing to see my parents again at some point (again something she said she rather die than do). Guess what? These two things are related."
Reading OPs post is infuriating to me because its like looking in a fucking mirror. I did this to my wife as well.

I think a lot career betas have. Just got to live with it and do better.

The situation sucks, glad to hear yours is moving in a positive direction. I haven’t had the balls or skills or work ethic to make it better. I appreciate the advice.

I got my total testosterone level checked today, result = 277. It’s low and I’m going to start TRT in the next 2-4 weeks. I will get my ass back in the gym 3-4xweek starting tomorrow.

Mine was almost 100 points lower & I've upped mine to the 400s by concentrating on compound lifts & fasting/cleaner diet. There are guys who say their lives have been dramatically changed via TRT, but if you have no symptoms of low T (fatigue tops the list, with low libido ranking high), not sure I'd make a lifetime decision - because there is no going back after you start, it's forever - because I lost some muscle, which is because I stopped working out. If you want muscle, lift, don't use a needle as a shortcut.

You do you, you may have symptoms, I dunno, but maybe lift heavy for a few months & then get checked, then decide?

I have been symptomatic for 12 years and no diet, clean eating, lifting, exercise has helped with the fatigue. I won’t claim to have tried everything but I’ve tried most things with no symptom relief.

37, wife 33, married 4 years, together 9 years, 1 kid (2yo), another one on the way (4th month of pregnancy).

A few sidebar articles and also documenting myself on diet and compound lifts post a askmrp post.

77.3kg (-600g). Waist now 10cm smaller and hips 9cm. I am now looking as good as 10yr ago, my last “peak”. After a headless chicken start to health and fitness, I need to adjust what I am doing to do things right.

Physio work - I have a hamstrings imbalance to address to heal my knee sprain and rebuild strength properly.

Getting slowly better, with more complicity and smiles.

I read yet another post on gaming the wife with the idea to introduce light sexual innuendo.

So I have been trying without pushbacks so far.
Examples: at a party, she asks me to bring her a coke. So I bring her one and say: “here is your cock”. Or I am going to get the laundry downstairs. I say “I’ll get it up for you”. I am also kinoing more. Grabbing her ass, touching her mound furtively.

Out of all the “tricks” I have been reading about and trying, I find those more natural and amusing to do / say. So I’ll persevere in that direction.

Edit: ah yes, also. There was this post on talking to women on the emotional level. I tried that with good success. Rather than ask her for her day and ask questions on the event, I quizzed her on how she felt about the event she described. It got her very positively animated. I am still awkward at doing this, mostly because I am trying to second guess her emotion at the time. I need to use that in all my interactions with women from now on.

**Sex**

None.

Our kid has a new acute phase where she is not falling asleep quickly in the evening. One parent is mobilised until late and then either or both of us have no energy and fall asleep. We are addressing that this week.

It is a shame because I would have love to see if the kinoing and gaming would carry through to sex.

All initiations were rejected with firm nos. I then proceeded to leave the room for at least 20min by saying something along “OK sweet dreams” in a calm voice. I did not have the energy in these instances to go to the gym or take the car somewhere. So maybe that “withdrawal” backfired.

**Abundance mentality**

I am getting a lot more social. I have now many activities planned. So far, this is male centred.

I am not sure yet how to develop a social life surrounded by more women but I believe this will come naturally.

**Vision**

Working on defining it. It will have several parts.

Not sure this is the “vision” but something dear to me is that I feel scared. There are two main aspects of it which are physical and financial.

The physical is irrational and can be explained by me not feeling 100% relaxed in a street at night when I cross say a couple of large drunk dudes. I have what-if scenarios in my head. It is silly as I live in one of the safest country on Earth. I would like to be able to pass those dudes with calmness and assurance.

To solve the physical, I identified some steps:

Get in shape (in progress)
Start a martial art (from November as I have 2 evenings back then). BJJ looks the favourite. There is also a judo club 3min away but unsure this will do it - opinions?)
Get bigger (bulk) - starting just after the current cut.

To solve the financial angle, I need to:

be in a career I want
make sure I am financially independent at age 50. For that I think I need at least $3m net in liquid assets (40% done). Then I can choose to continue working or I can associate to those I want to work with.
The wife is starting to understand more the financial angle as I am educating her on it. This will be great platform for a Captain / FO relationship.

**Conclusion**

A more peaceful week in the household. I am trying to do more things that I like doing and concentrate on my development.

Cloudy_Pirate • 3 points • 20 August, 2019 03:08 PM

I am also kinoing more. Grabbing her ass, touching her mound furtively.

Kino is about building rapport. You should be starting lower on the ladder an escalating to those actions.

andyturbo2000 I points 20 August, 2019 09:31 AM* [recovered]

All initiations were rejected with firm nos. I then proceeded to leave the room for at least 20min by saying something along “OK sweet dreams” in a calm voice. I did not have the energy in these instances to go to the gym or take the car somewhere. So maybe that “withdrawal” backfired.

I think you're haeding in the right direction here. Is there a hobby at home you can do for a couple of hours? Maybe go to the garage and work a bit of DIY - something that confirms your manliness and means you're unavailable for a good amount of time. I wouldn't say "ok sweet dreams", I think she doesn't know what she's missing at the moment and needs reminding of this. Maybe something like "OK but one day I'll stop asking..." or "OK you're the one losing out". Get that hamster moving.

Betrootjuice • 2 points • 20 August, 2019 09:59 AM*

Yes, I want to say "your loss" but it does not come to my mouth on the action.

There is no shortages of things to do in the house (no DIY though) or for me but I have lacked the energy so late at night. Mind you, there is now a big pile of ironing so I know what to do if she rejects me tonight. Generally, I am trying to think of an activity in the evening to do if she says no.

andyturbo2000 1 points 20 August, 2019 10:11 AM* [recovered]

"there is a big pile of ironing"

I said do something manly damn-it, not just chores. Even I might consider knocking sex back if my wife offered to wash and polish the BMW...

Get a spine.

Betrootjuice • 2 points • 20 August, 2019 10:13 AM

OK got that.

There is not much I can see at 11pm manly in my house but a good challenge to think about it.

FoxShitNasty83 • 3 points • 20 August, 2019 10:20 AM

Have a plan b for when initiating fails..

Grab a beer

Leave the house and lift

Leave the house and see bros
Leave the house and see women
Leave the house and stfu
Leave the house and go read mrp in your car
Work on your mission instead

Betrootjuice • 2 points • 20 August, 2019 10:33 AM
Yes, this ties in with the more active social life I am building.
I want to be at a stage where I can eject from the house and meet friends at the last minute.
Not there yet but in progress

Escape From Betacraz • 2 points • 20 August, 2019 09:26 AM
OYS 6
Stats
23 y/o
1,85m
68,5 kg +2KG
Navy method said 11,7% last time. Haven't checked it again as it's not really important at this time.
Sq: 65kg B: 60kg DL: 95kg

Physical
Still eating well and working out consistently. Only 4 times last week because I took a citytrip with a friend but still went when I could. So this is still okay.

Reading
Currently working my way through the redpill handbook. Something I should've probably done sooner.

Studies/Job
Should get the answer on my thesis this week. So I'm waiting on that. If that turns out okay I should finish my studies in the next few weeks.

Financial
Not much to say here. I'm a student so I don't make great amounts of money. Still doing good enough in this department I believe. No debt and about 10k saved as I work a lot next to my studies.

Relationships
Lost frame completely in a phone conversation with the foreign girl... It started with her kinda bringing up someone she used to fuck. It moved into me being jealous, and later on unloading my fucking insecurities on her. I don't fucking know why I fucking do this shit but I still fucking do it in the moment. I'm fucking mad at myself for it. It feels like every time I take 2 steps forward I take 3 steps back right after. The worst part is that I immediately notice the consequences. This conversation was yesterday, now today she told me she's doubting it again. It feels like every thing that's gone better because I've been less of a needy shit these last 2 months is out the window again because I did shit like this again. And it's definitely not the first time I did it either, but she is doubting it again and all attraction seems fucked again because of it. It shouldn't be so fucking hard to just shut the fuck up. But in the moment I just can not seem to fucking do it. Afterwards I immediately realise my mistake but at in the moment I just keep fucking shit up like no tomorrow. Sorry if this is a bit of a victim puke.
Did have my first one night stand on the citytrip, so at least that was fun..

Social

Went on the city trip with my friend which was lots of fun. Other than that had a birthday party and hung out with friends a few times. So socially it's been fine this week.

Goals

This week:

Consistently lift
Consistently track calories and eat enough
Don’t smoke
Finish MMSLP
Continue WISNIFG
Continue redpill handbook

Mission

It's not really a mission yet, but where I want to be in 1 or 2 years from now is this:

I want to know that when the relationship i'm in at that time ends, or if I'm single by then, that I could easily get new girls and keep the focus on my own life and goals instead of feeling the need to be with one particular person.

PillUpAss • 3 points • 20 August, 2019 01:33 PM

It started with her kinda bringing up someone she used to fuck. It moved into me being jealous, and later on unloading my fucking insecurities on her. I don't fucking know why I fucking do this shit but I still fucking do it in the moment.

Because you are still a faggot. Your internal monologue should be thanking her for showing you this.

Escape_From_Betacraz • 2 points • 20 August, 2019 01:49 PM

I agree. What brought me here was me being like this a lot, noticing I fuck shit up by doing this and looking for a solution. I have a history of this stuff in relationships. It's quite hard to just cut it out completely though, It's less than it used to be but I'm far from there. This is definitely my biggest issue, my inability to just stfu when required. It's not even that I blurt something out and then realise it, I do this for a full 30 minutes and then realise afterwards how retarded it is.

At least I immediately realise it afterwards now but it's not even close to where it needs to be

Edit: I appreciate you responding to my oys a lot. You've given some good insights so far, and asked a few striking questions worth thinking about. So thanks for that.

PillUpAss • 2 points • 20 August, 2019 02:14 PM

That's what MRP is all about. Keep immersing yourself in sidebar, again and again, until you reach the truth within yourself.

Escape_From_Betacraz • 1 point • 22 August, 2019 02:30 PM

Thanks. And I will, lifting, reading and trying to implement are the main priorities for now. It's just that I'm struggling with the practical side of it. Like I know hypergamy and all that, that stuff wasn't hard to swallow because I've seen it from multiple angles in life.
It's just that that, in itself, doesn't help me with anything. It's about what I should be doing to gain
my advantage from it where I'm struggling. Like I know lifting/bulking helps, so I'm doing that.
But it's about the personality things and how to actually do them. Like leading is not a thing I
naturally do, and easier said than done. Just as I tend to DEER everything, but I can't seem to do
A&A without it being extremely cringe, and deflecting is hard in the moment too.
The only parts I do seem to get better at in these parts is the what not to do kind of stuff, like less
supplicating and not being (as) needy.

Edit: grammar and punctuation

shouldergirdle • 2 points • 20 August, 2019 01:58 PM

You are 24 yrs old with not a lot going on. You should focus ALL of your energies on your mission. Your
current mission, as described, includes the words "relationship", "girls", "feeling". These are the things that
girls focus on. Men focus on accomplishment and striving for accomplishment. It doesn't matter what your
mission is, any productive or semi-productive effort will do. Just do something, laser focus on it, strive for
depth and breadth of knowledge and capacity in that area. An unrelenting pursuit of your mission will
resolve any and all other issues that you may have.

Escape_From_Betacraz • 1 point • 22 August, 2019 02:15 PM

I agree. The issue is just that I have no clue what my mission is right now.

Deathmetal_deadlifts • 2 points • 20 August, 2019 10:38 AM

OYS #5

Summary: Three weeks since the previous post. Getting back on track after vacation. Now I have to find the
courage to start the “can we really afford private school” talk.

Stats: 39 yo, height 185 cm, weight 89kg, bodyfat 16% calipers, wife 39 yo, living together for 13 years,
marrted for 8. Kids are 2 (girl) and 5 (boy).

Lifting stats (1RM): Deadlift 124 kg, Squat 90 kg. Working weights are 80-85kg for the squat and 95-100kg for
the deadlift.

Sidebar readings:

MMSLP – “Often a woman will tear her husband apart over quite minor things, seeking a reaction to correct
her” <- the story of my life

NMMNG – nice guys hide a shitload of pathologies behind our nice masks. Stop being one (easier said than
done)

WISNIFG – “I’m sure you are right, but I still want X” (FOGGING, BROKEN RECORD)

Rational Male - Women don’t want full disclosure, they want mystery. Alpha is not the same as status

The Way of the Superior Man (26%) - don’t hide away from your fears, live on the edge

Health: Down to two coffees per day. Booked an appointment with the endocrinologist, will probably start T3
treatment but first I want to try the Wim Hof Method (look it up) and see if it will lead to some improvement.
Otherwise, I'll look into gut issues that are likely contributing to my thyroid condition.

Lifting: Did not stop lifting during the seaside holiday. Found a gym close to the hotel and went there 2 times
that week. Next week we did a weekend trip just me and the wife and I found a gym there as well. However, I
am now following a super minimalist program - only the main lift plus not more than two others. That seems to
work way better than the 1hour+ program I had before.

**Career:** Currently learning how to put pressure on people. This is the most critical skill to learn in order to survive. So far, I'm making progress and it's not just my opinion: I asked one of the more experienced and very assertive managers to rate my performance during a conference call. So I'm pushing my regional managers to step up and we'll show some improvement by year-end.

**Finances:** The wife did her budget. I’ll do a review and check up with my friend who sends his son to the same private school. I’ll start the conversation with the wife today. I’ll explain that private school for two kids is going to be more or less impossible and we should at least start exploring the public school option.

**Kids:** I really need to learn how to set and enforce boundaries. This will be topic for a future OYS. This shit is really hurting my credibility as a captain. Btw, yesterday managed to persuade the son to eat his dinner without watching cartoons. Big win!

**Relationships & sex:** Broke the dry spell with a quickie on Sunday morning. We went on a mini-trip out of town for the weekend and had fun. I made sure to use a lot if kino and did my best to destroy the covert contract for “I’ll give you a trip and you’ll give me sex”. As far as gaming is concerned, I have no idea how to do that but I guess that will be next on the reading list. To be continued.

**Sobering up the captain:** Focus is on the budget talk. Otherwise I’m not being a lazy asshole at home.

**Goals from the previous post:**

Sit down with the wife and talk about how we are going to pay for private school times two <- starting today

**Goals for next week:**

- Find an activity for Dread level 3 – about fucking time
- Finish TWOTSM and line up the next one

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**PillUpAss • 6 points • 20 August, 2019 02:26 PM**

I’ll explain that private school for two kids is going to be more or less impossible and we should at least start exploring the public school option.

Do the research ahead of time, have what you want better-defined. Otherwise she'll just see you as a lazy fuck dumping a problem on her - which is 100% accurate.

Btw, yesterday managed to persuade the son to eat his dinner without watching cartoons. Big win!

He's 5, not a baby; YOU set the rules not him. There is no "persuading". The boundary-setting issues you explain from your work also manifest at home here, and probably everywhere in your life. Lay it down for your son, tell him what he's doing, in this case "you are having dinner with no cartoons". If he freaks out and cries / doesn't eat - stay calm and move on to the next thing. Time outs are effective too, but with no emotion and 100% enforcement. He'll get it after a couple iterations and be fine. Do not ever give in once you set the boundary. Same goes for work colleagues, wife, etc.

**Deathmetal_deadlifts • 2 points • 20 August, 2019 08:17 PM**

So I told her I'm doing research on the total cost of private school.

You're absolutely right on the boundary setting. Dinner with no screens or coming home in the evening without candy is going to be a good start.

**[deleted] • 2 points • 23 August, 2019 04:47 PM**

He's 5, not a baby; YOU set the rules not him. There is no "persuading".
On this one - we have a similar issue with my daughter. She doesn't want to eat what we make most of the time. What has worked is if she starts throwing a fit, 1 warning, then calmly we wrap up her food and put it away. I'd say 90% of the time, 15 mins later she complains she's hungry and we bring out the exact same food for her to eat. She also loses out no matter what on any dessert if we're having it. When the kids get hungry enough, they'll eat. The times she's been doing this are decreasing in frequency with the repetition.

[deleted] • 2 points • 20 August, 2019 12:12 PM

OYS 002

Overview
Written Sunday night, 8/18/2019
34 yo, 5'9" 186.0 lbs

Week in Review: August 12 - August 18, 2019
Work (Main) - I finished about 7.5 percent under what I wanted in terms of time put in. An unexpected afternoon on a car repair earlier this week combined with a busy weekend got the best of me on this.
Work (Side Project) - Everything went exactly how I wanted with this for this week. This mostly involves building digital assets and the promotion of those assets (for fuck's sake, no I'm not pushing ebooks).
Workouts - 3x lifting, 2x running, 2x stretching like I'd planned.
Relationships - Spent more time together as I had intended, which was a problem previously with me focusing so much on my business.
Sex - High frequency, high quality, hornier than I've been in a long time thanks to not jerking off for a couple of weeks now.

Focus for Week Ahead: August 19 - August 25, 2019
Going to bed earlier to get more sleep.
Making sure to front-load my work so that less of it gets put off through the day/through the week.
Eating out less often. The frequency was atypically high due to circumstances this past week, but I don't want it to turn into a habit.

Fitness
I was more consistent this past week with anything physical than I have been for quite a while, and it felt pretty good. I could definitely feel myself being calmer in general also. My plan was to lift three days, run two days and stretch two days, and that's what I did. There's supposed to be a lot of heavy rain this week, so my running days might consist of being on a treadmill that doesn't always run properly that's in my basement, but we'll see what happens.
I've got a lot of yard work to do Monday before it starts raining pretty much constantly for the rest of the week, so my one guaranteed dry day is kind of fucked when I would prefer to go running, but we'll see how the weather pans out.
I've got this vague idea of wanting to run some of the various mid-distance races that are around here throughout the year, but that won't be in the immediate future.
I've also definitely not been getting enough sleep, and I'm looking to correct that by going to bed earlier instead of staying up and fucking off doing things that aren't very important.

**Career**

I'm really just maintaining my main thing and diverting extra energy into this side project for now. I have a business doing client work producing various types of content and consulting in a niche industry, and my side project essentially involves building digital assets of my own and monetizing them instead of selling them for a flat fee. All that being afraid of failing shit I wrote about some last week kind of went out the window once I sat down and organized my processes for putting it all together.

I'm happy with the direction this is going in for now and how things are going with all of it.

**Hobbies**

I did a fair amount of chess work this week for the first time in a long time. My main focus right now is just getting back into good habits in terms of analyzing variations, staying focused when calculating, etc. I've played some mid-length games just focusing entirely on that aspect of the game, and while I'm not where I want to be with that particular skill set, I'm satisfied with how quickly it's coming back considering the length of time it's been since I took it seriously.

**Sex and Relationships**

I intentionally set up more one on one time this week, and I enjoyed that. There was quite a bit more sex this week than there has been in the past as well. Part of it has been just me being consciously aware of how much the frequency had started to fall off after posting last week, but I think that the combination of getting out of the house and doing something physical most days combined with not jerking off for the past couple of weeks was probably the majority of it.

**Mission**

I'm still thinking on this one. I've spent some time intentionally dedicated to just working on this particular problem, and I've got some ideas and a general sort of vague concept, but I'm pretty certain that it'll become more concrete over time as I poke around internally some more.

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Flynnjacklepappy • 2 points • 20 August, 2019 12:19 PM*

OYS 3. Age 41, Height 6'1", Weight 176, Fat 13% married 15 years, she’s 41, 2 kids- stepson is 17 and our son is 14, Lifts: Squat 225, Bench 155, DL 225 Keto for 2.5 years, intermittent fasting during cuts

**Reading:**

NMMNG(x2), WISNIFG, MMSLP(x2), MAP(x2), Saving a Low Sex Marriage(x2), The Rational Male, The Way of the Superior Man, The Book of Pook(x2), How to Win Friends and Influence People, Do These Pants Make My Ass Look Fat, Bang, Day Bang, started reading The Subtle Art of Not Giving a Fuck

**Physical:**

I’ve been hitting the gym to lift more the last couple weeks. 5 times last week and 4 this week. I changed gyms and I’m not entirely pleased with my choices but I’ll have to make the best with what I have for now.

My gym closed a little over a year ago. I joined a small, local gym. The equipment was better but the hours limited my late night and weekend workouts so I moved over to Planet Fitness. They don’t have a squat rack or
free weights for bench. Mostly machines. I’ve been working more with the dumbbells since I’ve been there but they only have up to 60 lbs. I’ve been doing legs on a Smith machine but I don’t hear good things about them. My Jiu Jitsu gym has a squat rack and free weights for bench so I plan on getting in there for some lifting but the hours are limited.

I’ve still been pushing it hard and feel like I can get some results but it’s not a long term solution. I’ve heard some talk about my first gym opening back up with new owners.

Work

Work has been busy which is good. My job is on-call and the hours are crazy sometimes. I always have the option of working more and making more money which helps with the upcoming closing cost of building a home. So I’ve been catching some more hours lately.

Kids

I’ve been spending more time with my 2 boys, especially my 14 year old. He’s been busy this summer with drumline practice for high school band. With the teachers starting back it’s freed up his mornings and I’ve seized the opportunity. I see an improvement in my boys and myself when they get more attention from me and I’m reminded how important it is to make time with them.

I have been getting one or both of them to help whenever I have a chore to complete. Sometimes they get frustrated at being told to stop what they are doing but I ignore it and stay positive. It usually ends with us having a good time and my load is becoming easier. If they have a chore they are working on, I jump in and help them finish. It’s creating a better vibe for the men in the house lately. They have helped me in the past with projects but I’m just doing this more often now.

Relationship

We were able to attend a pool party at a friends house a couple Saturdays ago. I’ve been cutting and feeling very confident about my appearance so this was a good opportunity to strut a little. We had a great time and the night ended with some enthusiastic sex.

I’ve had some setbacks lately. I realized I have stressed about the financial planning for our house build. I’ve looked over our budget carefully several times and planned for this but I was struggling with the final commitment to start the process. I didn’t want to share this with my wife because it felt like weakness. I talked with my brother and a couple coworkers and finally made a long overdue decision to get the ball rolling. I immediately felt better. I thought I may have made a mistake by not sharing some of this with my wife because I knew it was having an affect on us.

I ended up talking with her about it. I told her I had been stressed and why. Then I thanked her for being patient with me while I worked things out. She said she knew something was off but didn’t know what. She wanted me to talk more about it but I said all was good now and I was ready to move forward and remain positive.

In truth I was also frustrated with her about something she said weeks earlier and was struggling to let that go. When I dealt with the financial stress I was able to unravel the other issue and move on.

On Saturday I took her out for a movie and dinner. She had been at work and hauling our younger son around earlier in the day. I got called to work early in the morning and got off a little after lunch. It felt like a good day to go out have a relaxing evening.

Everything went well until we got home. She was getting some work done and watching TV when something came up about a sex swing. She said she didn’t understand how that would work. I told her we should get one and I would show her how much fun it could be. She laughed and asked if I had ever used one. I winked at her and said “how do you think I know how to use one?” She asked “when?” I said “it’s been awhile but I still know what’s up.” It looked like she was getting uncomfortable at this point and she asked “seriously, when?” I was being playful and cocky, grinning the whole time. Then she says, “I don’t like it when you’re being shady.” I
replied “okay” and went back to reading. She went back to working and got silent. About 20 minutes goes by and she says “I really don’t like it when you’re being shady.” I was amused by her reaction but could tell she was frustrated. I said “I understand that you don’t like it when you feel I’m being shady” and got up to tell the boys goodnight. When I came back in she was getting up and I grabbed her in a hug and told her we should get in bed and get naked for some playtime. She said “oh that’s not happening tonight”. I really wanted to stay OI and just let it go. I was weak and engaged with her about it. She mentioned a couple other times I wasn’t giving her straight answers over the last month. I asked if she understood that I was being playful with her and she looked confused.

At first I thought this was a shit test. At this point I wasn’t sure if it was a comfort test. I can’t tell. I hugged her and asked her when she thought I would have ever used a sex swing. I gave her the truth she was seeking. I feel like this was killing the fun of it but didn’t know where to go. It turned into a talk about our difference of opinion on our sex life. She did admit she wanted to do better and thought she had been more open minded. She wanted me to remind her about this so she could continue to work on it. I know there is something that I’ve yet to improve or she would naturally be reminded.

I should have STFU but I was out of my element. I know this is her forte and mine should be actions. It went on for about 30 minutes. I understood when I engaged this conversation that sex was off the table for tonight. I started getting in bed and then she initiated. We fooled around for awhile and ended up having some great sex.

Looking back I can’t help but think I fucked up here. I feel she took the pussy prize away and I jumped through some hoops for it. I probably entered the conversation trying to get laid for the night but at some point it wasn’t about that any more. Sure I got laid and it wasn’t just boring duty sex, but did I stumble and lose some ground here? I reset the next morning and I was out of town later that day and most of Monday. She was more engaging with texts and phone calls than she usually is when I’m out of town and she was more excited to see me when I got home. Any insight would be appreciated.

PillUpAss • 6 points • 20 August, 2019 03:13 PM

did I stumble and lose some ground here?

Yes. Major shit test, which you know you failed. When she asked when you used the swing, you say "last week." Wink, smile, then get on with something else, preferably away from her. Let her hamster that. As she tries to call you out over and over, she's shit testing your strength. Stay fun about it or find something else to focus on. By giving her attention, you are failing the shit test. Only exception is pushing through the ASD / LMR, bringing her upstairs and fucking her senseless. That would be a pass.

Flynnjacklepappy • 2 points • 20 August, 2019 05:20 PM*

Thanks. I knew I handled it wrong. She kept pushing and I got caught up with her feelings that seemed like she was a little hurt by it. I probably didn’t keep it playful enough and lost any frame I started with. I’m working on not caving to her feelings but I haven’t got it all figured out yet. I really was having fun with it at first but didn’t have the strength to endure when she turned it up and kept pushing.

Temp_Shelter • 2 points • 20 August, 2019 01:49 PM

Some of what you describe sounds like where I was at one point. I got called a 'mystery' for turning off phone location and other such things. Let their minds wonder. I'd say keep pushing with your self improvement. This could be a difficult time and I wish I had more specific advice. In my case providing the wife a place of safety allowed her to become open to the idea of something like using a sex swing. It sounded like your wife might be curious about doing such things, but only with the right dynamic in place.
OYS #2.

OYS #1
Age: 32, Wife 34. Kids: 7, 5, 4, 2 and one due in October. Coming up on 10 years of marriage.

Finished Sidebar
NMNNG, MMSLP, WISNIFG, Rational Male Year One, Rational Male, MAP, 16 Commandments, Book of Poon (and all accompanying audio series on the youtube channel), The Way of the Superior Man, SGM

Currently Reading: 31 days to Masculinity (Day 13) and The Summa Theologica.

Physical
205.5 lbs, 6'2, 19% BF (According to Fitbit Scale)- Current 5x5 weights: Bench Press 130, Squat 145, Deadlift 185, OP 90, Barbell Row 115

MAP
Working on a few yellows and investing myself in greens.

Short-term Goals
I made significant progress on one of my long-term goals which is to transform our rocky backyard into a lush, relaxing retreat where the kids can play and climb trees and I have a food forest that can provide moderate food independence with smart and planned design and engineering. I spent most of Saturday shoveling and moving rocks and getting wood chips down and I made a serious dent. Saturday was the second time I've put a concerted effort into this goal; I first did it about ten months ago, when I was weak and had a weak mindset, and my back killed me for the next two weeks and I haven't worked on it since. Now that I've been lifting, the work is easier and I took steps as soon as I was done like alternative heat and cold. My morning routine consists of waking up at 5:50, getting dressed, praying the angelus at 6, then working on the backyard until I need to shower and get ready for work. I'm making steady progress and believe I can make the steps in my timeline for this project.

Children
I'm spending better, quality, focused time with my children now. After finishing my work on Saturday I wrestled with the boys and then turned it into a game. I would sit on the floor with my feet up and hands behind my back and my boys had the goal of touching my shoulder. I would use only my feet and legs to prevent them from reaching their goal. They loved this. I eventually started having them clean up X number of items from the house or their room, where X is their age, and in half an hour I got a good ab workout in, the boys and I bonded, and the house was totally clean. I'll be doing this throughout the week when I get home from work this week. I need to improve my relationship with my daughter and I think one way is to take 1-1 walks with her. I'll experiment with this this week.

Still reading to kids at bedtime which is a discipline I value.

Wife
Relationship is continuing to coast along and be good, but it's still odd without the "glue" in the relationship and I don't know how much I can really expect without sex in our marriage; we haven't had sex for 15 weeks now. Complications in the pregnancy have had the wife on pelvic rest (but not bed rest). One week until we find out if we're cleared. Wife is responding a little more to my playful advances and attempts at game and I think I've been improving by trying to game her more subtly at first. I'd still appreciate some advice on a good kino guide if anyone has one to share. After reading the SGM and Way of the Superior Man I've definitely realized where I am weak in my DEVI back when we were having sex and I'm looking forward to having fun and experimenting.
and learning when fucking my wife when we are finally cleared. Also, after agreeing with the content in chapters 22-25, I understand how I need to improve in my response when my wife has emotional outbursts.

**Work**

Represented my company well at the competition and I am looked up to from my peers. I still have a few peers that are tough to work with and I am taking on the challenge of improving that working relationship.

**Social**

I had numerous opportunities for social challenges last week while going out for drinks at bars with my coworkers during the competition. I also had a baptism party the day after I did all the shoveling and wrestling and I was pretty exhausted and had trouble focusing. Lesson learned, I found and passed my current physical limit. Looking forward to when I'm stronger and have greater endurance.

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redPillOnHard • 2 points • 20 August, 2019 02:39 PM

**Life Goal** - Kick life in the ass. Be my own judge.

Did an interesting exercise with a mentor. Basically, it was to envision laying on your deathbed and telling someone you care about what you regret. Then dig in to why each of these regrets are real and important to you. We did this 5 times. This brought out some fundamental values I have. Most of them were things I already knew, but it was an interesting way of getting down to them. I plan to take each of these and work backwards from the value to specific actions I can take over the next few months to work towards not having them as regrets down the road.

**Health** - Goal: 10% BF. Black Belt in BJJ. Live pain free.

Ht: 6'4" Wt: 245 BF: 14%

Based on some feedback from my last OYS, I looked in to true fasting more and did my first real 24 hour fast yesterday. I say real, because I didn't have cream in my coffee or anything other than water for over 24 hours. It really wasn't hard. I've been 18/6 fasting almost daily for a couple years. But "fainting" included cream and occasionally a diet drink.

Its such a mental mind fuck. When I do 18/6, an hour before I can eat, I feel starving. Yesterday, same time period, no real issue, because I knew I had another 5 hours to go. Then an hour before my eating window, I was starving. My brain was saying just eat, what's the difference between 23.5 and 24. I took this as a challenge and did 24.5 just to fuck with the bitch in my head.

I lifted heavy yesterday during the fast. No noticeable difference.

I may do 1 24 hour fast a week. Going to see how the rest of the week feels.

**Finances** - Goal: Year salary in relatively liquid cash and investments along with retirement accounts and option to retire by 55.

A little stressed financially at the moment, but it isn't based on anything real. Nothing has changed with my budget or planning. My mind just likes mental gymnastics when it can't find anything else to worry about this comes up. I address it by acknowledging it, and if it doesn't subside, I'll go back and review my numbers again.

**Parenting** - Goal: Raise healthy, curious, active kids. Model these qualities for them. Engage in activities with each of them that they are passionate about.

Goals:

Be calm
Model happiness
Kids are ready to go back to school. I did a lot of work over the summer getting their rooms organized donating old stuff and generally setting them up for success.  

We have our fall schedule planned out with after school activities. Its hard not to overcommit them, but I think we found a good balance. Sports, music down time. Both have committed to keeping grades up in order to participate in activities.

**Frame** - Goal: To not measure myself by others opinions.

Goals:

Be an oak

I had 2 medium level arguments with wife. I can't even remember what the first one was about, just that in the middle of it, I was going to be embarrassed to write my OYS this week because I was arguing. I didn't really lose frame, but I raised my voice past the point that was needed.

Second argument stemmed from wife calling me to talk about a family issue then going in to details that weren't appropriate while my daughter was in the car. I told her it was inappropriate and we could talk later. She didn't like that and called me back later when she was alone and was shitty to me. I engaged a little too much.

I have a new perspective on the arguing with wife. In the past, I would always be defensive. Trying to convince wife I wasn't wrong, or explain why I did something (DEER). Now, these arguments are, me telling her what I think and then doing my best to shut up. When I lose my shit, it is a very different feeling. I know I own my shit, I know I am a kickass Dad and husband. I don't feel any need to prove that to her or defend my actions any more. This was clear over the past week. I see it as big progress.

The second argument grew out of wife's sister, confiding in her that her husband beat her up a bit. Wife started going in to this conversation with my 12 year old in the car. Totally not appropriate. SIL and BIL live near us and my daughter has a close relationship with them and their kids, her cousins. I shut that convo down. She didn't like that, but in hindsight, I think she would agree it was the right thing. She just found out this info and needed to emote. We had it later. But this puts me in another situation where I'm trying to figure out how to keep my frame.

I've known BIL for 10 years. He is a generally decent guy. But basic lazy beta. His wife was having an emotional affair. He found out. Got pissed. Not sure exactly what happened, but I saw pictures of her bruises and they are pretty bad. I doubt he hit her, but probably grabbed her and pushed her around.

I'm considering meeting up with him and discussing some truths AWALT, he is a lazy fatass, its his fault. Basically get his shit together. Stay or go, but don't get physical. MRP advice will probably be to stay out of it. But I don't think he has anyone in his life that will tell him the truth. And I think it would be best for the kids if he got his shit together.

I could go another route and tell him if he touches her again, I'll beat his ass. But that seems ridiculous. Would be better to just involve the police.

I think they should get divorced, they have been toxic for years. But either way, he needs to get his shit together. I would never hit a woman, but some part of me feels for him. I was on that track until I found RP.

**Sex** - Goal: Active and fun sex life. Initiate whenever I feel like it no butt hurt over rejection.

Goal:

Initiate when I feel like it be OI

Decent week. I'm looking forward to this week, being home and on schedule will provide more opportunities to flirt and have fun. I'll initiate whenever I feel like it.
I think it would be best for the kids if he got his shit together.

I have so many questions. What exactly does any of this have to do with your mission or your frame? Why are you taking it upon yourself to get involved in fixing this problem? What makes you think you're the best person to step in and troubleshoot this situation?

Your brother-in-law sounds like a lost cause. There's a near zero chance that he changes (with or without your involvement) and even if he does change, there's an even slimmer chance that his wife will ever trust him again. None of that has anything to do with you. You seem to be thought streaming rather than stating your intentions, but the instinct to play knight in shining armor or beat his ass is irresponsible.

I'm not advocating doing nothing, but at the end of the day there's not much you can do and that's hard to accept. If a domestic dispute escalates to that point, it's a matter for the cops. The sister in law needs to call them if he gets physical. If you were not directly involved or an eyewitness, then you don't know anything for certain and you are useless to the police.

If it were me and I were trying to be supportive of my sister-in-law, I would talk to my wife about what type of support you're both willing to extend to her. I would talk to my wife about her making a standing offer to her sister along the lines of, "if you're in a bad situation, call us and we will come pick you and the kids up. No questions asked." Extending that type of support wouldn't have a negative impact on my family life, but that could be a slippery slope so your mileage may vary.

Having said all that, good for you for keeping that conversation away from your kids.

redPillOnHard • 1 point • 22 August, 2019 03:06 AM

Fair point.

There is very little chance anything I do will have any affect on the BIl or SIL.

My wife is affected emotionally by this, so I need to keep frame or be sucked in to drama. I am streaming thoughts. Not 100% sure what I'll do.

What does this have to do with my mission? When I look back at my life I want to be able to say I lived up to my values. One of which is not allowing violence against women and children. If I completely ignore this I'll consider myself a bitch. Should I quit my job and volunteer in a battered woman's shelter? No. There is somewhere in between those extremes where I need to draw a line.

This is closer to home than a remote BIL. This family is our closest relatives. My kids spend the night over there regularly. Their kids spend a lot of time at my house. I don't have a son, and my nephew is the the closest thing I have to one. I see this more as an opportunity to show him how to be a man than anything to do with white knighting.

I've expressed that if SIL needs help we have room for them. I'm going to stick with that until I have more info.

part_wolf • 2 points • 22 August, 2019 03:49 AM

This makes a lot more sense. It sounds like this situation is affecting your wife and kids, which makes it your problem. I can understand the urge to do something, but as I said before there's very little you can do about their marriage.

It might be in your children's best interest to insulate them from your in-laws' dysfunctional marriage. I'm sure this sucks to hear, but choosing to expose your kids to a "basic lazy beta" that gets violent with his wife is a terrible idea. You can't write off your nephew, but you can invite him to come over to your house and play with your kids. That will also allow you to spend quality time with him. If your SIL and BIL are going through a tough time in their marriage (as they seem to be) then they would probably welcome a break from the kids.
My point here is that the path forward becomes easier when you understand and accept what you can and cannot control. Exerting influence where you can and avoiding damage to your own family may be the best way forward.

redPillOnHard • 1 point • 22 August, 2019 04:15 AM
Agreed. Thanks for the solid input.

HeadButtTheBar • 2 points • 20 August, 2019 02:43 PM
OYS #10

Summary:
Trying new things, staying busy. Working on finding what makes me happy.

Stats:
35y, 182lb, 6'1". Married to Wife 36 for 9, together 14. Kids 4,2.
Chance of marriage lasting? 5%
Current Last Working 5x5 sets (lb)
Bench: 175
Overhead Press: 95 (-10)
Back Squat: 165
Deadlift: 245
Bent over Row: 145

Fitness:
Signed up for a 10k with a few of my friends in Sept.
Went rock climbing (bouldering technically?) with my friend from work. Wasn't necessarily my cup of tea but got me out of the house, try new things.

Mental:
Found myself a therapist to meet 1:1 and had an initial meeting.
Described my current situation and separation, she identified pretty much saw right away my history of being too involved in trying to make her happy, not knowing what I want, what makes me happy, etc...
She also said "Do you feel like you chose your wife / marriage, or it was just chosen for you, you went with the flow?", which I think is pretty accurate.
Right now, my attitude is "Yes, I clearly don't know what I want, but I will continue to try new things, be fun and social, until I start to see what brings me happiness"

Career:
When I was a very young engineer, early feedback I got from peers and management was that I had great ideas but needed to be more constructive with my criticism. Something I became extremely conscious around others, and I improved doing this years ago and haven't had any negative feedback since.
However, I think this killed my confidence and made me afraid to rub anyone the wrong way. I used to be such a cocky little shit. I need to get some of this swagger back without being a dick.

Social:
Went on big golf trip over the weekend.
Kids:
Oldest daughter has seemed lost at times. "Where's mommy, where's daddy". We've been more proactive saying "Daddy isn't gonna be here till tomorrow", or the same for mommy. I think we were avoiding the situation with her thinking she just wouldn't notice. Instead, all that uncertainty made her worry, and we just gave her straightforward statements about who would / wouldn't be around and she didn't have any more anxiety.

Relationship:
Continued to see therapist with wife. Main take away this week was "If you are separating, you need to think are you separating to create space and work on each other, or separating to ease into the divorce". Wife was leaning towards the latter. Not worried about it, not going to change her, just focus on me.

Separation is clearly going to happen, but we are at an impasse of a shared apartment we cycle between, or one of us moving out for a 3 month span to an apartment. If one of us moves out, not sure what the kids would do and if they would stay 100% at home still or cycle between apartments. Likely have something ironed out by next week.

Met with a lawyer to understand my options. Separation will be straightforward and simple. We don't have any complicated assets and the formulas for child support in my state are straightforward.

hack3ge • 1 point • 23 August, 2019 01:48 PM
Is separation required? I’d just say if she wants a divorce give it to her and call it a day. Separation is bullshit - she wants to test the waters get some strange cock and have you as a back up plan in case she can’t find a replacement beta when all is said and done.

My wife said she wanted a divorce and I tried for a few weeks to change her mind then I just said why the fuck am I wasting my time on a woman who doesn’t want to be with me - fucking pathetic. I told her such and said I was meeting a lawyer the next day and she changed her mind pretty quick.

Note - I’m not saying use this as a strategy to get her back I’m saying this is the mindset you need.

HeadButtTheBar • 1 point • 26 August, 2019 01:05 PM
She is moving out at the end of September, and we will split the kids 50/50 between the house and her apartment. Once that is settled, divorce incoming. Right now the separation is a stepping stone to keep things calm for the kids and honestly just the sheer amount of logistics.

This weekend was eye opening for me. My wife said to me "its like we're not even friends anymore". I didn't say anything to that but in my mind I realized "no shit, you are fucking bailing on this entire life we built, how could I be your friend". My mentality is she has become so self centered and cold she doesn't deserve me back.

hack3ge • 1 point • 26 August, 2019 02:00 PM
AWALT bro - let me tell you that your wife is either already fucking someone else or has someone in mind she gives two shits about you or your daughters happiness. Welcome to the mother fucking red pill.

My recommendation - drop counseling tell her you aren’t going anymore and tell her you just want to do this quick and easy and go get the paperwork fill it out together or mediate and be done. If she asks why tell her you just realized you have no desire to be with someone who doesn’t want to be with you so you are moving on and you will make sure this is all done quickly and amicably for your daughter.

Counseling is there to make her feel better about divorcing you so she can say she tried - I bet she loses her shit when you say you aren’t going so just fog the shit out of it.
Also you need to figure out what the fuck it is that you want in life and you better not be a faggot and tell me it’s your fucking wife back. Your shit reeks of a man who life is happening to instead of it happening to him.

My wife told me yesterday I’m a selfish asshole and all I care about is me - I grinned slapped her ass and said someone seems like they need a hug. But she’s 100% right I’m a selfish asshole and the captain takes care of himself first but if she wants to be in my life that’s the price of admission. And you know what later that night she was gagging on my cock and had her first orgasm while blowing me.

16 months ago I was you - a giant pussy with a wife demanding divorce, going to open houses and I wondering what the fuck I was doing with my life.

Do the fucking work and stop being a faggot and for fuck sakes pick up something fucking heavy every other day.

red_mainframe 1 points 20 August, 2019 04:01 PM [recovered]

OYS WEEK 5

Age: 49, Height: 5' 7", Weight: 198lbs (down 8lbs), Fat: 20.5% (Body scan - will update in the next few months) Married 20 years, two teenagers.

Workout: 531 with Joker sets (on good days), 3x5-8 FSL and accessory work. IRM - SQ: 395 BP: 245 DL: 435 OP: 185

Read: NMMNG x2, MMSLP, MAP, WISNIFG, WOTSM. Current: WISNIFG (audiobook, much better), Bluepill Professor

Physical: Goal: Reduce bodyfat to 15%. Still slightly injured but lifted as I could along with some easy conditioning work. Hit my calorie numbers even though we traveled this past weekend.

Frame/Leadership: Wife had a small medical issue this weekend that made her uncomfortable. We had just arrived late at the hotel after driving most of the day. I was tired and ready for bed, but she needed some medication. Old me would have put up a fit or, at the very least, there would have been a covert contract involved. I knew my wife was uncomfortable, so I stepped up without hesitation and went to the drug store to get what she needed - not to please her or get approval and no covert contract involved.

Social: I went off on my own a few times this weekend and made small talk with a few people, something I've been working on. Also noticed I was getting smiles from other women and even a few looked right at me and simply said "Hi," even when my wife was with me and not a word to her. I get this sounds like validation from women, but I just view it as verification I'm on the right track. Last, as I prepared to go off by myself again one morning, the wife said, "do I need to come watch you so you don't talk to strange women?" Me: "Probably because they're all over me!"

Sex: None. It was shark week and her medical condition made any type of sexual activity impossible. I plan to begin Dread Level 4 in the next two weeks. I now have places to go and things to do and won't waste my time with a person that doesn't desire me.

Other observations: I'm finding my wife complains - a lot. Not about me, our relationship or anything like that, but about stuff she really has no control over. Not sure how I never noticed this before. Must have been old beta me just listening and empathizing with a covert contract attached. But now it's really starting to annoy me. I found myself saying to her a lot last week, in some form, "I understand that upsets you, what do you plan to do about it?" knowing damn well there's nothing she can do. Am I being a jerk with that?

Goals over the next two months:
· I'm doing this for me.
· Begin Dread Level 4.
· Continue to initiate conversations with people. Focus on truly listening and being interested in what they have to say.
· Get out of my own head (thanks to u/LongRoad_518 for calling me out on this last week).

HornsOfApathy • 3 points • 20 August, 2019 05:41 PM
Dread Level 4 in the next two weeks.
You rambo retard. You're what, 5 weeks in? You do know it's at least a month per dread level, right?
I now have places to go and things to do and won't waste my time with a person that doesn't desire me.
Rambo Retard reporting for duty, sir.
Slow the fuck down. Take some time. Learn how to be a better man that can change the whim of negativity into wet panties.

Dwebsterlight • 2 points • 20 August, 2019 06:20 PM
OYS #10
9 months into it
Stats: 6’4” 199, BF 14%, 35, no kids, together for 14 years total, married for 4. At RP for 8 months now, OYS posts more consistent as of late.
Lifting/Health/etc.: A
Working sets in Madcow with 5 rep max at OHP 175, bench 250, lat pulls at body weight + 70, bent row 250, 255 squat, 280 DL. Still haven't settled on a martial art gym.
Game: F
Batting .000 over the past month now. Not due to lack of gaming effort, kino, 10 second kisses, etc. I'm an attractive guy with room for improvement in other areas, but come on! Wife just isn't attracted to me for reasons other than physical and I am unsure that is ever going to return at this point. Going to keep working on me.
Haven't done anything in the way of other catch and release due to schedule.
Leading/Frame: B
My frame is still good. No butt hurt after rejections but I did make a mistake in my eyes when I called her out a bit for not wanting sex this past week when she said it would happen. Rewriting history because she isn’t into it, fine, move on as I’m not pressing for any duty sex.
Need to plan some activities but we’ve been busy doing things for her elderly parents and her siblings given they can’t take care of their own shit.

Johneyapocalypse • 3 points • 20 August, 2019 11:15 PM
Presumably and without reading your prior posts:
You've been faithful to your wife for 14 years.
Your wife - unrelated to your looks - isn't attracted to you.
And as such, eight months later, she doesn't have sex with you.
No kids + no sex + no other woman since you were 21-years-old?
Why not bolt and have the fun you should have been having when you were supposed to be sowing your
oats?

dwebsterlight • 1 point • 21 August, 2019 12:30 AM*

Spun plates well before her. Sex was great with all kinds of variety/enthusiasm for the first 7-8 years, and then I let things get really bad for far too long. I’m working my Plan for now. Currently working DL 8 and deciding when to move to 9. I was a whined and negotiated for sex for so long that I’m waiting for level 8 to build for long enough that it minimizes old memories of my past beta behavior. Would probably make us both throw up even thinking about it.

JCX_Pulse • 2 points • 20 August, 2019 07:40 PM

8/20/19 OYS #19 5’10 185 13%BF

Mission (Goals): Be Debt Free: Pay off student loans Single digit BF: Only did my 31 DTM push-ups due to work. Own household: Took back the house after recognizing last weeks failure. Learn: Reading/doing 31 DTM. Practice Alpha behaviors Be fun, loving, charismatic, and demonstrate leadership qualities. 31 DTM is helping me understand what “alpha” is, and how I can embody it. As I grow confidence these behaviors get easier.

Lifts: Only got 1 true day of lifting in due to work schedule last week. Going back to regular schedule this week.

Work: Centered myself on finances and how fragile work can be, how little money most people make, and how fortunate I am to be in the position I am. This has given me a renewed focus on why I work and that this job is just a springboard for the next one.

OYS: Keeping it short this week. Shoutout to u/cloudy_pirate for helping me see that I was/am still being a faggot about sex and how my looks are what I’m focusing on, though they are not what I should be focusing on. I’ve made some adjustments to focus efforts on my mental self while not neglecting my physical self so that I tackle my biggest issue: self-confidence. Improving my exterior does help with that, but it’s fragile and ego based.

Beyond that, I know I need to do a better job of writing out my goals. When I write them down I’m able to do a much better job with the improvements my goals are supposed to help me focus on. So, for this week, my goal is to write down my goals, track them, and see how my progress changes.

additionalpie4 • 2 points • 20 August, 2019 08:51 PM

OYS #7

OYS #6

Stats: 35yo, 6’3”, 194lbs, BF 15% (Navy), SQ = 110lbs / BN = 120lbs / DBR = 50lbs / OHP = 80lbs / DL = 135lbs, WAS Married 12ys (together 16). 3yr old kid. Divorced few weeks.

Reading List: Finished NMMNG, MMSLP, WISNIFG and SGM. Pook (25%) also started StepMonster (25%).

Follow Up: Better week than my previous OYS. I Did better reading, lifting and getting me back on track. I am still not where I want to be.

Physical: Still skinny fat (man boobs almost gone but no visible abs). Think I am going to go to maintenance calories while lifting. I am still WAF. Lifting with SL5x5, I my form is SHIT across the board, but I have been watching Alan Thrall videos as suggested. No drugs (17yrs sober), nicotine (7yrs sober), porn (18 months sober) or regular coffee (5 months sober). Alcohol for the first time in a while was more than one.

Finances: Love my Job. Still have a crazy budget with the divorce, lawyers, and this probably won’t settle until house sells and new house is bought. Controlled Chaos here.

Relationships: Still dating around. One more serious than the others but still have options. Last week I said I had not been shit tested and I was wrong. I should have said I have not been Compliance tested yet. I have been
getting a lot of are you a beta tests? Are you an Alpha tests? Dominance shit tests and Fitness shit tests. After I wrote last weeks OYS, I wanted to learn more, and I found my answers. I probably am not passing all of these the way I should but AA and AM are coming more naturally.

**Goals:** LIFT, READ, STFU. Keep morning schedule of MWF lifts, TRS read, STFU and read more every day. Get me right, spend a lot of time with the kid and become more attractive. Some short-term goals are to continue watching Alan Thrall videos and focus on Shit Tests.

chillanous 1 points 21 August, 2019 07:22 PM [recovered]

OYS #1

Stats:
Age: 27; 5'9"; 183 lbs; BF: 21%? (Determined via conductivity, probably inaccurate) Wife: 28, (together 6, married 2.5); Children: 1 - 7 months
Readings: NMMNG, popular MRP threads

TRP Background
Stumbled into MRP from deadbedrooms a few months ago during a rough patch. Had looked at TRP a bit in the past but found some of the views incongruent with my own. MRP immediately jumped out at me from all of the other r/mylifeissad subreddits because it blamed ME for my issues, called ME out for the bad habits that were fueling them, and put the responsibility for fixing it back into ME.

Relationship
Met my wife in college, married her a year out of it. We had and continue to have a pretty good rapport, and even during the hard times we can lean on our compatible senses of humor to defuse situations.

Initial sex life while dating was amazing, of course. About a year in, she went on antidepressants which tanked her drive and also turned her into an emotionless robot. She only stayed on them a few months, before deciding that it wasn't for her and focusing on the root issues of her depression instead. That's been surprisingly effective, and we both feel confident that her depression was more the root of unaddressed childhood issues and real problems than a clinical disorder.

However, the sex drive never really recovered from that brief stint on meds. I'd wondered if it were a permanent effect, except there were brief flashes of the old sexual desire now and then (often when we were drinking). She blamed it on not feeling attractive, since she'd gained a couple pounds (like 5, not a big deal). I liked being with her so I just learned to live with it and coped by beating my dick like it owed me money. Currently we fuck every week or two, although since starting MRP I have spent two weeks out of the country and she has spent one out of state, so that may be skewing our numbers.

(As an aside: Since finding MRP, I have reached some understanding about what tanked our sex life. Initially I think it really was the meds—that is a documented side effect, and there was a noticeable lack of physical sensitivity when we did fuck—but the lingering effect was twofold, both totally on me.

First was that I semi-regularly beta puked about not getting laid and how to get back to "normal." Second was, I felt less desirable and was initiating for my own validation to prove that she wanted to fuck me. Basically, I was guilting her for not wanting to repair my own fragile ego. A real panty wetting combination if I have ever seen one, right?)

Anyway, I adjusted to the low sex relationship, but the last year sucked. It wasn't her fault—we had a baby, had to scramble to finish renovations on a house and then sell it to move across the country. All good problems to have, but they brought in some friction. This brought out all of our underlying frustration and led to some truly spectacular fights, but even after the worst passed, I noticed she was treating me like a child and I was resenting her nagging and feeling more hen pecked every day.
This was because I'd become a textbook drunk captain. I had lagged on the remodel until the baby's presence made it ten times harder. I barely cleaned. I was fucking lazy.

Currently at

MRP is already paying dividends. About a month ago I beta puked about covert contracts, but luckily I stopped myself from talking about RP or anything more offensive. So far this hasn't bit me in the ass, in fact one she was mad at me for not noticing she was all made up, then paused and said "Wait, I made a covert contract didn't I? I wanted you to notice my effort...well, notice it please."

I'm still a complete scrub at this, so I'm going slow. Most of my focus has been on not reaching out to her for validation. Jesus fuck, guys, have I been using her for validation. I'm not even mad at her for nagging or being less attracted to me in the past. I wouldn't fuck anyone who acted like I had, either. I fucked for validation, did chores for validation, fixed things for validation, comforted her for validation. I'm the God damned Bubba Gump of different ways to get my wife to validate me.

Stopping that has been a process, but what I have accomplished makes me optimistic. When we have sex, it has been a lot more fun for both of us, since I'm just fucking my wife instead of trying to do a good job. I haven't started implementing dread yet, as I don't think my SMV has made a noticeable improvement.

Work is in a good place right now. Moving earlier this year came with a 60% raise, which let her stay home longer with the baby. I am enjoying what I do.

Working out is in a bad place. I am a lazy fuck. I don't cook healthy food, I work out maybe twice a week, and I haven't found a gym since moving so I am just doing p90x in my living room. I've lost some weight by cutting calories, since I have been able to leverage my own laziness by only eating 2 meals a day.

Hobbies are in an okay place. I went to the shooting range this week, which felt good. I need to get my workshop set up in the garage, which I have been slacking on because (say it with me now) I am a lazy fuck. I've been reading Diplomacy by Henry Kissinger which has some surprisingly relevant insights into power dynamics and negotiation.

Plan

It's going to take some time for this captain to sober up, and some more time to convince the first officer of it. I need to work on housework and chores prior to being told to put it on the honeydo list.

BY NEXT OYS: I want my workshop set up (at least functional) and garage cleared. I will do enough chores that any requests from the wife will be asking for help instead of delegating responsibilities.

I need to work out every day. Since MRP I have dropped 5 lbs or so, my eventual target goal is 170. By then, I should be about 15%bf or so, and I can evaluate whether to start a bulk or keep cutting the fat off.

BY NEXT OYS: I will have commited to a healthy lunch solution instead of eating McChickens because I am a lazy fuck. I will have worked out 6 times.

My wife told me last night that she wants sex more often. As meager as my progress has been, the lack of validation seeking behavior seems to have sparked a bit of dread.

BY NEXT OYS: I will have sex twice.

This will likely be my only OYS from this account as I have been lurking a while and need to wait the 24 hour period for my new throwaway to become MRP eligible.

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rotkohlblaukraut • 2 points • 23 August, 2019 02:46 PM

She only stayed on them a few months, before deciding that it wasn't for her and focusing on the root issues of her depression instead. That's been surprisingly effective, and we both feel confident that her depression was more the root of unaddressed childhood issues and real problems than a clinical disorder.
I love this. You realize this is a prefect parallel to your own path, right? Tools like STFU and doing enough chores so you don't get nagged are just like taking the pills. Actually fixing your mindset and deeply ingrained habits are what fixes you at a noticeable, deep, lasting, level.

beta_buxxx • 1 point • 22 August, 2019 09:16 PM

I haven't started implementing dread yet, as I don't think my SMV has made a noticeable improvement.

What? Read the post on dread. DL 1 and 2 should be started simultaneously and immediately. (1) Start identifying and passing shit tests. (2) Create your MAP.

Working out is in a bad place. I am a lazy fuck. I don't cook healthy food, I work out maybe twice a week, and I haven't found a gym since moving so I am just doing p90x in my living room.

You know what needs to be done here. Do it. No excuses.

BY NEXT OYS: I will have sex twice.

This is not a workable goal because it's not in your direct control. Unless you plan on raping your wife, which I assume you're not.

chillanous 1 points 22 August, 2019 10:13 PM [recovered]

Valid on dread, that was one of the first MRP threads I ever read and I guess I forgot how simple the first couple levels are. I have been actively trying to lead effectively and stop neglecting my hobbies.

I signed up for an MMA gym tonight. Fighting sports were something I loved 10 years ago, I'm almost giddy to get back on the horse.

It is actionable in that it is an increase on frequency but not too much. If I can't get two positive responses in a week then it is because I'm not holding frame. Of course I won't be forcing myself on her, but I'll still consider it a loss if I don't hit my target.

Thanks for the feedback. It's good advice and nice to know there are guys out there listening.

beta_buxxx • 1 point • 23 August, 2019 03:32 AM

I signed up for an MMA gym tonight.

Ok, great but what about lifting?

It is actionable in that it is an increase on frequency but not too much.

No, it's not. Reaching that goal is completely conditional on the actions of another person.

If I can't get two positive responses in a week then it is because I'm not holding frame.

Holy covert contracts, Batman! You might fucking kill it here and get nothing. No sex. No validation. No whatever the hell you need. You need to come to terms with that, pronto. MRP fixes you, not her, not your marriage.

It's good advice and nice to know there are guys out there listening.

Posting to OYS every week is the best habit you can build. I've gotten so much from the guys here. Just trying to pay it forward.

BluetoGreentoRed • 2 points • 22 August, 2019 01:24 AM
OYS #1

Stats:
Age: 34; 5'7 165 lbs; BF: ~22% (not totally sure); Wife: 35 (married 10 years); Children: 2 (6 year old son and 13 month old daughter)

Readings
NMMNG (x2); Various Rollo interviews; Reddit Red Pill Posts

Intro
I'm going to keep this short because I can get long winded: being beta has tarnished a rather privileged and good life.

I shouldn't have much to complain about. I have lucked out with my wife who has not gone crazy from my lack of frame and my disgustingly weak leadership. Things aren't perfect and there is work to be done; however, I feel comfortable in saying that the majority of her issues are directly stemmed from my issues.

The beginning of this path started a few years ago when I had found a pathway to success. I was accepted into pretty much every big named university in the country for a PhD program. I wanted to go. I envisioned our future. It satisfied our itch to get out of our home town and away from what has become a rather humdrum lifestyle centered around our families. It stroked my ego, but it was service-minded and good.

And I fucked it up by providing zero leadership or security or assurance about the decision. We moved to the city far, far away for 3 days and my wife kinda lost her mind. Instead of providing a strong, firm grip on the situation, I broke down and attempted to cry more than she did. I acted depressed and suicidal and pretended way harder than her reality. Put the ball in her court, and of course she wanted to leave.

And that was that. I had zero frame, and from there, we moved into my parents' basement. Literally. From PhD-destined, published academic who was hired by major companies as a consultant to living in my parents' basement with my wife and son with zero idea what to do. For 9 months we lived there - me with no job except for teaching guitar lessons and her carrying the load with a job.

All she wanted, she said, was to have more kids and be a SAHM. What she needed, I've learned, was to have a strong husband who could captain the ship with wisdom.

I've done as much as I can on my own since then. Gotten a job (teacher), moved out, bettered myself as a man, and started building frame. In some ways, it was good all of that happened. But I still feel drunk and lost and many of the RP principles and strategies are confusing to me.

So here I am. A green dude trying to become red in a way that leads to me being a better version of myself.

Relationship
Our relationship gets beaten down by the stress of the day.

This morning for example, my wife met me in the kitchen to make out. She put my hands on her tits and I grabbed her ass and we felt each other up. We dirty talked each other and couldn't wait until the evening to fuck.

But by the time this evening came, she's lost any bit of sex appeal she had in the morning. She's tired. She stress eats. She crashes on the couch with her phone in her face. She's not a bitch, but she's on edge. She's stressed and tired.

I get it. So am I. I need to work on me. I don't know how.

I don't know how to be suave and cool enough around her to run game and get sex when it's hard. Without jobs and kids? We probably we would have screwed this morning before work. With jobs and kids?

I find myself feeling cranky around her too sometimes because I want that feminine, sexual presence from her. It's there when it's convenient. It's gone when it's not. I blame myself because RP has taught me to see myself as
the source of all positive energy. But I'm not sure what to do here to fix it.

I wake up at 5am to go to the gym or run. This means 9pm should be bedtime. 10pm is more of the goal. The kids don't go to sleep until 8pm. I'm tired. I want to LIFT to have the right body but finding time to hit the gym is killing my evening presence as an alpha worthy of screwing.

**Fitness**

Greyskull Numbers (5, 5, 5+)

Bench 190; Squat 235; Deadlift 265; OHP 115

I feel good here in terms of momentum. I've raised my lift numbers quite a bit since June and have found my routine that works. My trajectory is slowing down some though as I try to cut the excess body fat. I have seriously awful love handles. Genetics have not been kind to my short stature.

I'm not sure what weight I'm shooting for, but I think I'm looking more for physique results in the mirror. Might make me a bit skinny for now, but once I notice the love handles slimmed down, I'm going to clean bulk to get to 225/275/315/135 Greyskull numbers.

**Diet**

This has always been hard for me and it's a significant source of beta issues. The majority of my adult life has featured a picture perfect healthy, nutritious diet...if you ignore the sugar.

I eat protein and vegetables with limited carbs and supplement it all with snacks all day.

I started IF over the summer and have noticed a lot more consistency with my eating habits. I'm averaging 2000 calories per day and am lowering that to 1800 for the next six weeks.

**Dread Game**

Is a bit there. I admit needing to read up on this. I understand the gist of it, but I don't know the levels.

I have some easy dread built in. I'm a very good guitar player who gets gigs. I supplement our income with my music. About once a week I leave the house to play music for crowds that include other women. Women have made comments to my wife about how hot I am because I play guitar.

Passive dread, I guess, because I'm not putting in any effort there.

When it comes to running game on other women? It's not there. It's mostly my own hesitations and lack of confidence in myself. I also think I have some heartburn issues, so sometimes when I try to talk to people, I struggle to get my breath out. Feels like I can't articulate words like a normal person.

But it's also tough because I seriously don't know where you get the opportunity to go out and run game on other women.

How does one balance OYS and Red Pill principles?

I must own my shit by being a father figure at my house, but by the time I've completed my responsibilities, I want to relax and go to bed? And considering I lift 3 times a week and run long distance 3 times a week, I don't think it's a laziness issue.

**Career**

I'm content, and that's a bad thing. I'm a teacher, and while I see benefits of being red pill in an environment that is heavily female, I also recognize that I will have a hard time increasing my SMV with a salary limited to $52k/year.

Music is good, but I don't foresee myself making much more money than I am now. My best months hit about $750. Usually $500. Decent side income for a hobby but nothing to change the world.

I'm not sure where I'm headed here. I need to figure this out. Administration doesn't tickle my fancy. The PhD
route did, but I don't think that is a logical path.  
I've been trying to write a novel to see if I can break into the world of writing. It's not going well. I am a strong academic writer (3 publications) but fiction is hard to tackle. I'm not sure if I should devote the time required to becoming a novelist when it most likely won't lead to a stronger future for me or my family.

**Goals**

Continue lifting and running to maintain strength  
Diet to cut down love handles. 165 now. Thinking 152ish will be a good place to start bulking.  
Read and learn more about game and dread  
Try to find energy to be more positive in the evenings. If my wife is a stick in the mud and stressed/tired? Who cares. Be doing something else after the kids go to bed that inspires her to want to hang out with me.

(told you I can be long winded)

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**shouldergirdle** • 3 points • 23 August, 2019 04:38 PM  
CAREER ADVICE: Teaching requires a 100 IQ. To be accepted into top PHD programs requires at least IQ 125++. Use the excess IQ points to systematize the teaching process so that you do not spend one second extra than is absolutely required, while providing superior results. We all know that teachers spend lots of time on busy work. Don't do that. Your time is valuable. I could provide $50,000 of value in my industry working less than 1 hr per day.

Spare time: Forget writing. That's a time sink and deadend, plus you are starting from scratch. You have a deep knowledge in your PHD area and your PHD area can be monetized. You say that you used to consult to major companies. I would use all of your spare time to research your PHD area and become an industry expert on your own. Start a website, and/or youtube channel. Write industry papers. Attend conferences. Become known in the industry. Learn to communicate this knowledge to CEO and business people in a strategic way instead of a technical way. Get industry contracts, and then farm out the actual work to the egg heads that are actually in the PHD programs. In other words, leverage your existing knowledge and interests into a side hustle/business.

Continue with the guitar performances. A great way to develop dread, hobbies, fiends etc.

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**BluetoGreentoRed** • 1 point • 27 August, 2019 01:36 AM  
You're actually touching on some ideas I've had for a few years. I'm kind of excited right now and will research this further.

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**primordialawe** • 2 points • 22 August, 2019 07:36 PM*  
I have 3 kids. There are tired nights around my house too and it was a struggle for me for a while. Here are my general mobile phone thoughts on it (warning, not Konami code or always even fun):

First, understand you’re being needy. You’re another kid that needs care. The more you force it or try to make her do anything the more counterproductive this will be.

Don’t take her tiredness personally. Understand that you have kids and if she’s a good SAHM, she’s going to be tired. Recognize that the kids are yours and she’s spending her energy working on raising good kids every day.

Take your kids away. Take all the work off her plate sometimes. There’s a post or two about it around here. Do this WITHOUT expecting anything in return and mean it. She may need a little breathing room. Then, if
you’re feeling up to it after they go to bed, go do something on your own you had planned that same night. Movie or whatever. This is you proving to yourself you don’t need her. Some dread sure but the point is for you to realize you don’t need her to have fun and for her to either a) have a break from your ass or b) realize you maybe aren’t a baby.

Give her the ability to be honest with you about how tired or beat up she is from the day. She can smell the pressure you’re putting on her and it makes her close up more. When she can open up to you the pressure release from the day May be all she needs for a second wind.

Be honest with yourself how you physically feel. If you’re tired too, go to bed yourself. It not fun but you probably need more sleep. I am in a similar boat... 5am workouts etc. When you get a good nights sleep things are less of a pain in the ass. You can laugh off how fucking tired the kids made you. Don’t force yourself to have fun because you probably won’t.

Accept that some nights or days or moments will be fun and full of energy. Others may not. Get more zen about that shit and let it go when everything isn’t “perfect”. Read the way of the superior man. She’s already moving like the weather. You need to be a constant.

There’s probably more that could be easily wrapped up in “do MRP better”. Frame up. Get fitter. Keep going. Don’t dabble. Be a dope dude. She will either make time or she can fuck off.

This is all predicated on the idea that your wife is a cool chick, she’s not a lazy cunt, she likes you, you like her, etc. you guys played grab ass in the morning so there’s some fire. The more you try to smother it, the more you’re gonna put it out. Be ok letting that shit marinate.

Finally - do all this with no covert contracts on your side. If you see one developing, smash it. If you are doing this with expectation you are not doing it right.

I wake up at 5am to go to the gym or run. This means 9pm should be bedtime. 10pm is more of the goal. The kids don't go to sleep until 8pm. I'm tired. I want to LIFT to have the right body but finding time to hit the gym is killing my evening presence as an alpha worthy of screwing.

I'm struggling with this too. My 3 kids (4, 2, and a newborn) just wipe my wife and I both out completely by the end of the day. One thing I've figured out is that it really comes down to priorities and how badly you want something. If something is truly a priority, you make the time for it. There aren't enough hours in the day for everything you want, so you need to make a conscious decision what gets dropped. Maybe it's sleep, maybe it's lifting, maybe it's sex. We can't decide that for you. Only you can. Just make sure you're intentional about it and make your peace with your decision.

This has always been hard for me and it's a significant source of beta issues. The majority of my adult life has featured a picture perfect healthy, nutritious diet...if you ignore the sugar.

I don't understand. Sugar makes you a beta?

How does one balance OYS and Red Pill principles?

I must own my shit by being a father figure at my house, but by the time I've completed my responsibilities, I want to relax and go to bed? And considering I lift 3 times a week and run long distance 3 times a week, I don't think it's a laziness issue.

Take a look at some of my recent OYS posts. I've struggled with this exact same issue. The conclusion I finally reached was that if this was easy, everyone would be doing it. Being a high-value man is by definition
difficult. You need to make the choice to put in the effort and get the reward or not. Also, I like /u/LongRoad_518's take on it, working on yourself should be your relaxation.

[deleted] • 2 points • 22 August, 2019 06:02 PM

But I still feel drunk and lost and many of the RP principles and strategies are confusing to me.

Well you're in the right place... you can't do it all at once so prioritize and take things slowly.

A green blue dude trying to become red in a way that leads to me being a better version of myself.

FTFY

Dread Game

This morning for example, my wife met me in the kitchen to make out. She put my hands on her tits and I grabbed her ass and we felt each other up. We dirty talked each other and couldn't wait until the evening to fuck.

You seem to have a willing wife for sex. This is good and much better than a shit load of people come in here with. My advice? You should have fucked her right then and then. Even if it was a 5 minute fuck in the bathroom while the kids were getting ready for bed.

With jobs and kids?

It's harder, but so what? It's doable. Just need to figure it out. Can't always just wait until bed because then you are tired. Hell, I've fucked my wife many times in the middle of the night and in the morning.

I want to LIFT to have the right body but finding time to hit the gym is killing my evening presence as an alpha worthy of screwing.

You're completely getting this backwards. What's killing your alpha worth for screwing is not finding time to do things for yourself like lift. Get home -> lift. Or get home -> kids in bed and lift. Kids go to bed at 8? So you have 1-2 hours before bed. Go lift. It's not that hard when you make it a priority.

I want to relax

And we found your core problem. You're lazy. What does relax mean to you? For me relaxing = time to make myself better. Lifting = relaxing, reading the side bar = relaxing, going to a work dinner = relaxing, going to Muay Thai = relaxing. Watching TV? Sure I do it sometimes but it actually stresses me out now because I know I can be doing something better.

I also recognize that I will have a hard time increasing my SMV with a salary limited to $52k/year.

Chad the handyman makes less than you and fucks a lot of women. $$$ != SMV. Sure it helps but it's by no means the most important. Your mental state (frame) is.

Overall

You are lazy
You are complacent
You DEER (a lot) in your post so I can only imagine what you do w. your wife
You don't take obvious opportunities to fuck your wife

My advice for you the next few weeks are:

Get into a lifting routine. Same time, same days, 3x a week minimum. You should need no more than 60 mins (and likely 45 will be enough).
Read the sidebar. No More Mr. Nice Guy again (and do the exercises, don't tell your wife). When I Say No I feel Guilty second, Married Man Sex Life Primer 3rd.
Shut the fuck up. Go read exactly what that means and do that
Find something social to do one night a week - martial arts would be a good one

OYS 056 190820

Stats:

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Bike (week) 68 mi (109.4 km) Run (week) 7.5 mi (12.1 km)

I was on vacation last week ran 2.5 miles a day and did some weight lifting. Sleeping on a not so great bed or running on hard road really hurt my lower back. No matter how much I stretched, I was still stiff and creaky. I get back to the gym, started lifting heavy again, and BOOM my lower back acts the fuck up and I have to stop. Took it easy for a few days and seem to be back to normal.

Diet

Tracking calories. Ordered two electronic scales for home and work to start measuring food.

Goals

185 lbs (83.9 kg) by the end of 2019

Rule Zero

I am currently working towards a more hardcore sex life with the mother of my children (MoMC). A few days ago I wanted to finish the last TV drama that interests me, “Stranger Things 3” on Netflix but I also was thinking about having sex. I said to MoMC “Lets just fuck and watch TV, you jump on my cock, two birds with one stone”. She laughed as I haven’t suggested this in years (if ever with her at all), she puts up her normal we can’t do that, and what about the kids waking up. We did not have sex while watching TV and a kid did wake up as usual.

She also said something that in the past would get me down. She said “I can’t do those sorts of things any more, I am a mother”. For the past 10 years she has said this about blow jobs, about her tits being sucked, about different positions in bed, and about porn. Per-RP I blamed me picking a prude for her attitude. Early on in RP I
blamed my beta traits for her only engaging in vanilla sex. Now I see the situation as it most likely has always been… my lack of sustained leadership.

Was she a slut before me? I doubt it. I choke fucked her on the first date and the next four months, but she never talk dirty in bed, she shrank at porn, didn’t own a single sex toy, rarely initiated, never gave a blow job without being told, and never once, to this day, swallowed. This has never changed, (accept the choke fucking.. Haven’t done that in years). I have gone through several stages thinking about this.

Pre-RP I chalked this up to her being a HB8 prude. This is partly true. I had only banged HB5s (and lower) and the ones I fucked long term watched porn, talked dirty, had sex toys, initiated and swallowed. Those early broads were much lower in SMV and had to work harder. The higher up the HB scale I thirsted, the lower the hardcore sex I found. All on me.

Early RP I could have blamed my results on my former beta traits. This is partly true. While I had started off agressive, I slowly let my “normal” of hardcore sex turn into her “normal” vanilla sex… and eventually no sex at all. I see now a few things. She is programmed to think hardcore sex is only for dirty girls. If left to her own devices, she would probably not have sex at all. Sure I choke fucked her for months, spanked her ass raw, but without sustained training and encouragement, she was always going to fall back on “good girl” “bad girl” trope.

If I want hardcore sex, or sex at all, it is all up to me.

johneyapocalypse • 2 points • 20 August, 2019 06:26 PM*

What's your body fat?
You're only at 1 x body weight on bench after one year.
Sounds half-assed.

She is programmed to think hardcore sex is only for dirty girls.

More likely she's just programmed to use that phrase as a convenient excuse to avoid having sex with you.

RedPillBluegrass • 1 point • 21 August, 2019 02:58 AM

1. I don't know
2. You could be right.
3. You could be right.

Temp_Shelter • 1 point • 21 August, 2019 12:11 PM

If I want hardcore sex, or sex at all, it is all up to me.

I have been telling myself the same. A month ago wife and I, were both resigned to, 'it's just her blueprint'. Now realizing blueprints can change, and things that have never been on the table in 20+ years are happening. Now that the door(s) are open(ing), I have to work to be patient in allowing progress to unfold. Keep pushing for what you want and quite possibly need. Ultimately, if it is truly a need, and your wife will never be the one to provide it, what is plan B?

RedPillBluegrass • 1 point • 21 August, 2019 07:21 PM

While it has gone in waves, I have noticed my thirst for sex has been waning. I have gone from needing it and (almost) never getting it, to getting it, but not needing it.

Plan B?
Rian Stone has said something about being willing to "Burn it all down". I have not reached that phase yet.

HornsOfApathy • 1 point • 21 August, 2019 06:50 PM

She is programmed to think hardcore sex is only for dirty girls. If left to her own devices, she would probably not have sex at all. Sure I choked fucked her for months, spanked her ass raw, but without sustained training and encouragement, she was always going to fall back on “good girl” “bad girl” trope.

My wife is the same way. Hardcore sex early on, slow slide to vanilla, cue me failing all kinds of shit tests for years and we're to shitty starfish. Managed to get it back to vanilla after a while, then we went back into hardcore.

My sex life now is more hardcore than it ever was. My imagination is my limit as well as hers. The only reason we got back to having all kinds of sex, but especially hardcore, she is learning to embrace her inner slut with fervor.

It's all about leadership, bro.

RedPillBluegrass • 1 point • 21 August, 2019 07:25 PM

It is up to me, always was.
	niceandtoastypease • 1 point • 20 August, 2019 11:29 AM

OYS #2

Found MRP in June.

Age 31, wife 30. 5'9 160lbs. married 4 months, together 3 years. no kids

Overview in OYS #1

Reading: Finished NMMNG, WISNIFG, MAP, 48 laws of power, and MMSLP, Reading TWOTSM and working through the BPP videos on youtube.

Lifts

SL 5x5. No changes in weight here. BF 15% Sq: 160 OHP: 90 Bench: 155 DL: 155. Was traveling for work Sun-Wed so a lighter week this week, but made the most of my days at home. I'd like to bulk up at a faster pace so need to up my calorie/protein count. Added fish oil supplement (per mmslp)

Work/Mission:

Work trip was productive and successful. Ramping up personal connection with my team to build a better culture and atmosphere. Have Ramo'd a bit as the new boss coming in after a lukewarm pushover manager who let the group turn into a zoo. Have already had to let go two people this year due to poor performance, leaning towards a third. Ramping up 1v1s to weekly for my struggling manager. Also reading "All the Leader You Can Be" a book on improving executive presence, as well as "It's Your Ship", a book on management techniques from the Navy. Figure I can apply both of these to my non-work life.

Going back to the drawing board on my mission/goals as I got good feedback that they were just hopeful dreams, not actionable items. Aiming to make them more tactical.

Relationship:

This week had plenty of shit tests still, but I managed one of them really well thanks to you all (wouldve failed miserably before MRP). Trying to be more fun, messaged the wife about going to outdoor concert a few blocks from our apt. She replies saying she feels like crap and doesnt want to go. I don't respond, go to the gym like a
normally would. I come home, she's on the couch with a scowl on her face. I ask if she wants to go to the concert, she says "I told you I don't feel good, i'm staying in.". I gather my sunglasses, the dog and head to the door with the keys. "Where are you going?" I say i'm headed to the concert. "You don't care that i'm not feeling good?" I say, "Oh ok, well hope you feel better" then turn and head out the door. I head down to the concert, and a few minutes later i get two long texts about how I'm her husband and should care how she's feeling and shouldn't abandon her. And about how she'd love to go but can't blah blah. I ignore them and keep walking (before MRP i would run right home or never left). She texts again a few minutes later and says, "Ok I'm coming where are you?" i wait a bit and send her the address. Long story shorter she bitches for a bit about leaving her and I just displayed and upbeat dgnaf attitude and by the end of the night she was laughing and joking. Came home, had the best sex in weeks and it was a great night.

The weak points lately have come around us dealing with a shitty builder for our new home and incompetent realtor. I made the mistake of delegating certain responsibilities to her when I should've just managed everything. Now the items that she was on deck to handle are going poorly (inspection, etc) and i'm getting the brunt of it. The learning experience here is to handle everything and hold better boundaries on things she does volunteer to handle.

Frame:
Much better frame this week. The Way of the Superior man is excellent at putting the male/female relationship into a better context, which is helping me keep my dngaf frame. One contradiction I've found is that Deida says that you should rise to the level of intensity of your wife, vs walking away or remaining calm. Is this a contradiction that has been noted in this sub before?

Sex
Considerably better the days I've been in town and have been maintaining my frame. Going to try to escalate for more intensity.

Social:
Social is still the week point for me. But i volunteered to be the captain of the free agent softball team, looking to make some solid connections there. Also will attend school alumni events as football season ramps up.

Goals:
Increase protein and general calories to speed up bulk, set up a social event with someone from work, finish TWOTSM, own my shit with the move, re-evaluate budgeting with my account getting raped next week due to home closing.

SorcererKing • 2 points • 20 August, 2019 02:04 PM
I made the mistake of delegating certain responsibilities to her when I should've just managed everything. Now the items that she was on deck to handle are going poorly (inspection, etc) and i'm getting the brunt of it. The learning experience here is to handle everything and hold better boundaries on things she does volunteer to handle.

You've known this woman for 20 years. You should know what she's capable of and what she isn't. I suspect you were vague in what you wanted and she did what she did. You need to be more clear in how you want delegated tasks done.

Also, go read about the Pygmalion effect.

niceandtoastypease • 1 point • 20 August, 2019 03:50 PM
I’ve only known her for about 3 years but your other points are totally valid. That’s a really interesting theory/study. I can totally see that being true and will try to set my mental bar higher for her. Thanks
OYS #19

BACKGROUND: 39, 6' 2" 194 lbs, BF 14% (navy) or whatever this is. T: 330. (RPT 6/8/10, 1x6 set lifts listed): SQ 255 (deloaded), DL 319, BP 215, OHP 142 (deloaded), BR 170. RP 22 months. Kids 10, 12. Wife 41, together 15 years.

Two realizations this week:

1 - I'm pushing my son in sports for the wrong reasons and it is putting distance in our relationship. Kids can detect when you are inauthentic and he gets it at 10 years old, easily. He is a talented athlete, but doesn't put in the work. Up until now, I've been riding him to work harder, because I know it will payoff for him in high school, college and life in general by making him better at being a man. However my motives were selfish. I was pushing him because I wish I could start over at his age and do it all differently. I wish I had a father that gave me this direction. And the next best thing to time travel is feeling like I effected this type of change and development in someone else, especially my son. It's a ME accomplishment. It's not what he wants and even if it is a fuck-up for him, who am I to force him into things that make him miserable? His memories are going to be hating practice with his dad. I've realigned myself with my motivations and eased up on him. In the end, no one can be forced to have a passion, it has to start within them. I'm still keeping him in sports, but not pushing him to practice everyday. He seems happier with this and I hope he either finds his way in a different sport or naturally finds more motivation in this one.

2 - Taking Stock: What value does my wife add?

*Sex - inadequate - duty on demand, but not fulfilling. She doesn't really want to be doing it, she does it to stay in my picture. Plus she doesn't want to be submissive to me (at least overtly). D/s talk went nowhere. D/s in the bedroom is nowhere unless I demand it, but then she's not a willing participant. I do think there's some ASD going on here / the need for plausible deniability which I need to give her more of: "it's all for me, I know you'd probably not be into this on your own." I'm going to be persistent and keep pushing D/s at minimum in our sex life - I truly believe that is the only LTR type where both parties can be near 100% happy.

*Kids / parenting - inadequate - she handles all their school coordination (homework, events, etc.), that is valuable. But kid coverage (watching the kids, being responsible for them), is about 50/50. I expect more (70/30 would be good, I love being with them but don't like being taxed with 50% coverage after all the other work I do).

*Money - inadequate - she's an expense. She has advanced college degrees but doesn't use them. Instead she's in a dead end field with dirt pay (long story, but it's her hamster dead ending instead of going to find the best opportunity she could get). So 99% of the money comes from me. What's fucked is I think she hates that, despite taking little action to fix it.

*Housework - inadequate - again 50/50 at best for cleaning, which she does shittly. 100% me on maintenance, fixing things, home improvements, etc.

So she's respectful and provides duty sex on demand now - that's where I'm at after ~2 years RP. It's not the marriage I would have picked and she's not even a girl I would plate TBH. She's great, but not for me. I'm not NEXTING her at this point, but it wouldn't take much. The value scale is so out of wack that any reduction on her side puts me over my tolerance. She's running at tolerance.

Next Week:

1 - Finish TRT research

2 - Outline how I can better lead in the above areas, one at a time. Some of these are sunk costs, others I might be able to affect more change on. Trying new approaches is better than complaining about problems like a
faggot.

3 - Finish The Book of Five Rings - holy shit Musashi was a badass. For anyone looking for a book on owning the fuck out of life, pick this one up.

man_in_the_world • 2 points • 23 August, 2019 10:53 PM

Sex - inadequate - duty on demand, but not fulfilling. She doesn't really want to be doing it, she does it to stay in my picture.

Consider whether she lacks desire because **sex with you is bad** and boring *for her*, likely because your DEVI is unbalanced, focusing only on D and the physical, with little Emotion, and sex is still partly about validation for you, which is a huge turnoff for her.

It's convenient and easy to blame her, but my guess is that it's as much or more that you're a bad, boring lover.

If you don't fix this, even if you go elsewhere, your plates will quickly break.

Plus she doesn't want to be submissive to me (at least overtly). D/s talk went nowhere.

Formalizing a D/s arrangement is more for the reassurance of the S, not to overcome the insecurity of the D, or to compensate for bad DEVI. You're pushing this for the wrong reasons, and it won't succeed that way.

itiswr1tten • 1 point • 20 August, 2019 04:02 PM

Where is your mental take on fucking some strange? Has that ever happened?

PillUpAss • 1 point • 20 August, 2019 04:44 PM

Never have done it but I have no moral issue with the act.

itiswr1tten • 2 points • 20 August, 2019 05:34 PM

This may seem extreme, but how about a total demotion? Forget demote to plate, what about demote to babysitter?

Fucking strange can accomplish 2 things.

First, it gives a fresh reminder that they all have something you'll hate about them.

Second, getting the sex you actually want from mistresses and plates can be a pressure relief valve on the rest of your marriage. There's a reason in some cultures having sucias/goomars/side hoes is basically expected.

Do you have any plate prospects?

PillUpAss • 1 point • 20 August, 2019 08:43 PM

First, it gives a fresh reminder that they all have something you'll hate about them.

LMAO - that's raw truth from someone who knows firsthand.

Demotion to babysitter is a decent idea, one I'd pursue before nuking the whole thing at this point.

Although once kids are grown, one has no need of a babysitter.

Getting plates wouldn't be a problem. I've prospected enough over the past year to confirm that.

Tolerating and managing them would be the real skill set to develop.

My approach is:
1 - Continue to try to fit a square peg, see how far in I can jam it and if that is sufficient for my needs.
2 - If that fails, demote - assuming there's a use for that.
3 - If that fails (she refuses her demotion or no use), plan like a madman, lube up my ass and take the divorce rape like a man. Then let out a FREEDOM, Braveheart style.

*edit: formatting

Hennythepainaway • 1 point • 20 August, 2019 07:33 PM
If you want to read for fun, there's the book Musashi that is basically about his adventures since a young age. Less philosophical than 5 rings but a fun story.

PillUpAss • 1 point • 21 August, 2019 02:44 AM
I’ve seen a documentary on him, will check this out too. Thx.

RickTickTickyshaw • 1 point • 20 August, 2019 12:44 PM

OYS
38, 5’9”, 150 lbs, 13% BF handheld device, engineer part of a large corporate manufacturer. Married ~10 years, together 13, 2 daughters 3 and 5.

Current Lifts: B – 135 x 10 x 3, S-185 x 10 x 3, DL – 205 x 10 x 3, BR – 95 x 10 x 3

Completed Reading: NNMNG, WISNIFG, MMSLP, Saving a Low Sex Marriage, The Rational Male

Currently reading: Unshakable by Tony Robbins

What is my plan? I want to be in control of my life and be able to attain my highest self.

Lifting: Getting back into 5AM workouts this week. Plan to continue to bulk up to 165. Going to do 2 different lift days and fill in with cardio going forward. Upper body routine is 10x3 Bent rows, 10x3 bench, 10x3 bar curls, and 10x3 tricep extensions. Lower body is 10x3 squat, 10x3 DL, 30x3 leg lifts, and 10x3 calf raises.

Goal – Lift 4 times a week alternating between upper and lower body, either 5AM or over lunch. Get a minimum of 7 hours of sleep each night.

Diet: Good on the keto front. 3 eggs at breakfast with creamcheese, and good real protein for dinner usually. Cooked more meat at home too.

Goal – Improve my diet by tracking my macros and focus on protein.

Hygiene: Trimming beard and keeping neck shaved. Goal – Improve my teeth with whitening toothpaste and tongue scrape.

Style: Bought some new pants that fit better last week.

Goal this week: clean out closet and reiron shirts.

Game: I have been DEERing too much, need to stop engaging in arguments and just STFU.

Goal – Make abundance mindset happen, keep initiating and drawing her into my frame.

Finances: Finished Money book from Dave. Had a large windfall recently of money from insurance.


Career: Working on new projects for recently acquired division. Keep executing on short term goals. Met with VP of M&A and was inspiring to get new perspective on stepping up career. Looking to get into more of the
M&A projects.

Goal – Reach out to other leaders to get perspective on deal front. Get the required books for new CS class for big data applications.

Social and Hobbies: Had a parent over from daycare with their kid come and play this past weekend, and went to 2 birthday parties with kids solo parent style. Good to see other couples and get a sense of other people and how they manage their kids. A lot of blue pilled perspectives out there. Had a buddy come over and we did brakes on my car too.

Goal – Go to celebrate birthday dinner for my cousin and do a well prepared Fantasy football draft this weekend.

primordialawe • 1 point • 20 August, 2019 12:45 PM*

OYS #8


Read: NMMG, MMSLP, Book of poock, Sidebar blogs/top posts, TWOTSM, 48 laws of power, Mindful attraction plan, guide to the good life. WISNIFG, Models,

In progress: Not Nice, Practical female psychology

Mentally, I had one of those weeks where all the things I’d been learning and "knew" internalized and started to fall into place. I started to fuck myself one afternoon after interacting with my wife. I caught myself wanting a certain reaction from her while she was in the middle of juggling a few things. Stopped it in its tracks and moved on. I sat on things for a while and came to my own round about conclusion that my role, my job, is to move forward, be the beacon of light, fun, authenticity and honesty. I’m simply to radiate this out to the world to the best of my ability, regardless of other people's reactions. The ones that are worth it will catch on and come around, they always do. The more I chase or want it, the more I drive it away. The metaphor I came to was this:

Be like Disney World. It's always the same every single day. People are attracted to that place because they know it's going to be the same and they can rely on it to provide a certain emotion regardless of what they bring to the table. It radiates fun and happiness and excitement. Disney World doesn’t change if someone walks in with a shitty attitude. The person with the shitty attitude may not have a good time, but that's their fucking problem. Disney brought its A-game and if you don't like it, you leave. Disney doesn't give a fuck, that show's gonna keep on going no matter what.

The idea isn't new or novel. It's all sidebar stuff and intertwined through everything we study here. But there's a difference between seeing a math problem worked out with the answer in front of you and sitting down to come to the same conclusion on your own. The basic, and elementary, view flipped a switch in my head. Ever since that time last week. I’ve felt different in my relationship and family life. Things are still there as they were, but I'm not reacting to them or chasing them at all. It all seems so much less serious now. Her weather changes like the seasons (Mild seasons though, let's be honest. It's not hurricane season here...) and the less I react to it, the more gravity I have. Very basic shit dudes. Gotten flashes of it here and there before, but now the flashes are longer and more permanent. I give a fuck, but I also don't. By that I mean I care about her and us but I care in a way that is open and honest and at the same time have stopped clinging to any expectation. I realized I can either walk around all day looking for red flags and power struggles and general TRP paranoia, or I can accept that all the things we learn are true and act accordingly and enjoy life while seeing into the matrix. I'm at a comfortable balance and going to deepen my roots here so it sticks and gets stronger.

I frequently look back at this comment from my first OYS. /u/itiswr1ttten saw what was going on like a damn Jedi and I've made his notes my main areas of focus. Moody + inhibited, leadership, frame issues... looking toward bad moods as clouds floating in the sky. Incredibly useful and valuable insights that are helping guide me
along so far.

**things to continue working on:**

**Physical:** - Tighten up diet on weekends. - In bed by 10:30 every night this week.

**Appearance:** - Get new clothes sorted out. - Make sure I’m dressing “up” for everything even outside work a la don draper. No ratty shirts and shorts that don’t fit well, even for yard work.

**Finance:** - Be more disciplined with unplanned spending.

**Mental:** - Continue meditation practice. - Deepen internalization and integration of concepts. - Take more leadership. In both planning AND in situations where I didn’t plan. No autopilot.

**Relationship/sex:** - Make sure there’s a good balance of comfort - Stay mindful of my intentions and be on the lookout for neediness creeping through - “Read the room”. DEVI.

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**OYS #29**

Previous OYS | First OYS

**Overview**

Me: 33, 5'8", 193.2 lb, 25.0% BF. Wife: 34. Kids: 4M, 2F, 0M. Married 8 years, together 11.

Lifts (SL5x5): SQ 145 BP 95 ROW 75 OHP 65 DL 160.

Readings: NMMNG (x3), WINSIFG (x2), The Game, Pook, TRM, TRP Sidebar, MAP (x2), The Mystery Method, Bang, Day Bang, MMSLP (x2), TWOTSM, SGM, 48 Laws of Power, The Red Queen, The 7 Habits of Highly Effective People.

**Body**

**Lifting**

My confidence last week about my ability to make time for lifting was overblown. I lifted only once this week, on Friday. I just have too much going on right now between new baby, getting sick, prepping for our families to visit back to back over the next few weeks, and trying to catch sleep when I can. I made a conscious decision to prioritize those over lifting. So it goes. I would love to find more time to squeeze lifting in this week. We'll see if it happens.

**Diet**

The TDEE 3.0 spreadsheet is giving me a TDEE of 3415 calories as of this morning. Using the TDEE calculators on the internet, that backs out to an activity level close to "Extremely Active, Very Heavy Physical Work or Exercise Every Day, Professional/Olympic Athlete (1.9)". That is not even close to reality, no idea
what's going on there.
I'm eating around 1950 calories a day with <40g carbs and >150g protein and losing 2 lbs per week for the past few weeks. I'm going to stick with this for a bit since it seems to be working.

Mind

Reading

I finished my third listen to NMMNG. Not too many surprises, but it was a nice refresher. It's clear to me that I still haven't recovered from the "nice guy syndrome" as Glover calls it. Still a work in progress.

The post this week on Practical Female Psychology reminded me that it's a book on the sidebar and I haven't read it. It's queued up for this week.

Frame

The phrase "abundance mentality" keeps creeping into my head this week. I only noticed how much Glover talks about it (and what he calls "deprivation mindset" = scarcity mentality) in NMMNG. I am working on cultivating this. My life is already very abundant and I am starting to dwell in reality on this.

I finally gave up on the toxic mindset that I "deserve" leisure time. The captain is the hardest working one on the ship. I owned my shit this week (and there is a lot of it these days) and will keep owning it going forward. No more laziness.

 Relationships

Wife

Things between wife and I are still going very smoothly. Very little shit testing and she mostly defers decisions to me and is happy with the outcomes. Things are not all great, though.

She has told me that she is very depressed and anxious, and gets panic attacks in the early morning every day. She has talked about possibly seeing the doctor and getting on medication but is nervous about it hurting the baby due to her breastfeeding him. I tend to agree so I haven't pushed her to go. But I don't like to see her suffer. There were some recent posts to MRP on dealing with depressive wives, I'll have to dig them up.

She asked me to pick up a fifth of whiskey while I was getting stuff for dinner on Friday. Sure, it's been a long time since we've had a drink, why not. Later, I went to the gym and got ready for bed when I got back. She was already in bad and I initiated. We had decent sex but it was clear she was a bit uncomfortable, it being her first time after childbirth. Baby woke up and interrupted us, so nobody finished. I went to get some water and noticed the bottle of whiskey on the counter. Half the bottle was gone. I hadn't had any. That means she had around 8 shots' worth of whiskey while I was at the gym. I dumped the rest down the drain that instant and told her that was completely unacceptable and that alcohol was not going to be allowed in the house any more.

Since then things have gone back to normal, but I can tell she is overwhelmed by everything. The kids, family coming to visit starting tomorrow, lack of sleep. She doesn't have the mental resilience (grit) to get through tough times - never has. I help as much as I can but I am trying to stop short of taking on everything like a nice guy would.
Children

All the kids are doing great and I am enjoying my time with them more now. We took them to the water park this weekend and it was exhausting for me, but they loved it so much. Wife and baby relaxed while I played with the older two.

Our son is finally, finally, finally potty trained as well. I'm coming to understand he is a late bloomer with many things. Training techniques that didn't work a few months ago just clicked when we tried this time.

Friends

Nothing to report here. I'm holding off on dread level 3 until things settle down with new baby.

Career / Finances

Interestingly enough, I am finding that the grass is always greener on the other side of the fence. Now that I'm back at work, I find myself looking back fondly on the 3 weeks I took when baby was born. Things were much less stressful without work sucking up so much of my time. I'm actually looking forward to taking those two months of formal paternity leave at the end of the year.

Goals

Correct lifting form
Find ways to save time
Kill my inner beta
Stop being lazy
Figure out what I want out of life
Push sexual boundaries and explore our fantasies

Cloudy_Pirate • 1 point • 20 August, 2019 06:11 PM

I made a conscious decision to prioritize those over lifting.

At least you stopped blaming your wife (or your fear of her conflict) for this. You are sabotaging yourself. The longer you put this off => the more you will need to deload => the less motivated you will be. Are you sure about crossing "Stop being lazy" off your list?

Half the bottle was gone.

but I can tell she is overwhelmed by everything.

Huge red flags for postpartum depression.

I'm a little surprised that you can have sex with her and not notice that she drank half a bottle of whiskey. I can tell if my wife has had more than 1 glass of wine.

I help as much as I can but I am trying to stop short of taking on everything like a nice guy would.

There is a difference between leadership and "taking on everything like a nice guy". It sounds like you are deferring to her leadership in this area and she is feeling the stress of it.
The longer you put this off => the more you will need to deload => the less motivated you will be.

It's an issue for sure. Things have been crazy with me going back to work and getting ready to host various family over the next few weeks. Once the first wave of our family arrive tomorrow, it should, paradoxically, calm down. I am expecting to be able to get back to a regular gym schedule this week.

Are you sure about crossing "Stop being lazy" off your list?

Absolutely sure. It's possible I have my priorities messed up, but I have been busting my ass all day every day the past few weeks. I've given up on expecting to live a life of leisure.

Huge red flags for postpartum depression.

She has straight up told me she thinks she has postpartum depression. The real question is, what are we going to do about it? Medication, while not off the table, is something we are both trying to avoid due to breastfeeding.

I'm a little surprised that you can have sex with her and not notice that she drank half a bottle of whiskey.

Me too. I suppose I was wearing blinders because I was having sex for the first time in over a month.

It sounds like you are deferring to her leadership in this area and she is feeling the stress of it.

I don't understand, how am I deferring to her leadership?

You should at least have her meet a therapist. From what I've read, some antidepressants can be used while breastfeeding but I understand the concern. If no medication, she has to at least talk to someone.

I agree. I'll broach the subject this week.

From this statement: "I help as much as I can"

The TDEE 3.0 spreadsheet is giving me a TDEE of 3415 calories as of this morning. Using the TDEE calculators on the internet, that backs out to an activity level close to "Extremely Active, Very Heavy Physical Work or Exercise Every Day, Professional/Olympic Athlete (1.9)". That is not even close to reality, no idea what's going on there.

It will be a good two months before it hits the mark. Fluctuations in weight based on major changes in diet (e.g. going keto) will cause your early numbers to be crap.

Further, if you're not using a scale, your records are off.

Regarding your prior comment from last week, IM is easy for some of us. For me, it's how I've always preferred to eat. I don't like breakfast, I get so jammed and spastic at work that I don't think about or worry
about or crave food. So I do this:
6 days IM
1 day don't.
Averaging all 7 days together my average daily fast is 19 hours. That's 7 hours beyond the 12-hour mark where the magic happens.
First eat between 6:30pm and 7pm.
Eat for up to four hours but rarely manage more than 2.5.
... Largely because I pound a lot of protein and am fucking full all the time.
Early on used ginger to quell the stomach pangs. Those feelings are not actual hunger. We western-worlders have no fucking concept of what hunger feels like. Well I kind of do 'cuz I did a bunch of ten-day fasts.
My challenge was overcoming the propaganda that screamed (1) you must eat breakfast, the most important meal of the day (!) and (2) you must fuel your burners every three hours to keep your metabolism going.
What a load of crap those each turned out to be.
Lots of health benefits from IM. I've had the best blood work numbers of my entire adult life since going in that direction.
I'm not even fat but I've chosen to live under 10% body fat so i'm keeping this going - and feel way better on the days I fast than the days I don't - but, need brunch or eggs benedict sometimes, hence the sunday plan.
Note that I could not do it in reverse - eat in morning and fast at night - or I'd find it miserable too.

It will be a good two months before it hits the mark. Fluctuations in weight based on major changes in diet (e.g. going keto) will cause your early numbers to be crap.
I have daily data on the sheet from May 28th on, so pushing three months at this point.
Further, if you're not using a scale, your records are off.
I don't understand what you mean by this. How would I take my weight without a scale? Do you mean a food scale? If so, I have been using one religiously. I have been meticulous about logging every damn thing I put in my mouth. I'm confident in the quality of my weight and calorie data.
Lots of health benefits from IM. I've had the best blood work numbers of my entire adult life since going in that direction.
That reminds me that I haven't had a physical in maybe 5 years. I should get on that.
SQUAT: 270lb
BENCH PRESS: 187.5lb
DEADLIFT: 233.5lb
SHOULDER PRESS: 156.5lb

Feeling much better. Began reducing the amount of warm up sets I do because I found that I don't perform the core workout as well if I do. Instead I'm adding in another set for BBB. This has been going well especially on this week which is my heaviest one.

Reading:
WISNIFG. Helped me immensely. I can see a shift in the way I view decisions and actions and just the overall way I view relationships and my life. Hoping to finish it this week so I can start re-reading books before moving on. I think it's time for a refresher.

Career:
My father has tried to brush the entire situation under the rug and pretend that he didn't flip out on me and bad mouth me to a client. Thanks to the advice I got last week I'm going to take a different approach now and be more cautious about his ego. Tried not to rock the boat too much this week and just let tempers settle. I need to make a decision for my future, what I want, where I want to be, how it will look. Once I decide that, I will plan out the reality of it. Deciding can be difficult still because I'm still worried about how my actions will affect other people (like my father and his family). WISNIFG has been helping a ton with this but if I'm honest I'm still struggling a little bit. Perhaps it's like a muscle that I need to use for it to grow and get easier.

Relationship:
No problems here this week. Actually had a nice date night before a social event we went to with her new co-workers. She told me she wished we would have just skipped the event and she could have just kept hanging out with me which was cool.

Social:
I am humored by the way my friendships are going. The more indifference I feel towards others, the less reliant I am on their approval or being included in what they do, the more they want me around. The more I pull back the more random people that treated me like the plague push hard for me to hang out. This aligns with what I've read, I just can't believe it's this effective. Of course the catch 22 here is that I don't actually care that they want to include me now. I have come to realize that I want to turn down plans frequently, and do. I am trying to stay present in this mindset. I feel like I have gained a significant amount of self worth and independence and I want to make sure that I don't just trade it in for fake friends boosting my ego. Historically I would have found all my self worth there and I can see that happening again if I'm not careful.

Mission:
Continue to improve my self worth and independence. Working towards these two goals in the face of adversity was a lot easier. This week I'm going to have to work hard to make sure I don't fall into old habits of letting other people have too much importance and control on my life. I'm thinking if I can get through a few more weeks where I feel confident I've generally met these goals then it might be time to come up with some new primary goals and move these to be something I continuously work on but they won't need much more than maintenance.

suprathepeg • 1 point • 20 August, 2019 02:37 PM

Own Your Shit Weekly - July 20, 2019

6'2", 197lbs, 12.7% BF,

Have read: NMMNG, MAP, MMSLP, Pook, RM, WISNIFG, WOTSM, Pimp, SGM, Bang, Extreme Ownership, Science of Trust, Speed of Trust,
Reading: 12 Rules for life.

Overall Mission: Become father ready on terms I have set by January 2021. Short term goals/progress:

Physical: Lifts are going good. I’m currently working through some mobility issues in my relight shoulder and hip. My weight hasn’t increased but my physique is getting better and my strength is steadily increasing.

Sleep has been off a bit lately. I need to concentrate on my psychological more. Psychological: I have made a list of personal needs and wants which roll into my relationship status.

I need to be better disciplined about meditating. I’m really struggling with fears of loneliness which is causing me anxiety at times. Looking at life and ultimately partnership through the red pill lens is hard, you lose a lot of blind hope for the future. I find facing the uncertainty of knowing a man is ultimately alone the only part I don’t enjoy.

Financial: Finances are good but I need to work on a budget. I will write out a personal financial plan in the short term when I have some time.

I’m always looking for opportunities although my time is extremely tight with work at the moment and will be till January. Personal - The race car project is stalled due to lack of time and other financial goals. I have been working on getting better at leading in dance which is always a good time and doesn’t cost much. Relationship - I am struggling with being alone. I do have a girl I see who is great but she’s by no means a wife which I was used to having for pretty much my entire adult life.

The girl I’m seeing is so far very complimentary to my mission, goals, and interests. I do however like I said have this fear of losing her. It’s crazy cause I know there are women I could slide in with tomorrow if I wanted, I turn down offers and IOIs regularly. I know I need to meditate more regularly and clearly more self work is needed.

bumpiesttoad • 1 point • 20 August, 2019 03:08 PM*

OYS #3

Stats: 26, 6’2”, 174 lbs, 14%bf. Lifts: SQ 185x5; DL 245x5; OHP 115x5; Bench 185x5; Rows 160 x5. Doing some fucked up version of PPL with rock climbing 2-3x per week. Currently climbing in the V4-V5 range when bouldering (starting to get average). Married 0, together 7 yrs.

Report:

I left you guys for a while. You scared me to be honest. But I couldn’t help but look around through the new lens I’d picked up from reading posts here and there.

Things have been going well, but need to go better. Lifting is happening 3-4x per week, rock climbing about 2.5x per week. For 2 months I stagnated in weight and didn’t move my lifts. Im now watching my diet more closely and am nearly done with my cut. I’m ready to eat and get stronger. My squat and DL form were both ass, I’ve dropped the weight and worked back up. I bought squat shoes which have helped, I definitely recommend them for taller guys that have awkward form.

I’ve dropped video games aside from Friday afternoons and Sunday mornings when the fiancé is out of the house / asleep, no more than 2-3 hrs/week. I’ve never been a TV person, I keep up with 1 show with my fiancé so maybe 1hr/week of TV. Reading has picked up pace, I’m supplementing with a lot of sales related books which slows me down. I’m starting to nail down a legitimate night and morning routine which removes a lot of unneeded thinking.

I’ve been reaching out to my guy friends a lot more often, doing stuff like climbing, grilling, grabbing drinks. This frustrates the fiancé because they are also her friends, but she respects it and doesn’t complain.

Sex, I guess I can talk about. It’s hardly a thought these days. Frequency is good for me, we’re getting kinky enough... for now. Currently I’m working on building my own desire and encouraging her to do a little more to get me going. She’s attractive and has become more feminine, but I’m looking for her to flaunt that even more. I
get turned down on occasion, but I’ve noticed it’s often when I’m just doing it for the sake of doing it, not because I feel the need to fuck her brains out. There have been countless times now where we fall into a sexual situation that I had not intention of starting, that’s a new one.

Mission:

Lead others without questioning myself. Take my family's business and turn it from somewhat profitable to very profitable.

Reading:

Completed:
- WISNIFG
- NMMNGx2

Current:
- MMSLP (50%)
- TWOTSM (50%)

Background: I hate that I have to post this, I want to forget all of it. It’s gross. Same as always:

Was an extremely drunk captain for about 6 years. Started dating just before college, things went smooth and then I turned into a bitch. Things got nasty, I'm truly disgusted with my past behavior. Didn't study, got drunk and high all the time, barely lifted, didn't diet well (peaked at 215 lbs and probably 25% bf). I got whiney and actually attempted to harm myself a few times (4 years ago, really hurts to write that) when turned down for sex. Both the gf and I got majorly depressed and had suicidal thoughts. Naturally the gf at the time found me repulsive and would have sex with me 1-2 times a month. These trends carried over into my professional life after college, but got a little better. No, I don't have a post history, but I'll answer honestly to any questions you have about my past.

After college we moved in together, got a couple cats. Struggled with balancing chores and not stepping on eachother's toes. Things got better, I proposed to her early this year. Things were repetitive for a while, but that's changing now.

Vices:

- Porn - I watch it maybe 1x/week, if that
- Video games - 2-3 hrs/week
- Nervous ticks - basically nonexistent. I have to keep my nails short still, if they get long I start messing with them.
- Alcohol - It May be time for a reality check. I’m still drinking a lot on Friday/Saturday/Sunday, usually 3-4 drinks. It’s always with the fiancé and typically leads to fun situations, but we really don’t need it and we are using it as a crutch. I’ve mostly eliminated week day drinking at this point.
- Weed - Honestly don’t have any real plans to change this. I’ll smoke usually 1-2x/week after I’ve done what I need to do that day and if I won’t be seeing my fiancé for the next few hours. Usually after rock climbing and at my friend’s place.

Career:

I quit my old job. I think I was at the old job when I last did an OYS. Looking back 75% of the problems I had there stemmed from a lack of boundaries/confidence. I’m working for my family company now doing sales and business development. I’m the only one watching my daily tasks so I’m having to learn to set my own goals. I’ve given the president a list of deliverables for me each week. I will likely increase them to an uncomfortable level to give me healthy challenge. I may go into more detail about work later, I could write forever on it.
Finances:
honestly this is where I fail the most. We are doing fine but could be doing so much better. I’m meeting with a financial advisor in a couple weeks to get into the weeds of it all. I don’t know what it is but I can so easily ignore the fact that I have a bank account and finances to manage. Fiancé has no issue with my dictating our spending, I just keep her updated on the big stuff. Learning to balance between us now that I’m the only one with an income (she’s in school), this is helpful now because she’s overly aware of her spending and runs most non-necessary purchases by me.

Social Life:
Good, but limited. I see the same 3 guys every week, then their girlfriends too sometimes on the weekend which is when I’ll bring my fiancé along. I’ve been pushing my comfort zone with weekly networking events, striking up conversation with strangers, and taking on non work related roles.

I don’t actively think about dread or how it works, but there may be TOO much trust between my fiancé and I. We played volleyball with her new classmates, while she was with some girls she’s becoming friends with, I spent 30ish minutes talking with other girls from her class and a few guys, just getting to know them and having fun. When we got home my fiancé said she was proud of me for being so social, which shows how retarded I used to be, and how much she trusts me with other women. I’d like her to be ever so slightly on edge, regardless of my intention.

MRPCaseStudy • 1 point • 20 August, 2019 04:09 PM
OYS #1.
Age: 36. Height: 5’8” Weight: 159 BF: 14% Navy. Married 3 years together 15). kids 7, 6 and 18 months.
5x5 Lifts: Sq 220, Bench 135, DL 240, Row 130, OHP 100
Audio-booked Rational Male.
Books Read: NMMNG, WISNIFG.
Currently reading MAP and working through Steel’s Guide to Married Red Pill.
I found MRP earlier this year. I didn’t have the “mind blown” realisation of some. Generally, I lurk and do not engage on reddit or social media but I created the account with a view to holding myself accountable. Then I didn’t want to engage because I didn’t believe that the types of progress I was reading about was possible or more accurately that I could attain it. Perhaps due to my starting point in that I’m not as much of a faggot as some of those guys. It’s different in my marriage because blah blah blah. I was DEERing to myself.
It took me a long while to realise that I have an ego problem. I am clearly a faggot. If anything, I’m more of a faggot than most because if I do have a better starting point than some, why and I still so far behind the success stories. That is why I am here. I need to hold myself accountable and get to work. Now it’s time to own my shit. So here I am. I’ve got my T levels checked and downloaded some of the sidebar books and am working through them as well as Stele’s excellent guide.
Since this ego realisation a few weeks back, I’ve got back into the gym and I am more consistent switched from fuckarounditis to 5x5 with some arm work and I’ve focused on a goal of bulking. Diet has always been clean but I’ve started to eat more and am seeing the results already. I’m also playing soccer with some guys I know once a week.

Why I thought I’m at a better starting point than some is I don’t believe I have my wife on a pedestal. If anything, I have myself on a pedestal. I’m not that much different from when we met. My SMV is already a few points above hers. I eat right. I won’t leave the house without looking well put together. I’m the fun / outgoing one. I like doing things myself and want to have a life (hobbies etc.) outside of our life (I’m not saying I want to get a divorce and chase women). Just I am not the slob sitting on the couch with no ambition that you sometimes
see with victim pukes. But the shit tests I get I’ve been failing and I blame her shit tests for me not having
created the life I want and not having many close friends any longer. See the ego problem?

MRP is a sexual strategy. One area I am failing miserably in is Sex. Like other men, I jerked off out of habit
rather than desire. Sex also became less frequent (monthly maybe) and one reason was fear of another pregnancy
(several close calls and No. 3 was not planned). When I stopped fapping, I went over a month without anything
and didn’t feel like I needed any release. I’ve since got a vasectomy so that we/I can’t use pregnancy as a reason
any longer. I also got my T levels checked and everything came back great. 650 & free T was “higher than
normal”. I’m awaiting the actual test results which I may share with those who can interpret. Doc wasn’t
concerned when I told him about low drive. Wife also 2 operations in last few weeks. Should be recovered in
next week or so and I’ll be doing something I have neglected - initiating.

I also need to make more money. I don’t make enough to have 3 kids in the city I live in. We live month to
month but no debts outside of auto loans. I’m self-employed and income is very determined but effort in. I
haven’t been putting enough in. I did reach out to some contacts and was offered a job. Nothing on paper but a
“why don’t you join, save your overheads” type job offer. It’s appealing but I need way more thought on it.
I'm following the guide and getting to work.

Cloudy_Pirate • 3 points • 20 August, 2019 05:36 PM

5x5 Lifts: Sq 220, Bench 135
But the shit tests I get I’ve been failing
I don’t make enough to have 3 kids in the city I live in.
One area I am failing miserably in is Sex.
not having many close friends any longer

Low lifts, failing shit tests, low income, failing at sex, no social life

But you think that

My SMV is already a few points above hers.

See the ego problem? Yep.

But at least you are focused on yourself. Work out your MAP and start addressing your weak areas.

tap0988534 • 1 point • 20 August, 2019 06:13 PM

OYS #9

Beginning 19th Week:
40y, 6’0, 229lbs, 24% BF, married 20, kids: bunches and preg
https://symmetricstrength.com/ (69.5)
Back Squat: 305 lbs[Intermediate]
Deadlift: 355 lbs[Intermediate]
Bench Press: 280 lbs [Proficient]
Overhead Press: 175 lbs [Intermediate]

Sidebar: Gorilla, WISNIFG, MMSLP, NMMNG, Pook, Practical Fem Psych, Rational Male, SANGAF
In Progress: TWOTSM and dozens of Sidebar and Non-Sidebar

Mission
Become the ideal man.

Physique & Diet
This week marks a week of failure nipping at the heels of a major victory. I did it. I hit proficient on bench press, which is a major victory for me. Consistently hitting 5 lift sessions a week is paying off. And then I decided to go back on my cut.

In the past, I have only lost significant weight with significant cutting. A 500 cal deficit just means I slow down a bit and lose no weight. It is usually just a waste. So I typically cut back to 600-900 cal/day to drop weight. I immediately lost 25% off my PRs and struggled with crippling DOMS all week even when pulling 150g of protein and recovery supplements. Experiment failed. Since I went back on carbs (for T), I'm gaining amazing levels of strength, but it comes with an additional pound a week, even when restricting. So I read fifty blogs and came up with a new experiment. My goal is to hack my metabolism so that I don't lose too much power even at a deficit.

Step 1) 15 Cal/lb = 3300 Cal, 250g Protein, 90g Fat, 350g Mostly Clean Carbs
Step 2) IF Alternate Day Fasting 9pm to 9pm M W F, (less than 100 cal on fast days from supplements)
I will be pulling 1000g protein and 13000 cal/week which will put me at an average of 8Cal/lb/day and 1.4g/kg/day protein/day over time and should allow me to lose 2-3 lbs per week at least down to 14%bf.
Theoretically, I can hit goal weight without Tren in 20 weeks, without a catastrophic loss of power. I will test for a few weeks and see what happens. I will adjust cals down as I lose mass.
If this experiment fails, I will go back on Keto and 900 cal, suffer the loss of power and T, and drop 25 pounds in 8 weeks.

Marriage
My wife just seems crazy half the time with pregnancy psychosis. Her dread hamster just freaks the fuck out and shorts haywire. I am actively minimizing dread, just lifting in my own gym at the house. She sends me lists of accusations that I am cheating or have a crush, or I'm having a midlife crisis, etc. Silent treatment for days. Demanding to know why I didn't jump her bones when turned me down or was acting like a crazy bitch, etc. Reading bizarre meaning into everything I do, like when I took a nap after staying up late to finish some remodeling on the house. I'm just treating her like she's my teenage daughter. I mostly ignore the lunatic nonsense, but I hate watching her suffer, and when she seriously freaks the fuck out and has outbursts at me and everyone else, and collapses into a sobbing mess, I try to calm her down and comfort her. I don't think these are shit tests or comfort tests. They are just stress/pregnancy/hormone meltdowns.

hardmode4me 1 points 20 August, 2019 06:14 PM* [recovered]
OYS 3

**Stats** Age 39 / Height 5’ 9” / Weight 202lbs / BF: 25% (home scale) / Wife 42 / Married 13 years / Two boys 10 and 8

**Lifting** DL 315 1RM / Squat 240x5 / Bench 225x2 / OHP 135x2 / Row 175x4 I went up 10lbs on squat last week and hit two plates on bench. My work capacity has gone up and I need less rest between my sets. Squat day is still the worst because it is 9 sets of squats followed by 8 sets of sumo deadlifts. I’m pretty fucking winded during sumos but at least I no longer feel like I’m going to puke the whole time. I’m pretty happy with my progress so far.

**Sidebar** NMMNG, Book of Pook, 16 Commandments, Steel’s Guide, WISNIFG. I’m halfway through my re-read of Pook. I read the Rational Male Year One stuff months ago but I’m re-reading again. I’ll start MMSLP this week.

I finished WISNIFG last night and the last chapter on assertively asking for sex seems like complete bullshit. It’s just negotiating for sex and I can’t see how this would ever work with my wife.

Yesterday I was poking around the Rational Male blog at lunchtime (I work from home) and came across this article on the Epiphany Phase. It really had me spinning and I wasn’t sure why this article was having such an effect on me. It did perfectly explain why my wife pursued me so hard. We met when she was 28 and I was 25. I was already making $100k a year at 25 and was absolutely ripped at the time. From our first date she was after me hard and within 10 months we were married. I was always shy and dutifully put all women on a pedestal like a good nice guy. I had always had to work to get and maintain relationships and here was this woman who was totally into me. Tons of sex, cooking dinners, she did all the cleaning and laundry, etc. When things started to change after marriage I always had this nagging feeling like I had been tricked into marrying her. It grew over time and had built up a lot of resentment over this “bait and switch”. This article pointed out that it was a “bait and switch” but it wasn’t something she did maliciously, or even consciously. She was just a woman following her nature. I can get let of my resentment and move forward now. Cool.

So, what the fuck was bugging me? It’s hard to explain but I would say it’s kind of a numb feeling. I’m still working through it, but I think it might be the concept of AWALT finally hitting home. I’ve been aware of this principle for some time now and I could see it in pop culture, with random women I came across and with all the women I know personally. But I think I was still holding on to the idea that AWALT did not apply to my wife. Even though I had this resentment built up towards her, I still had her on a pedestal, but I wouldn’t admit it. Right now, I see her in a different light and it finally killed the “love story” I used to tell myself once and for all.

One thing I’m sure of is that I haven’t fully unplugged yet. I am expecting to have a few more of these revelations in the next few months. I’m sure you guys will have some good insight but right now I’m just trying to feel my feelz, stay outwardly unaffected and figure out how to use this my advantage.

**Marriage**

My wife is still under doctor’s orders to not have sex. About 5 weeks ago I negotiated a blow job from her by going Rambo and it was royal fuck up. I tried again 10 days ago on Saturday night and was turned down. I fucked up by being butt hurt Sunday morning. I recovered okay but she got the message that I still need her for sexual fulfillment. I went over all this in last week’s OYS so this is just a quick recap. When she turned me down last Saturday she said “you’re not going to get what you want until I start getting what I want”. I think this translates to “In case you forgot, I have the pussy and therefore still have all the power in this relationship. Once you realize this and go back to being a submissive blue pill faggot I will start to ration out the pussy once again”. All the progress I made with lifting, appearance, DGAF, STFU, maintaining frame and passing shit tests was for naught because I failed to approach with outcome independence. Lesson learned. I’m not asking for sexual favors until her doctor gives her the greenlight for sex at which point I can start initiating again. In the meantime
I can start working through MMSLP. I have read some of the chapters but I need to go through it cover to cover. I’ve been generally unaffected by my wife’s shit tests this week but she started escalating on Sunday. Up until Sunday, they were all the same “Blah blah, fuck you. Words words, you’re an asshole. Blah blah blah”. I’ve been using STFU, fogging, broken record with some teasing thrown in. But now the shit testing has started to ramp up again. It seems like she’s trying to pull the kids into her shit tests as a way to up things on me. Sunday afternoon she went all uber-bitch on them over lost underwear. She had both of them upset, stressed out and crying over it. I handled things the best I could by remaining outwardly calm and resolving the situation and then getting the kids calmed down. On the inside I was struggling. This morning I forgot to send my son to school with something. She was texting me about how I must not care about our kids to do something like. I texted her back and said thanks for letting me know and that we can discuss it tonight if she wants to. She snaps back with some more bullshit insinuating I’m a bad dad. I just ignored the text and will deal with it tonight if it’s even still a thing by then. I’m not sure what prompted this latest round but holy Christ women are wily. They sure know how to sniff out your weaknesses LOL. I suppose things are either going to calm down for a while after this OR I have some next-level shit testing coming my way.

Game

As I said last week, I have zero game with women. To work on this, I decided to use my pent up sexual energy to my advantage. I’m not even jerking it right now and every day I leave the house with a loaded gun. I haven’t got my testosterone levels check but I feel like they are pretty high ever since I started lifting 5 days a week. Even before I went monk-mode I was waking up with a hard-on every day and feeling more confident and aggressive. Even my taste in music has changed. A lot of Led Zeppelin, AC/DC, Motley Crue, etc.

Since I’m a shy dude I gave myself a task last week to talk to women as much as possible. It’s a pretty simple task really. I give her my full attention and listen to what she says and pay attention to her body language while maintaining frame. I was surprised by how many positive reactions I had. I didn’t say anything remotely sexual and I wasn’t trying to flirt with them. I’m pretty sure most of what I said was dumb but occasionally I would find a way to gently tease them and they ate this shit up. Most of the women responded by squaring their shoulders to me and smiling. A few of the strangers were wary or guarded. But some of the women I know actually fidgeted and blushed. It was a very different experience from what I’m used to. I’m going to keep going to keep this up again this week and see what I can learn.

FoxShitNasty83 • 2 points • 20 August, 2019 06:40 PM
Get the metal out:

disturbed

5 finger death punch

slipknot

hardmode4me 1 points 20 August, 2019 07:03 PM [recovered]
I’ve heard of Disturbed but not the others. Might be a bit too heavy for me but you never know until you blast it during squats.

FoxShitNasty83 • 2 points • 20 August, 2019 07:12 PM
For game try tom torero podcast. Specifically the episodes where is critiques listeners recorded game. Shit tests, qualifying, cocky funny...

hardmode4me 1 points 20 August, 2019 07:16 PM [recovered]
Cool. I’ll be on the road tomorrow and Thursday so a good time to listen to podcasts. Any
favorite episodes I should check out?

FoxShitNasty83 • 1 point • 20 August, 2019 07:24 PM

All of them :) let me know if you find any others that are useful

tap0988534 • 1 point • 20 August, 2019 10:38 PM

I’ve been generally unaffected by my wife’s shit tests this week but she started escalating on Sunday. Up until Sunday, they were all the same “Blah blah, fuck you. Words words, you’re an asshole. Blah blah blah”. I’ve been using STFU, fogging, broken record with some teasing thrown in. But now the shit testing has started to ramp up again. It seems like she’s trying to pull the kids into her shit tests as a way to up things on me. Sunday afternoon she went all uber-bitch on them over lost underwear. She had both of them upset, stressed out and crying over it. I handled things the best I could by remaining outwardly calm and resolving the situation and then getting the kids calmed down. On the inside I was struggling. This morning I forgot to send my son to school with something. She was texting me about how I must not care about our kids to do something like.

While I can't relate to the other stuff (got married in our teens). This sounds exactly like my wife. I'm still way too nice, but now at least I get to hear what an asshole I am every 10 minutes, and now that I've been through more of the sidebar, it actually gives me a fuckton of comfort and validation. Asshole is usually an insult reserved for someone attractive.

Her programming is testing you for fitness. It's a good thing because it means she actually likes you, and could feel attracted to you. This testing will continue and be severe at first because you are changing all the rules on her. At any sign of weakness and she will jab her spears at the chinks in your armor. Have a plan to manage this when you're sick, tired, pissed off, or off-balance. Be ready to be kicked when you're down and not to take it personally. Know that she will come at you with stuff you consider off-limits or below the belt. STFU is a good thing because it keeps you from failure by DEERing, but you must also avoid failure by flooding. (see https://www.reddit.com/r/marriedredpill/comments/8l3fno/establishing_an_emotional_connection_with_a_woman/).

Praexology • 1 point • 20 August, 2019 07:34 PM

OYS #~1 (08/20/19) 23/6'0/175lbs Tried to do one yesterday, sounds like they should be posted earlier in the week for best mileage so I'll just redo yesterday's with some added info as I have another lunch to type.

Lifting: Was giving my roomate 2 weeks to decide whether he wanted in on a Y membership or not so we could get a reduced rate. Took too long to decide so I went alone and finally got one Sunday. I used to swim and dance religiously so my lats and core are pretty strong, but I need to LIFT so... Brother is a personal fitness instructor and is going to be helping me make a plan for my core lifts. I need to buy some gym shorts and shirts that are ratty from goodwill or something. Planning to use the 5/3/1 schedule, but am still a little foggy on how to use it so am going to be doing extra reading after this. Tonight will be my first night back in the gym, pray I don't screw my shoulders up.

Relationship: Fiance and I getting married in October - I didn't really come here as a result of dissatisfaction sexually, but more because I was dissatisfied with my own masculinity. I figure MRP appeared to focus less on boning and more on being a better man, so here I am. I'm starting to 'OMS' at home - picking up the house, taking the dog out at the crack so he's ready for daycare, learning how to take care of my car better. The thermometer is getting all screwed up so I have to replace it. The kid I mentors dad is a lifetime mechanic and said he'd walk me through putting a new one on so I don't permanently damage my car.
Style: Have been going out the last few weekends and trying to put together outfits I found on malefashionadvice. Minimalist 90's seems to fit what I'm going for. Back when I use to teach dance I had to get a lot of fitted dress clothes, so I'm good on most of that. Trying to figure out what kind of watch and cologne I want. I've never sported any accessories before so I'm trying to find something that is a good starter watch. I started off at r/watches but realized they are autistic when it comes to entry-level watches so I'm on my own for this. I like warmer scents like vanilla, and I think it's Sandalwood so using that to find my profile. I've allowed how I look to be put on the back burner for sometime. I use to have to dress to the nines on a daily basis and now I'm dealing with dogs all day so my style has changed unfortunately for the worse, getting this back on track.

Social: Whenever fiance and I go dancing I've been trying to dance with other people more. I still feel autistic, so I'm learning to STFU more. Struggling with the 'not talking like a mutist' and real STFU . . . What the heck do boring people even talk about? The middle schooler I am mentoring was available this last weekend, so I let him buy me lunch and we played games for a while, then started to try repairing my car - yikes. Brother and I have been going on pretty long walks through the city doing PoGo events, meeting people and such. I'm noticing how bad I struggle with first introductions. I guess I'm just using that community as a testing ground for developing regular social skills.

Diet: Horrible. I've been lazy and not meal prepping for work and as a result eat out more than I want to. Financially and physically this is a worse decision than even just not eating. Has anyone had any luck with intermittent fasting? Might do some more reading on how that works.

Financial: Meeting goals I set up 7 months ago. I do some small time angel investing that has had some pretty intermediate returns. ~5% every 6 weeks. Work is going okay, literally every other employee is female (1/22 total employees) and the drama has been turned up to 11th gear the last three weeks as we are firing a the other locations manager and they are moving one of my employees to take the spot. (The position is equal to mine.) If anyone knows how to write a job description to get more men to apply let me know because I'm all ears. I'm not sure exactly what I'm trying to use MRP for yet. Appears I need to establish a map for myself then. But here's my first OYS.

Cloudy_Pirate • 3 points • 20 August, 2019 08:02 PM*

The middle schooler I am mentoring was available this last weekend, so I let him buy me lunch and we played games for a while, then started to try repairing my car

What?

-edit:

I'm trying and failing to picture a any high value man that I know that would let a middle schooler (that he is mentoring) buy him lunch.

Praexology • 1 point • 20 August, 2019 08:35 PM

Been working with challenging kids for a while, this kid is a specific situation that is good for him to provide and it's a relationship I've been building for a while so I understand the little nuances at play.

I can justify it if you'd like me to write it all out but it feels unnecessary.

dwebsterlight • 1 point • 21 August, 2019 02:32 AM

Why are you buying second hand ratty gym clothes? You plan to be at this for a while, right?

Praexology • 1 point • 21 August, 2019 02:41 AM*

Yeah.
Right now I'm purging my wardrobe, it just makes more sense in my head to get rid of my current crap and then spend money on quality. Also, the second-hand retail places by me all get gently or unused athleticwear frequently. So when I say crap I really mean a few months out of style. Tonight's workout felt great, I could hardly pull my backpack out of my locker. What was I allowing myself to get away with...

OYS 3

Stats: Age: 36; Height: 6’5”; Weight:212; BF: ~16% calipers

Wife: 34, (together 15, married 10); Children: 3 and 6


Physical / Health Lifts

(5x5 working weight)

Switched my TRT injections from once a week to 2x, helps a ton with my energy. Started cutting yesterday after I hit my goal bulk weight of 212. Cutting till I'm ~10% bf

Relationship

Realized I’m in the anger phase still. I’m not a very ‘angry’ guy and it takes a lot to set me off but she had a big comfort test blowup and wrote me a letter saying again how I’m not feeling anymore and distant/robotic etc. I find I’m definitely ‘short’ with her when she says stuff that drives me nuts. I definitely suck at dealing with shit tests and am trying to catch myself before I speak. Also trying to get rid of the anger/annoyance at her and just have fun. She wants to go away for our anniversary in a few months but I’m just not looking forward to it. Our ideas of vacation are completely different and I don’t think I’m at the place where I know how to just go ‘have fun with her’ yet. We don’t really get a chance to ever get away just the two of us so she’s pushing hard on this but I’m completely not looking forward to it.

Frame

Still fragile as a newborn. Passing shit tests is still tough for me. Still learning to STFU properly and kicking myself anytime I fail at it.

Career

Latest venture is tanking so I’m giving it till the end of the month before I start trying to find something new. I’m a very driven person in my career so whenever I don’t have a solid direction it always fucks with me really bad. My mission is very much tied to conquering the business world so whenever I get to a place of boredom/waiting for something to happen I get into a bad place. So I’m trying to line up as many connections as I can to get ready to find something new.

SoggyTrain • 1 point • 21 August, 2019 02:18 PM

Switched my TRT injections from once a week to 2x

Yep. I find I can also use a higher total weekly amount without a big estrogen increase.

HornsOfApathy • 1 point • 22 August, 2019 01:25 PM
She wants to go away for our anniversary in a few months but I’m just not looking forward to it. Our ideas of vacation are completely different and I don’t think I’m at the place where I know how to just go ‘have fun with her’ yet. We don’t really get a chance to ever get away just the two of us so she’s pushing hard on this but I’m completely not looking forward to it.

Fuck man, your wife is literally giving you some golden keys to lead here. She wants you to plan, execute, and be the fun guy for a mini-vacation. Can you not read between the lines? She's craving the "fun" guy who fucks. Can't you get your head out of your ass to see that she's asking to be led here?

she had a big comfort test blowup and wrote me a letter saying again how I’m not feeling anymore and distant/robotic etc.

Case in point.
Stop going full retard.

ProfessionalBit3 • 1 point • 22 August, 2019 02:43 PM*
I know 100% thats what she wants, its just the worst fucking timing ever. I'm struggling on 'having fun' when my mind is on figuring out wtf I'm going to do for work right now. She wanted to have a big expensive vacation and I had to shoot that one down because we have to be tight on a budget till I get things sorted out. I want to focus 100% on getting a company off the ground so this whole vacation is just a giant distraction to me right now.

We have this same issue a lot. She thinks money is just 'magic' and will appear whenever and doesn't understand the time and stress to be where we are. She expects i can work 9-4 every day, take 3 months of vacation a year, never have to travel for work, work from home all day, and still make 7 figures.

HornsOfApathy • 1 point • 22 August, 2019 03:12 PM
You could plan a fun low-cost vaca easily. Go camping for the weekend at a KOA, they are very well equipped with showers and bathrooms and shit. Or get cheap hotels and spend all your time exploring where you are.... hiking, walking, window shopping, whatever.

The goal isn't the how you spend money, it's how you spend your time.

If she is having money issues I suggest putting her on a spending budget. Only deal is that you have to be on the SAME budget for it to work. Not sure of your spending habits, but they likely would be ratcheted down as per most dudes here.

She wants a vacation from your boring ass.

ProfessionalBit3 • 1 point • 22 August, 2019 07:06 PM
This might be an autistic question but I'm having issues calibrating rambo autistic/pussy faggot: Where do you draw the line on vacation for 'her' and vacation for 'you but bringing her along for fun'

Our concepts of what we want to do is totally different... I think one of the reasons i'm so hesitant on this is because when I plan out the trip its gonna be shit i want to do, find cool bars, just wander, hit up some night spots, try to be a fun 20yr old again and remember what its like without kids. If she planned the trip its non stop tourist crap on a planned schedule to maximize every second of the trip and no drinking/bars so she doesn't feel bad and miss out on more sight seeing. Do you just do what you want to do and try to bring her back from being pissed off that it's 'not what she wants' by just having fun frame? Or do you lean more into compromising for her?
If you have solid frame i imagine you just say fuck it and try to be fun doing what you want, but i don't think i can pull that off yet.

HornsOfApathy • 1 point • 22 August, 2019 07:26 PM
Did it ever occur to you that your wife would desire to be on a vacation with a hot dude who she truly desires and wouldn't give a FUCK what they did as long as it's with him?

Imagine yourself as that dude.

Now get to work.

In the meantime, a good captain often entertains the crew with jaunts to stupid islands. But at least he has his fun there also.

hack3ge • 1 point • 23 August, 2019 02:46 PM
T-bar row:115 - BP: 185 - DL: 195 - OHP:110 - SQ: 190 Switched my TRT injections from once a week to 2x, helps a ton with my energy. Started cutting yesterday after I hit my goal bulk weight of 212. Cutting till I'm ~10% bf

Are you fucking for real right now? Your lifts are basically starting lifts. You were bulking and on TRT and seriously this is where we land?

I don’t even know where the fuck to start with you on this. Lookup Fuckarounditis - I hope that shit isn’t contagious.

ProfessionalBit3 • 1 point • 23 August, 2019 04:00 PM*
As i said to the last guy who tried to shit on my lifts, i dont really care. I'm hitting my targets and know what i do in the gym

Yeah I know what you do too - nothing....

The context on your lifts makes your wife's low desire much more understandable - you are a weak faggot with no frame not sure who would get hot and bothered about that.

The sad part is you are fucking 6’5” and could be an absolute monster and slay pussy - you are just 40 lbs light on muscle and 20 lbs heavy on fat.

ProfessionalBit3 • 1 point • 23 August, 2019 11:41 PM
I'm definitely a weak faggot, no argument there.

But since you are the 2nd person to talk about my lifts and i have no other people to compare to that i know that lift, i'll bite. What should someone be lifting who just started 3 months ago and isn't running gear? My target is to up my weight on my compounds by 5lb per week now that my T isn't 240 anymore. I'm not trying to take stupid shortcuts and get myself injured or take a shit ton of TRT and cause long term issues so thats why I'm targeting this. I do PPL 6 days a week and about hour and a half a session (the main compound + ~7 accessories) and probably am even over training myself and stunting my growth, but again, i have nobody to compare to. So if you are feeling generous i'd love to know what i should be targeting.

hack3ge • 1 point • 26 August, 2019 02:05 PM
Have you ever lifted before?
Your bench and OHP are okay for 3 months if you haven’t ever lifted before - the squat and 
dead are light - what weights did you start at?

Likely you are just weak because you need more time - didn’t realize you were only 3 months 
in I just saw you squat and deadlift the same as your bench and I figure it was major 
Fuckarounditis.

Download an app called symmetric strength - you can punch in your lifts and see where they 
fall and how they compare. It will show you where you are just fucking around.

Yea this is the first time really lifting ever in my life. I started with the bar like SL says to. 
I’ll check out the app, thanks

Fair enough - you are a weak faggot but at least you seem to be heading in the right 
direction.

If you are on TRT you can handle 6 days as long as your T is high. If not I’d be 
concerned about over training.

OYS #5

35 Years old, 6', 203 lbs, married 3.5 years, together 5, daughter is 2. Nine months into redpill.

Max Lifts: 185lb Squat, 265lb DL, 175lb BP, 175lb Clean, 110LB OHP

Health/Fitness Cranked up the frequency in the gym this weekend as intended. I'm happy with the slow, steady 
progress I'm making right now on my lifts. Turning to a 1 rep max into a three rep max isn't much, but my form 
and mobility are good and I'm realizing my primary goal of remaining injury and pain free.

I mentioned last week that I felt a bit stagnant, and because my lifting progress has been steady I thought I'd 
carve out a new fitness goal. I still haven't taken a body fat test, but I'd estimate that I'm somewhere between 
16-20% body fat. That means I need to lose 10%, or let's call it 20 pounds. I'm not going to be able to do that just 
by lifting/working out more frequently, so I'm looking into a nutrition plan and have already begun 
supplementing with protein/creatine/aminos and Vitamin D plus a multivitamin.

Relationship/Sex My in-laws stayed with us this weekend through Thursday, and I told the wife on Saturday 
that I was a little stressed and I wanted her help tidying up the house and then I'd like the three of us to spend 
some quiet time together as a family before the in-laws arrived. It really helped me get in the right mindset and 
be welcoming to her parents, and we all had a nice time together over the weekend. I woke up Sunday and the 
wife and in-laws had taken our girl to the park so I could get some hobby stuff done.

The wife and I had a brand new sexual experience on Monday. She was coming back from the gym as I was on 
the way out the door to work, and she went in for a hug. I stopped her and said "I have to go" and gave her a 
quick kiss on the cheek. I could tell it bothered her and I struggled with "why am I really doing this?" on my way 
to work. One part of it was me slipping into her frame out of habit, but there was a deeper part of me that knew 
what what was best for me in the moment and I couldn't really identify exactly what that was. Nevertheless, I 
proceeded as normal in terms of communication with her during the work day.

It finally hit me later in the day: I want balance. In order for the imbalance of power to be corrected in our 
marriage, I have to be authentic and honest and consistent about what I want and don't want. I'm not trying to 
hurt her, but I'm changing the paradigm and that means she's probably going to feel hurt as a side effect.
I got home early in the afternoon from work and the wife said she was bothered and hurt by my rejection. She didn't take it well, and she truly believed I was acting out of spite or punishing her in some way. I told her she was wrong, and that sometimes it's tough to accept her reaching out for affection. I told her that I recognize there's a huge lack of desire on her part and it's not because she's trying to be evil or hurtful, and that I don't blame her for it. It just hurts to know that I've put her in this place where she feels coerced or obligated rather than enthusiastic to show any affection for me. That morning was one of those times, and she understood. I didn't apologize and I didn't lie to her about my choice or cover up why I rejected her.

We hugged each other for a while after that conversation, and I was able to enjoy it for what it was. When she escalated to making out, I stayed in that moment and enjoyed it without trying to force anything more. Then she stripped off my clothes and we had sex in the office with her parents in the next room. She's never done anything like that before. It's been a while since she came first, and it's been over a year since she showed that amount of desire to fuck me.

I was honest and authentic with her and with myself about what I wanted: genuine desire. Being inauthentic, incongruent, and simply going along with what my wife wants to make her happy is why things got so bad in our marriage, and I've started breaking out of that. In this instance, I was able to recognize my own motivations and what I wanted. That recognition needs to come faster and the ability to communicate what I want clearly to others needs to improve.

Mission & Mindset I've given a lot of thought to what u/weakandsensitive asked me over the past week: what does it mean to be a leader? He pointed out correctly that I had neither read about nor internalized the concept of setting myself on fire to keep others warm, and that's true. I think that's evident based on the amount of time it takes for me to answer the question: "what do I want?" or "why am I doing this?" as I've described above. The most insidious part of it is how many small concessions over time add up to a lot of resentment. I have a lot of work to do in recognizing exactly how, why, and when other's wants and needs directly conflict with my own and choosing my own interests.

I've also taken a lot of time to research leadership and a simple Google search produced this essay: https://www.fordlibrarymuseum.gov/museum/2012studentessays/karrie%20ybema.pdf. It's humbling to realize that a twelve year old girl has a better understanding of leadership than a grown man acting in his capacity as a husband and father. I'm incorporating some of this stuff into my mission. More on that next week.

Money & Career Fixed my mistake last week of not leading with respect to the finances and DEERing when wife brought it up. I sat down and began updating all of our cash flow/budgeting spreadsheets and scheduling our bills. A few minutes in I said, "hey honey, can you come take a look at this?" and she sat right next to me and followed along while I went through the entire process. She's going to need to know how the process works if for some reason I'm unable to do it. She actually came up with a few good ways for us to save some money. I finished up by saying, "The finances are good, but we're going to need to hold off on discretionary spending for the next ten days or so." No fight, no bargaining, the wife just nodded. Good stuff.

Family I'm still trying to wrap my head around what I want out of my family relationships, and whether those things are realistic. With respect to my father and my sister, I don't know if it's possible to have the type of relationship I'd like with them. I love them and wish them happiness, but they are selfish enough that being supportive of them is costing me my own self respect. I hadn't really considered or understood that, but I'm going to take a guess here and put No More Mr. Nice Guy and Way of The Superior Male on my reading list as a lead up to my sister's wedding Labor Day weekend.

Goals: Draw out a more specific mission with objectives that tie back to it. Lose 20 lbs (that might take up to a year). Maintain my self respect by recognizing when things conflict directly with what I need and want.
Be careful about creating covert contracts based on your conversation with your wife about her lack of desire. Your situation may be different but in the past I’ve had those talks with my wife. She listens and seems to understand. She even shows more desire and interest in my sexual needs, even for a couple days or a week. It would end though. Back to baseline within a week.

part_wolf • 1 point • 21 August, 2019 08:35 PM

Well taken. This isn’t about negotiation and I’m trying to avoid discussing her level of desire or the sexual frequency at all. It always came off as needy when I did that in the past. I chose to be honest with her for two reasons: I wanted to be accountable for my feelings and behavior, and because she had the wrong idea about my motivations. That only works if my actions are congruent with that.

BuddhaGorilla • 1 point • 20 August, 2019 08:59 PM

**OYS #7: "There is nothing I can say to you that will magically make you not a bitch"**

**Lifting:** tweaked my lower back on a set of 3x5 squats. It's muscular, not spinal, thankfully, but was warming up properly and was not maxing. Took 3 days off and doing a 50% deload this week. But that was in the plan for week after next anyway, so I’m just going to work around this motherfucker. In the past this might have sidelined me for weeks/months. Will be adding in some reverse hypers, light weight Jefferson curls, and other posterior chain work (bird dogs/supermans/etc.) Probably sub in rack pulls for DL and move them to my leg day, along with switching to seated OHP or 60° incline press instead of standing OHP for shoulders. And overall more movement. I sit too damn much. But I now know what it feels like to be 30 years older and 50 pounds heavier. Fuck that shit, but I do laugh like a mofo during the newly acrobatic process of putting on my underwear. First cycle of test-e (500mg/wk) showed up Friday, and will start 15 wk cycle on Sunday.

**Reading:** Re-reading Pook. Not sure why this didn’t hit me harder the first time through, but damn, I’ve highlighted this thing from cover to cover this time around. NMNNG re-read after that.

**Frame:** Got a talking-to from /u/rocknrollchuck two weeks ago. He hit me in the soft spot I’ve been protecting. Fucking hurts, but my ego needed a beat down. Reminded me of this post about GayLubeOil and how there is nothing anyone can say to you that will magically make you not a bitch. But having someone show you where you’re being a bitch can trigger change. So I logged off Reddit for two weeks and have been getting shit done / working on not being a bitch since then.

1. Told my wife about Improv/Dance. That was hard, then easy, then hard again. Initially she threw some run of the mill shit tests, and I fogged and STFU, but not before I agreed to postpone the start until after our son starts school and there is more consistency in our schedule. Then a few days later a comfort test “I’m just worried you’re going to meet someone else”, followed by a really shitty test a few days after that (starting a fight at a beautiful restaurant and leaving early, yelling at me in the parking lot, stabbing her finger in my chest, and bringing up her affair partner. All in front of our son.) But all I saw was a scared, bitchy teenager. I was trying not to laugh in the parking lot, so AM came easily. And when she gave me the silent treatment at home and slept in the guest bedroom, instead of being needy and wanting to fix the situation or repair the relationship, I was like “Fuck yeah, more time for me" and "damn, it’s nice having the bed to myself.” Also took it as an opportunity to do some red pill education for my son.

2. Finally did my budget. Fuck. I make plenty of $, but it goes out the door w/o discipline. I have no goals here other than a pu$$y sense of being like my grandfather, who always had $ for toys (motor home, vacation home, sports car, motorcycle, fun trips, etc…) But he had discipline born on multiple beaches in the South Pacific, a successful business that he owned, and more alpha in his pinky toe than I currently have in my whole body. Gave my wife the rundown and the plan. May have factored into the shitty test
above. But we have a budget, and for the first time in a while I feel like I have some control over this. Which is in itself bullshit, as I have total control. I'm cleaning up some small-time debt, going to start paying myself more at work, and quit getting fucked over health care. (I've been paying out of pocket for a low-deductible plan; much cheaper to finally get a high-deductible company plan and set up a HRA.

3. Most productive 2 weeks in past 2 years. I carry around this whole pile of un-done stuff partly out of fear, partly as a way of ego-protection. I can always point to all the stuff I have to do as a way to deflecting potential blame about not getting something done, or doing a bad job. Complete perfectionism/Nice Guy stuff. And in a startup, pretty normal MO to have more things to do than time to do it. But it's a fucking enormous psychic anchor, and "allows" me to put off making decisions or having a real plan/mission. Basically continuing to be a boy instead of stepping up into manhood, and being a guy that life happens to rather than building the life I want. Key thing here is NMMNG. Being willing to have people be angry at me. Being willing to inconvenience people. Not apologizing for being who I am or what I want. Working on a few of the breaking free exercises while rereading Pook, then a full NMMNG re-read. Back to basics.

4. MISSION - still a bitch, but getting better. Getting comfortable with productive failure:
https://www.sosuave.net/forum/threads/let-yourself-fail.20106/

Side notes -- forcing myself to game everyone I talk to (women and men) no exceptions. I used to just ask questions, but making statements, including some outlandishly wrong assumptions, is way better. So many more smiles and laughs, and it immediately gets the other person to invest in the conversation in a way that questions rarely do. It's like you're giving something to the other person rather than asking for something. I'm way more autistic than most people think, I guess.

DirtyNuke • 1 point • 20 August, 2019 09:41 PM

OYS 3

Stats
Age: 63 Ht 5'11" Wt 163 BF ? Wife 65 Married "43" yr together 46
re-Reading: NMMNG, Epictetus' Discourses
Read: MMSLP WISNIFG MAP BoP SGM TRM Enchiridion (re-read) Seneca's Letters (audio)

Physical
One last week of eccentric overload then cycle back to a month of German volumetric training. After a year of structured hypertrophy, I can see I have greatly increased my muscle mass. One data point is wife used to say she wasn't attracted to muscular men. Of course because she didn't want to embarrass me. Now she openly admires the guys on TV in the gymnastics competition. Hopefully because she thinks I'm comparable.

Relationship
It was pointed out to me that since I travel so much I'm effectively in an LDR. Which of course reminded me that the summer before we got married was an LDR. At the time I trusted her completely. But years later I found out she had spent that summer "dating" other guys. So, yes,there are a lot of things that "trigger" me, as the kids say. Its easier to wallow in the past when I'm away. It is somewhat easier to focus on the now when she's pushing me down on the bed and shoving tits in my face (who would have thought). In fairness to her this is diametrically opposite the previous 45 years. And it is actual actions. She could be faking it, and probably is, but as everyone keeps saying here, watch her actions.

Beta/butthurt moment: Last week was the anniversary of our official marriage. August is also the anniversary of her meeting Chad. She sent me a "happy anniversary" text. At least I didn't respond with a snarky beta whine about her anniversary with the one she chose. But I could only STFU for a couple hours before I sent a passive-
aggressive "hope you are having a great day".

Got some more practice with simply chatting with a few women while waiting for a delayed flight. One kept talking about her husband, how much he used to have to travel, etc. Nothing came of any it, I'm still just trying to lower my approach anxiety. One of them even approached me to begin the conversation, which I took as a positive sign.

**Work/Financials**

Contacted by someone I used to work with. He and a few partners are thinking to set up a global consultancy, and looking to have me join. Current contract is going well, no complaints (other than travel costs). The last time I built a consultancy we were 3 months from selling for FU money when the internet boom died. Between market collapses and failed businesses, I'll be counting on you kids to keep paying Social Security taxes for my retirement.

**Goal for this week**: Get my unhelpful old memories to STFU.

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savageinthebox • 1 point • 20 August, 2019 10:06 PM

OYS #3.

Gonna go super succinct here, got a lot going on right now. After my full-retard Sunday a little over a week ago I turned my sights on 2 things, cutting and quitting booze. I’m now 1 week into no booze and IF. Down 5 lbs and not missing the booze. I’ll do a more in depth write up next week, I’ve been accountable to the things I set out to do last week, sticking with these two things for now.

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Praexology • 2 points • 21 August, 2019 02:58 AM

Being dry makes life cheaper, and puts you in control of situations more often. If you're a greedy control freak like me, I see this as an absolute win.

SoggyTrain • 1 point • 20 August, 2019 10:54 PM

**OYS #7**

MRP 3 months.

36, 5’8” 160lbs, 10%BF, married 9, together 11, kids 1 and 4.

**Mission (in progress)**: To live my life authentically without fear. To model calmness, confidence, and happiness for my sons and raise them to be men. To be the man in my relationship. To enjoy this fucking life as much as possible before my time is done.

**Fitness**: Good news is I am up 5lbs in the last 2 months, with lower BF. But I am stopping the SL5X5 program. I am squatting 255x5, and deadlifting 280x5 after that, and that is too much for me to do 3x per week. I am going to do some higher volume for 2 weeks, then do the 5-3-1 program. Getting bloods done in 2 weeks, then will do a small blast of test too. I look better than I have in years though.

**Finances**: No change, bank accounts are good. I grew up being taught that money was the cause of all problems.

**Dread/Social**: Tried to join a shooting league, but they start 30 minutes prior to me leaving my office, so that's out. I can still go shoot, but I wanted a competition. I already made plans for the family all day Friday, and will likely be at the lake Saturday and Sunday with the family. Not getting out and away from my wife is one of my weaker areas.

**Readings**: Starting over with NMMNG and will re read everything on the sidebar.

**Frame**: Fuck me. I think it's on point then start DEERing like an asshat. My number one goal this week is just to not DEER.
Sex: Wife initiated Friday afternoon, she got off as fast as possible, but then was just done. She never is like this, didn't even let me try to finish. I was pissed. Usually I will flip her doggy and I can finish in 1-2 minutes if she is done. I made her give me a BJ later, but what the fuck is up with this selfish shit. Someone commented recently about when you start paying attention you see how selfish everyone is. I immediately thought of that when it happened.

Random: Smoked some weed the other night when I was chilling by myself. I rarely smoke anymore, and it felt awesome. All this RP stuff was running thru my head, and honestly it started to make so much more sense on a primal level.

To Do:
STFU- Just go 1 week without DEERing.

TakeIRP • 1 point • 21 August, 2019 12:44 AM*

Stats
Age: 29 Height: 65 inches Weight: 152.6 lbs BF: Fitbit scale 20.4%. Wife: 29, Married 6 years, Together 10 years, 1 Child - 1 Year old

Reading
Have read prerequisites. Still refer to them for refreshers. Need to pick up on TWOTSM and 48 Laws of Power. Got side tracked with Jiu Jitsu University.

Physical/health
Weight loss is up and down of course but the weekly average is steadily dropping. I saw a normal BMI for the first time in my adult life. Not the end goal but something to be proud of.

Planning to compete in a tournament soon for jiu jitsu. Something I've been striving for.

After I finish the HIIT training I've been doing I plan to return to leangains RPT workout splits. It's minimalist and I like it. I'll be adding some HIIT once or twice a week along with my BJJ training.

IF/OMAD has been my best tool to continue losing weight. However personally I would like to drop to 140 and then do a clean bulk to 145-150lbs. Biggest target goal right now is to drop the body fat %.

Career/finances
• Work is steady.

Setting a few goals for myself here. Keeping them close to my chest for now.

Relationship
Duty sex happened recently. I took it but getting off was just not as good. She's about to be ovulating so likely to improve.

She's been more flirty and affectionate. Also, has mentioned "naughty dreams" have been able to play off that and game her with them.

A failure on my part was something with our son. My lesson is speak up when something doesn't seem right. I failed in that area and therefore let down my family who's sword and shield I'm supposed to be. Or whatever metaphor you want to use.

Personal
Have some home improvement projects I need to work on. Either do it myself and if I can't fix it just hire someone. - This was a slight wash. Will need to make a run the store and get the correct piece for the water
faucet. Of all the things. It's little but something that needs to be fixed.

Goals for this week

STFU. Need to do this outside of just home.

Finish out the last 4 weeks of this HIIT program then back to lifting.

Continue to reset daily.

[deleted] • 1 point • 22 August, 2019 07:48 PM

However personally I would like to drop to 140 and then do a clean bulk to 145-150lbs. Biggest target goal right now is to drop the body fat %.

Then drop to 140 and then do a clean bulk... are you looking for permission to do this? You have my permission.

Duty sex happened recently. I took it but getting off was just not as good.

Make it what you want it. Use her for your pleasure when this happens. Go caveman on her.

Finish out the last 4 weeks of this HIIT program then back to lifting.

You need to prioritize lifting over HIIT. If you want to do both, fine, but don't make excuses to not lift. Lifting is the SINGLE greatest thing you can do for yourself. No joke or bullshit here.

TakeIIRP • -2 points • 22 August, 2019 08:11 PM

You had to twist my statements in order to respond. Fuck you and your permission. You don't tell me how to live my life.

[deleted] • 1 point • 22 August, 2019 08:21 PM

I hope you find success on your journey. Good luck.

TakeIIRP • 1 point • 22 August, 2019 08:27 PM

Those well wishes I can appreciate. Thank you.

Rogue68486 • 1 point • 21 August, 2019 01:07 AM

OYS Month 5

Stats - 47 years old. 6'3" 195 lbs. 18% bf. Wife 48, Married 9 years with 3 kids 8, 7 and 5.

Physical / Health - Deadlift 225. Bench 170. Squat 160. OP 120. I have started working out at home before my kids wake up so I can help get them ready for school. My wife is SAHM though. Would you workout at the gym instead for the social connection although I tend to work out solo?

Books – I have read the following books and am re-reading NMMNG.

MMSLP – SMV. MAP. Captain and Officer.

WISNIFG – Life being assertive versus not.

Ration Male – Plate theory. Women’s core desire.

The Unchained Man - Live your mission.
Mission - I will apply my relationship and leadership skills to improve social services organizations. I will always have enough money to maintain security for myself and kids.

Career – Just got a good evaluation and will get a bonus in October.

Finances – I’ve paid off all debt except money I owe my mom. I should have that finished by Thanksgiving.

Sex - This has improved. I’ve not had a soft or hard no in probably 2 months now. I initiated on Tuesday of last week. Wife climbs on top of me, spins around and goes reverse cow girl. This is a big improvement from 2 years of starfish or doggy and don’t touch anything else (thank you Ask MRP). I wonder if this will continue as this last week has been a lot of shit testing.

Relationship - This has been a week of shit tests. We have good sex on Tuesday so of course Wed-Saturday I’m being tested on the regular, “give me back the hair cream, I was going to use it”. “Can you do the dishes if you see them in the sink?”

My wife stays at home with kids in school from 8-3 pm, so I asked her why she couldn’t get them done. That didn’t go well. Quasi-civil short fight on Saturday with her exclaiming “I’m tired of you”, after I said I was tired of something else.

I probably should have agreed and amplified instead of engaging. We kind of made up later.

This is perhaps the hardest part of the relationship. I feel like this relationship is still touch and go. Maybe this is the nature of all relationships. I'm still finding my way in this post RP learning phase.

Wife went out with her new girlfriends. She shared with me they think I’m hot and that she needs to look out for the divorced women in the group. I take this as dread although it could just be conversation.

OK - I should add that my youngest started kindergarten last week. This is the first time in 9 years my wife hasn't had a kid at home during the day. I told her she needed to get a job, volunteer or go back to school. She's taking online masters class in writing. And she also seems to be withdrawing from me. I am giving her space although the fear is she'll have too much free time and get into social media flirting and such (did when we first met). How should I play this?

O1/Validation – Working on this.

man_in_the_world • 3 points • 21 August, 2019 05:45 AM*

short fight on Saturday with her exclaiming “I’m tired of you”, after I said I was tired of something else.

OMG, did she hurt your widdle fee-fees with this infantile remark, after you hurt hers with a similarly infantile statement? I'd just laugh with a 5 year old, let alone an adult, who made such a lame comeback.

Wait ... are you 5 years old? Aren't you a bit young for MRP?

47 years old.

JFC...

This is perhaps the hardest part of the relationship.
This is your biggest problem? What are you, 5 years old? JFC.
How long have you been at MRP?

OYS Month 5

J.F.C.

Rogue68486 • 1 point • 23 August, 2019 12:54 AM
Thanks for the perspective. A year ago she took out a load of credit cards because she was preparing if she needed to leave with the kids. I'm being a sensitive faggot instead of leading.

HornsOfApathy • 1 point • 22 August, 2019 03:17 PM
Wife went out with her new girlfriends. She shared with me they think I’m hot and that she needs to look out for the divorced women in the group. I take this as dread although it could just be conversation.

This is indeed dread, and the best kind. When your wife starts getting comments from her girlfriends it does two things: engage her competitive hypergamy, and lets her know that you're high value to someone else. Maybe they are all fat 50 y/o post-menopausal thunder cunts, but at least they are women and hence are competition.

With that said, you're 5 months in and still a huge faggot that is worried about his wife getting feelz on facebook while she takes a "masters class in writing" (wtf man, this seems like a deadend and waste of money but that's me...). If you weren't such a faggot you'd realize that she's going to get those feelz no matter what - AWALT - so you better step your fucking game up with all this free time she is going to have.

But dude, I've nailed you good: You're scared you're not good enough.

Quit being a pussy.

Rogue68486 • 1 point • 23 August, 2019 12:55 AM
This is the core problem. I've got to step up.

[deleted] • 1 point • 22 August, 2019 07:44 PM
“Can you do the dishes if you see them in the sink?”

It's not about the dishes...

Saturday with her exclaiming “I’m tired of you”

"You'll be tired after I fuck you later"

This is perhaps the hardest part of the relationship. I feel like this relationship is still touch and go. Maybe this is the nature of all relationships. I'm still finding my way in this post RP learning phase.

Fuck... I wish I had your problems. This is the hardest thing? Seriously? You've had an easy life then.

I told her she needed to get a job, volunteer or go back to school.

Ok, so what's your next step on this one?

I am giving her space although the fear is she'll have too much free time and get into social media flirting and such (did when we first met). How should I play this?

Be attractive, don't be unattractive. Mate guarding is unattractive. Being jealous is unattractive.
Rogue68486 • 1 point • 23 August, 2019 01:00 AM
The 3 weeks prior to this she's followed my lead with no bs

Three days of shit testing. I was wondering if I was doing something wrong. It sounds like she's going to be up and down and I need to be the oak / outcome independent regardless.

[deleted] • 1 point • 23 August, 2019 01:40 PM
The shit testing makes perfect sense. She saw you as the leader for a bit.. then wanted to probe to make sure it's not an act and that you are actually changing for the better. So she gives some shit tests -> (hopefully) you pass (he's hot) -> more shit tests, etc. Eventually there will also be shitty comfort tests and comfort tests. DO NOT TREAT THEM AS SHIT TESTS.

[deleted] • 1 point • 21 August, 2019 03:39 AM
OYS #2

39yo. married 18 years 36yo. 3 Kids
Stats: Max for Reps: Bench 165, squat 225, Weighted Pull Up 45 lbs. Over Head Press: 85 program includes curls/bi's & tri'c isolations, leg press, hip thrust, dips, pushups
Took my first week off from the gym this past week since starting over a year ago. back at it for upper body day tomorrow.

Career: Still digging my new department and line of work. i'm a sponge soaking up all the new info and knowledge coming at me. Getting along well with coworkers. This area of my life is getting brighter everyday.

Marriage: i have a lot to unpack. more than i could possible try to fit or want to fit into one OYS post. my wife is something of a unicorn. she was a virgin when she met me, and i've been the only man she's been with as far as i know. mostly sweet and affectionate, she's pretty traditional in the sense that she subscribes to the submissive wife/ dominant husband view of marriage, we for the most part have a pretty good relationship. Except for sex. we've gone back and forth for a year about the lack and quality, and basically it comes down to this at this moment in time: she claims she's 'asexual/demisexual'. at first it was demisexual, until i reminded her that being demisexual only means you are sexually attracted to someone you're really good friends with and or have an emotional connection with. and if that's the case, why are we still hardly having sex. Then she says she's a mix of both. She claims to hardly feel sexual attraction towards anyone. says she can look at someone and say 'yeah they're hot' but she gets no desire to want to have sex with that person. She also thinks shes pre-menopausal and its all hormone related. Sex for the most part is pretty vanilla, and done out of duty. no blowjobs...she complains most of the time when i initiate (especially after ovulation) this is especially annoying though i have been working on not getting butthurt or letting it show at least and playing it cool. she usually gets off in the end and is all like "huh? i really needed that, that was good!" Recently she said she felt guilty for not being able to fulfill my needs, and said if i needed to sleep with other women to take care of that, then she would allow it. i said ok. This lasted a whole day, until she said she doesnt want me to do that because she'd get jealous and want to even the score. and that that would be the end of us. i asked 'why, thought you'd be relieved to not worry about it anymore?' her: "but i still have romantic feelings for you". we have discussed the possibility of an open marriage before in this past year, but ultimately decided it was a no. in the last year i have most definitely raised my SMV. i went from a scrawny, anxious little worm of a man to a muscular, much more confident and attractive man that the ladies have definitely been noticing. and yes, my wife has also noticed this too. Dread does up the temperature between the sheets a couple of degrees, but the comfort tests also go up. TLDR: i'm enthusiastic about having sex. my wife has borderline asexual. (or so she says...)

Mission: to figure out my mission. thought music was it since my teens. haven't been feeling it at all. been pretty uninspired for a long while. Tried getting a band going with a buddy from high school figuring it'd be a good
way to get the juices going and at the very least be a group of guys to hang out with regularly. yeah, it didn't really go anywhere.

i do need to get out of the house more. make friends. go exploring. this has been an ongoing effort for the last year, with some success. most of my friends have moved on in life and we see each other here and there. as a matter of fact, i'm going to my friend's dad's celebration of life gathering this upcoming weekend. will be nice to go on a road trip solo, and meet up with some old friends out in the woods around a campfire.

that's all i got till next week...

SoggyTrain • 7 points • 21 August, 2019 01:58 PM
Are you retarded? Your wife is not premenopausal at 36. She is also not asexual, demisexual, or anything like that. Those are labels that justify her not sleeping with her you, that way she doesn't feel guilty.

Cloudy_Pirate • 5 points • 21 August, 2019 01:08 PM

my wife is something of a unicorn

Nope. And the longer you believe that, the longer it will take you to make progress.

we've gone back and forth for a year about the lack and quality

You can't negotiate sexual attraction.

she'd get jealous and want to even the score

So she doesn't want to have sex with you, but she might want to have sex with someone else

Honest question - does she orgasm with you?

[deleted] • 1 point • 22 August, 2019 01:44 AM

Yes. She does. and most of the time too. like i was saying, it's like she "forgets" how good it can be until afterwards, then she "forgets" again.

i dont know if its due to her anxiety (she's a pretty anxious person, always has been) or her hormones, or if she really is asexual/demisexual whatever. she seems pretty convinced herself of all of it.

she's still as physically affectionate as she ever was outside the bedroom. constantly telling me she loves me, etc. this is why i'm having a hard time shaking the "unicorn" label. i mean i know unicorns don't exist and AWALT and all that, but sometimes i cant help but wonder if i'm the "lucky" guy that found one.

the other part of me is convinced i havent done a good job leading her where i want to go sexually. There is a lot of comfort and closeness in our relationship, but i think, no, i'm sure, after having gone through much of the side bar and reading posts here that i've killed a lot of sexual attraction through my blue pill behavior over the last 18 years and i dont think she even realizes it.

man_in_the_world • 4 points • 21 August, 2019 04:47 AM

She also thinks shes pre-menopausal and its all hormone related.

At 36? Very unlikely, although she may believe it.

my wife is something of a unicorn.
LOL; every newcomer here thinks this!

she claims she's 'asexual/demisexual'.

Also unlikely, although she may feel and think so. More than likely your disgusting neediness for sexual validation has made sex with you unpleasant and stressful emotional labor for her, which has made her sexually averse with you.

The odds are that she's not asexual but simply sex averse with you, but either way, the advice here may be useful to you.

johneyapocalypse • 4 points • 21 August, 2019 11:16 AM

Another new one for the books: demisexual.

So many special people with their special labels.

It's just so, well, special.

man_in_the_world • 3 points • 21 August, 2019 02:21 PM*

So many special people with their special labels.

Labels can bring clarity that spurs action, or provide an excuse to defer action. Guess which applies here ...

[deleted] • 1 point • 22 August, 2019 01:46 AM

excellent links. thank you!

[deleted] • 1 point • 22 August, 2019 03:04 AM*

Thank you again, Man! i've read and reread and bookmarked both articles. these are the kind of quality articles i find edifying and enjoy reading on this sub.

one of the major breakthroughs i'd had in the last month or so, was the personal epiphany that i was indeed seeking validation from my wife. my response to this was one of disgust -toward myself. this has been huge as i am really starting to see my responsibility in all of this. i'm not totally 'cured' by any means, but its a start.

as for the ace/gray article, my wife pretty much checks all those boxes. i have made great strides in coming to terms with the fact that no matter what i do, i will never be able to change this -that's if she is truly an asexual(gray woman). if she's not, i still may not be able to change this. after 18 years of being a blue pill husband/Drunk Captain, the damage is done, and i may not be able to undo it. no matter how attractive i become physically, mentally, emotionally etc. either way, the stay plan is the same as the go plan.

so the question is, do i stay or go? this is something i've been wrestling with hard. Do i enjoy all the other aspects of our relationship, and accept her sexuality for what it is, or do i end it to go spin plates with sexually enthusiastic women for the rest of my life?

the plan for right now? i'm commited to her and to applying the excellent advice from the article. and to continuing to take and digest the Red Pill and striving for excellence in all areas of my life.

edited: for clarity

man_in_the_world • 2 points • 22 August, 2019 03:44 PM

as for the ace/gray article, my wife pretty much checks all those boxes. i have made great strides
in coming to terms with the fact that no matter what i do, i will never be able to change this

It's a really convenient excuse, isn't it? Because it both salves your ego by blaming her nature, and excuses you from doing anything difficult to fix it.

There are more than 150,000 "HL"s over at r/DeadBedrooms who are clinging to the same excuse to justify their destructive, unattractive behaviors. Validation seeking neediness, particularly in a whiny, entitled form, poisons sexual desire, and almost without exception every dead bedroom there involves an "HL" who proudly proclaims and defends their entitlement to validation from their spouse. ("I need enthusiastic desire from my spouse to feel good about myself and to enjoy sex.") And then they're shocked and offended by the usual outcome, when their presumably hardwired "LL"/asexual spouses suddenly become highly sexual with someone else. Don't bring that shit thinking over here; the odds are still that your wife's sexuality has simply been squashed by your faggotry and validation seeking.

([deleted] • 1 point • 23 August, 2019 01:50 AM

("I need enthusiastic desire from my spouse to feel good about myself and to enjoy sex.")

oh yeah, this is definitely me. in fact i check all the boxes in your emotional labor article. i'm pretty much all those guys in one degree or another.

i've been a validation seeking whore for a long time, and if i'm truly honest with myself, i've been seeking validation from most everyone, most of my life.

this was a hard realization for me, and something i really need to work on.

"the odds are still that your wife's sexuality has simply been squashed by your faggotry and validation seeking." this is the sinking feeling in my gut. this is the reason i'm here. you're absolutely right, it would be easy to accept what she says about being asexual or demisexual or whatever, and say "whew, it's NOT me, it's her." but i KNOW its me. i see it. daily. i can look back as far as i can remember and see it. if i weren't with my wife, i'd still be pulling the same faggot bullshit with other women.

i've been getting in shape physically, but i also want to be mentally and emotionally in shape as well. not just to be more attractive to my wife/ the women, but so i can be truly proud of who i am as a man. getting physically fit seems to be the easy part in comparison to the other two aspects.

i've got years of unfucking to do.

([deleted] • 2 points • 22 August, 2019 07:14 PM

Thank you again, Man! i've read and reread and bookmarked both articles Read them every few days / every week. I still do, they're incredibly helpful.

as for the ace/gray article, my wife pretty much checks all those boxes. i have made great strides in coming to terms with the fact that no matter what i do, i will never be able to change this -that's if she is truly an asexual/gray woman.

This is a terrible mindset. I've struggled with this at length and still do - my wife's (lack of) sexuality (there's probably some deep seeded stuff there but that's hers to deal with). What I can say is that killing the validation needs is what YOU need to do.

after 18 years of being a blue pill husband/Drunk Captain, the damage is done, and i may not be able to undo it. no matter how attractive i become physically, mentally, emotionally etc. either way, the stay plan is the same as the go plan.
Also, terrible fatalistic thinking. Be better and stop fucking worrying about the past - you can't change it.

And you're going rambo right now. If you are angry -> you don't want to leave your wife you're just angry. When you stop caring -> you want to leave your wife.

10 months ago I was worried she was going to leave me. This week (read my OYS if you want), I was a hair away from leaving her. Not from anger, from lack of caring. Thank God for the advice on here and there's a different path that opened up, but at the same time that path wouldn't have been there if I hadn't worked a lot on myself (and I am definitely far and away from where I need to be).

Play the long game - she may very well have issues that might not be able to be overcome but you won't know that until you resolve yours.

Improve everyday, learn from the past but don't dwell on it. Make a plan how to get better than do it.

Also, I laughed at this:

says she can look at someone and say 'yeah they're hot'

My wife won't admit to finding other people hot. So I can be 99.9% certain that your wife is not asexual (I am 98% sure mine isn't either). Your job (and mine) is to make it safe for her to explore sexually... honestly I'm terrible at this (but it's improving... slowly), but /u/hornsofapathy has some great posts / his OYS history on it I recommend you read. Your wife may feel shame for wanting sex. First you need to get rid of your shame (this will take awhile - can you go to your wife right now and tell her all the dirty shit you want to do with her?), and then you need to... well just read those other posts and listen to horns on this one. He knows a lot more than I do.

[deleted] • 1 point • 23 August, 2019 02:12 AM

The main theme that i get from both of MITW's articles that he shared with me, is that validation seeking is very unattractive and kills attraction/ polarity.

strong masculine men,(the kind hot feminine women love) dont need validation for anything from anyone outside of themselves. i would even go as far as to say that validation seeking is a feminine trait. 'the feminine grows from praise'.

i dont fully buy the asexual demisexual thing myself. its what she's told me recently and she seems pretty convinced of it. my wife has a lot of silly ideas that shes convinced of...

getting caught up in whats going on in her head is almost like an easy way to avoid working on my own BS.

and yes, i'm in it for the long game. as tempting as it is sometimes to burn it down and start over, my bullshit would still be there festering and stinking up any relationship short or long term that i get into.

better fix my BS first, before i seriously consider ending my marriage.

thanks for your reply man. appreciate it!

[deleted] • 1 point • 23 August, 2019 02:12 AM

Second Post

34 y/o

6'0"

180 lbs.
Weights (lbs.)
Squat: 230 x 5
Deadlift: 290 x 5
Overhead Press: 125 x 5
Bench Press: 165 x 5

Review
I'm much more comfortable with myself, more grounded, less insecure. I make decisions when they need to be made, but I don't often include my wife in them. I'm almost certain it's because I fear getting into a fight and DEERing, so I just make the decision and she'll either find out or I'll tell her after the fact. This avoidant behavior makes her (rightfully) upset and concerned.

I was originally going to make reference to Jack 10's post about having a frame made of titanium but without a path inside, because my wife recently expressed this as her anxiety almost verbatim: That I did what I wanted, when I wanted, without any regard for my family; there was no way for her and the kids to get on board. She was right; there isn't a clear path into my frame.

Now I realize that I need to continue to kill the fear of conflict which leads to my failure to take what I want.

Horns of Apathy's post about anxious wives has been on my mind a lot lately. I just don't have a clear plan for how I lead my wife into my frame. Maybe I've already answered my question.

chillanous • 1 point • 21 August, 2019 07:42 PM
I'm a lurker, not a veteran, so take my advice with a grain of salt. But if your frame is solid, why not make doing things with the family part of it? Go to a museum or set up a game night, it will include them without leaving your own frame.

HornsOfApathy • 1 point • 22 August, 2019 03:25 PM
While this is good short term advice, I think he is looking more for a path for long term success. Date nights and museum trips are a small part of that larger dynamic.

HornsOfApathy • 1 point • 22 August, 2019 03:23 PM
my wife recently expressed this as her anxiety almost verbatim: That I did what I wanted, when I wanted, without any regard for my family; there was no way for her and the kids to get on board. She was right; there isn't a clear path into my frame.

There is a way. You need to start talking about how your wife and kids can be included on your mission and journey. As an example, when I talk about moving from our house to another one, I say: "The next house I'm going to buy is going to have a larger outdoor area for the kids and dogs. I think they spend too much time indoors and I think with a larger outdoor area it would allow us to have a closer relationship with the children. I need to do this to create a better life for me, my kids, and my relationship."

It's silly and small, but you need to start crafting a vision of a relationship that can help you achieve your mission. There is also the "I will have a fulfilling sex life" statement that leaves it up to her to jump on board.

Horns of Apathy's post about anxious wives has been on my mind a lot lately. I just don't have a clear plan for how I lead my wife into my frame. Maybe I've already answered my question.

I gave you all the information you need, especially in part 2 of that post series. You need to create a safe place for your wife (aka "the oak on steroids") to land and then feel like she is not judged. Stop judging your
wife and you may actually see progress.

I gave you all the information you need, especially in part 2 of that post series. You need to create a safe place for your wife (aka "the oak on steroids") to land and then feel like she is not judged. Stop judging your wife and you may actually see progress.

OP - listen to this and really absorb it... this is the key. I did not realize that until very recently. Fix yourself for sure, but without her feeling safe... well you're going to blow shit up in a bad bad way.

Fair enough. I'll let this steep for a while.

Any guidance on how to find a good lifting coach? Are all CSCCs competent?

Have some shoulder imbalance that I think are form related. Want to pay someone to help (form check every couple weeks for a while) but I've been really unimpressed by personal trainers I've overheard at gyms.

OYS #1

8/21/19

Discovered MRP March 2019

Stats:

Age: 25; 5’11”; 169 lbs; 12% BF; LTR (2 months); no kids
Lifts (demonstrated 5x5): Deadlift 295; Squat 225; Bench 185; Row 190; Press 90

Readings:

NMMNG (x2) - Nice guys aren’t that nice, it’s all covert contracts to get what they want.
WISNIFG - I understand, but I still want… (Broken Record, Fogging)
MAP - Build your overall energy levels; be attractive, don’t be unattractive
TWOTSM - Be a man worth following
16 Commandments - Be a man women want to fuck
SGM - DEVI

How to Win Friends and Influence People - learn about others and what they enjoy
Atomic Habits (20%) - focus on the system, not the goal. Systems last, goals conclude

Background:

I grew up very active (played multiple sports), had a solid group of friends, and was considered popular. I dated my oneitis in high school and became a complete, supplicating beta who was happy to be walked all over and lead in the relationship. She dumped me after two months and I was floored. Could not figure out what went wrong when I felt I was doing everything “right”.

I found TRP the summer before my junior year of college at 20 years old. It hit me like a ton of bricks and I lapped up the sidebar and all top posts like my life depended on it. Swallowed the pill and during my junior year
made major strides in fitness and sexual conquests. Continued to read TRP daily through the end of college and secured a great job that I attribute to the confidence gained through TRP.

My first couple years out of college I stopped reading TRP, became complacent and developed major fuckarounditis. Lifting stayed consistent 5 days a week, but I was not increasing my lifts nor gaining any muscle. I was eating worse and drinking more and put on 10 lbs of fat. I would still consider myself above average during this time, but I knew that I was not reaching my full potential. My college goal of banging as many chicks as possible did not resonate with me the same as it once did. Once you reach the 50 mark, you realize that no matter how hard you try to convince yourself, banging one more hot chick will not be what makes you happy in life.

I found MRP in March of 2019, and similar to my first encounter with TRP, the cheat code to life had been presented to me in an easily accessible, actionable manner and all I had to do was reach out and take it.

I am in a much different situation than most here, but need to be held accountable all the same. What will be my main focus is the concept of Frame. What I thought was my frame was me just emulating what TRP told me Frame was. It never felt completely authentic, but it got me results so I kept pushing forward with it. What I developed was a fragile ego, not a real frame. I am here to develop my own frame with the tools that I have been given from TRP and MRP to feel confident in all aspects of life.

**Fitness:**

Fitness has always been important to me. I worked out for aesthetics in college and had a clear goal of where I wanted to be. I reached my goal of 167 lbs and 8% BF, and then I graduated. After graduating, I developed severe fuckarounditis and became complacent with my fitness.

Since discovering MRP, I have ramped it back up and am looking to gain weight. Goal over the next year is to reach 180 lbs on a clean bulk and arrive there at 10% BF. I currently consume 2,700 calories a day and have stalled in weight over the last two weeks and will be adding an additional 100 calories on Friday to my diet. Looking to add 1 lb per month.

Current regime includes lifting weights 5 days a week (5x5 with accessories) in the mornings, yoga 4 days a week, climbing once a week and stretching every night. Lifts are starting to plateau on 5x5 and I am debating switching up my routine. Looking into 5/3/1, recommendations appreciated.

**Frame:**

As stated above, Frame is what I am here for. I have a general understanding of the concept that I took from TRP, but that’s it. I feel like an impostor most of the time, like I am using someone else’s path to guide my own.

I would say most people consider me fun and outgoing, but internally it always feels like I am forcing myself to be that way as opposed to naturally being that way. Good example; this past weekend my LTR and I went to her friend’s concert, they were playing at a venue an hour away. I knew one other person and she knew 10+ people. I chatted with everyone, made friends, had many IOI’s from the other women and was overall the life of the party. But during this whole time, I was in my head thinking “am I talking to everyone, am I being fun, is my back straight, is my drink by my side, etc.” Everything required constant attention and nothing came naturally. Does all this become natural over time, or will I always need to be vigilant?

I picked up yoga back in April, partly due to wanting to meet girls, partly to wanting to be more flexible, and partly to try and develop a sense of self love and mindfulness. I am a good looking guy, I do cool shit and I make good money, yet I have a fragile ego and feel like someone who doesn’t deserve what has been given to him. I am going down the path of “fake it till you make it” and while that has helped in many aspects, it has not helped internally.

Any advice on this? Does confidence and self love come with time, do I give too many fucks, am I validation seeking, or what?
Career/Finance:
Work is going well. I am having my most productive year yet, I am well liked within the company and have a
strong network across the industry. With that being said, I can still push myself to work harder and take on more responsibility.

I have submitted my resume for a job halfway across the country that should put me over $100k in base salary; I
should know if I am getting an interview on Friday. This would be a huge step-up in responsibility and expectations from my current job, and would accelerate my career significantly.

Finances are strong: no debt, 401k, maxed out Roth IRA, Savings/Checking account with 6 month emergency
fund, mutual fund and additional income in the stock market through the Robinhood app.

Social/Hobbies:
I have developed a group of friends at the climbing gym and the yoga studio, but I have yet to make plans with
anyone outside of those locations. As of now, I am happy with the time I spend with them over the course of the week.

I picked up guitar 2 weeks ago and play for at least 10 minutes a day. I have committed to a minimum of 10
minutes a day for 2 months and will re-evaluate then.

Relationship:
My relationship, as it should be 2 months into any relationship, is strong. Sex is on demand and nothing has been
off the table. She follows my lead, trusts my direction, sends me nudes randomly and is a joy to be around.

My frame within the relationship feels much stronger than my frame in social interactions. I feel more confident
around my LTR with speaking my mind and pushing boundaries, but am no where near as confident and bold in
social interactions where I am meeting people for the first time. Is this normal, am I confusing frame for
something else?

Mission
To live a confident, happy, healthy and financially free life.

Still a lot of work to do on my mission, but generally that is how I want to live my life.

What will be my main focus is the concept of Frame. What I thought was my frame was me just emulate what TRP told me Frame was. It never felt completely authentic, but it got me results so I kept pushing forward with it.

This is a pretty long read and kind of academic, but it describes exactly what you're talking about:

I've never seen this before, thanks for sharing and looking forward to reading it.

Just finished reading this article; I took a lot away from it and appreciate you sharing it.

It talks about how codependents and narcissists are one in the same and both are not comfortable being
their true selves. One compensates by being a supplanting nice guy and the other an over compensating asshole. But deep down they seek validation from women as opposed to themselves so even when a codependent turns to PUA and becomes a narcissist, the core issue still remains
This is exactly the path I went down from codependent to narcissist and was continuously seeking external validation. Sleeping with women as a narcissist was better than not sleeping with women as a codependent, but I was not truly happy in either situation. Time to find the path toward internal validation.

rotkohlblaukraut • 1 point • 13 September, 2019 03:35 AM

I tend to read a lot and I get a lot out of articles like that. It's just one take on the subject but I thought it covered a lot of decent ground.

There are a lot of layers to the onion of life. Sexual strategy is one - MRP and TRP both deal with it, both explicitly through describing shit testing, game, etc, and also through self development aka frame and owning your shit. But on top of those things there can be a lot of other baggage from your earlier life, there can be a lot of other bullshit societal programming about what constitutes a good life, religious programming, etc etc.

Jones's book "The Unchained Man" covers a lot of ground about the bigger picture on top of just the sexual relationship aspect. I'm working through it and would recommend it. He has a nice breakdown of your code and your mission which drive goals and projects. If you have a clear mission and a code to live by, it makes it a lot easier to make decisions about what's important and what's irrelevant aka having frame ("everything outside your frame is interesting or amusing" is I think how weakandsensitive put it). Google the book if it sounds interesting. Again, it's just one perspective, but it can be useful if you've never thought about the big picture of your life in a real way.

GoingOnAJourney • 1 point • 22 August, 2019 11:12 AM

OYS 1

This is long as fuck, but I need to get something down as a starting point. Part 2 in comments.

Career Beta. Been at this since the start of June, and started writing my OYS twice, but for the wrong reasons: validation seeking and fishing for comments from strangers on the internet. Deleted both times. Been on holiday, and something clicked at last that this is about me owning MY shit, being accountable for my goals, my decisions, my failures.

Stats: Age 42, 6’1”, 176lb. Wife 43, married 9 years, 2 kids age 6 & 1.

Sidebar
NMNNMG, WISNIFG, MMSLP, TRM, MAP, Poon, Pook, RP Sidebar, Manipulated Man, TWOTSM, SGM x2, mined many MRP top posts + insightful comments

The Rational Male is a book I intend to get for my boys once they come of age. Incredibly eye-opening (the first half of the book at least) and something I wish I’d have read in my late teens/early twenties.

Reading: 48 Laws of Power, re-reading TWOTSM – this book resonates with me.

Lifts
Squat: 110 Bench: 90 DL: 155

Started a modified SL 5x5 program five days after discovering MRP. Lifted for 5 weeks starting with an empty
bar and followed the progression laid out in the app, then took the family away on holiday for four weeks. I failed to lift at all during this time. I’m not going to make excuses; lifting is not optional. Going forward, I will allow myself a maximum of three rest weeks per year: one at Easter, Summer and Christmas respectively. I will pre-plan lifting before going on vacation and know where and when I will be lifting.

**Goals:** Continue SL 5x5 lifts starting today. Three times a week until Christmas. No exceptions. Reassess lifting program at that time.

**Career**

The biggest red area in my MAP. Been in my current job way too long, and morale for staff is at an all-time low. Took initiative prior to my holiday and invested time applying for a couple of jobs before flying. One rejection, but had a Skype interview for the second while away. Did well and will have a second face-to-face interview in a few days. I have high hopes, but need to be prepared to shed any negative thoughts & emotions if I don’t land it, then get straight back to searching and applying for more.

**Goals:** Be prepared mentally and spiritually for the interview. Conduct myself with positive energy.

**Finances**

My wife is the primary earner in our household, earning roughly double what I make. We’re doing ok with our combined income, but I want (need?) to be earning more; my MAP states that my personal income is red while our household income is yellow. The new job is not the answer as the salary is similar to my current employment, so I need to look at some sort of side income. I’ve downloaded a couple of books to give me some inspiration on how to get started:

*The $100 Startup:* Reinvent the Way You Make a Living, Do What You Love, and Create a New Future

*Side Hustle:* From Idea to Income in 27 Days

While I’m the one who takes care of the paperwork concerning most of the financial dealings, bills, mortgage etc. my wife spends the money she makes as she wants. Thankfully she is generally sensible and consults with me for the most part. An interesting point from our recent holiday: I was completely in charge of finances throughout as I had the specialist travel cashcard allowing us to top up and exchange currency on demand. At the end my wife mentioned that it was strange not having much cash to spend herself over these weeks, and that she kinda liked it. Looking to the future, I want to be in a position where I can completely take charge of family finances. This is a long way away as I am not a High Value Man; were I to attempt to manage her income and give her a spending allowance today I would be laughed at. That’s ok. The long game is fine.

**Goals:** Choose one of the books and read it within two weeks. Get my mind working on possibilities to generate additional income.

**Kids**

My kids are awesome. The one-year old is almost two and has just gone through a tantrum phase, but I dealt with it by setting boundaries and enduring. He came out the other side unspoiled rather than his parents pandering to his every need. I received a huge emotional outburst from my wife during this phase one day when she couldn’t take any more, the kind of outburst that in the past has created a mood between us that would last days. Full on screeching harpy womanese. Thankfully I understood the gist was that she felt guilty that she couldn’t deal with our Son’s emotional meltdowns. I let her rant and fogged for five minutes before she stormed off for a walk. When she returned I saw that she had cooled down dramatically, so calmly told her that her outburst was unacceptable and that I expect no more of the same, then carried on about my day. Not another
word about the incident was spoken throughout the holiday, and the mood between us had returned to normal within a few hours. This is major, as before MRP I would have argued, DEERed, and basically engaged in a massive shitstorm of emotion.

My six-year old reminds me so much of myself as a kid, but better. So many great qualities, but the thing I see is he lacks is a certain kind of assertiveness at times. He’s eager when telling anyone about his Lego projects, or cartoon interests, but lacks confidence in some other areas (he can get upset amongst his peers rather than laugh stuff off) and overreacts to slight physical pain. This is my fault, and I’m already raising my youngest Son in a different way, but it’s down to me to help him unlearn some of the shit I’ve already taught, by osmosis or directly. To that end, I’ve bought ‘The Way of the Warrior Kid’ by Jocko Willink and we have started to read it together. I’m actively telling him to ‘be strong’ when he takes a small bump. We did a couple of workouts together over the holidays which he really enjoyed, but then I became a lazy faggot and stopped. I need to spend more quality Dad time alone with him doing stuff before he goes back to school.

Goals: Make extra 1:1 time with my oldest Son this week doing shit. Swimming, Lego Project, workout together.

Habits

I quit all social media in January as a New Year resolution, and am very happy with my decision. Now my conversations with friends are via WhatsApp and are less frequent but more personal.

I immediately quit porn and fap since discovering MRP. The porn was easy and I haven’t looked back. I was fapping around 4 times a week (to porn), and it took a month for my body to understand what the fuck was going on. My libido dropped after a week, and has never returned to pre-nofap levels. I used to think about sex all the fucking time – it’s the reason I discovered MRP. I have fapped once in the past month after waking up horny the day after sex, and I regretted it. I felt weaker, less energetic. I have learnt from this.

Drinking is the habit I still have to resolve. I have an obsessive/addictive personality, I’ve done my share of drug and game addiction in the past. I go through phases with drinking. I cut right back after discovering MRP to maybe one or two drinking nights a week, four beers max. Over the holiday that all went to shit. I drank almost every day, and drank a lot (~12 drinks) on three of the days. Smoked a fair bit of weed too, although this is not normal behaviour these days. I’ve detoxed for a month a few times in my life, and it does help to reset my behaviour, but doesn’t fix the core issue. It’s hard to write this, but I’m owning my shit: 95% of my fuckups over the past ten years have been after drinking. There are some good posts here that discuss bad relationships with alcohol, and I’ve seen that some of the vets have stopped completely. This is where I want to be, but the honest truth is I’m scared. I enjoy how I feel after a few drinks, the confidence boost, the easy banter. I’m not ready to just pull the plug, especially straight off the back of a month’s drinking. So for now I will complete another detox, which I know I can do. My mind will be clearer at the end, and my reliance on booze will be diminished. Following this I will be in a better state of mind to do what needs to be done.

Goals: Complete one month drug & alcohol detox.
I like my wife and find her attractive. I love my wife, and am shifting my mentality regarding the way that I love her. She is no longer on a pedestal in my eyes, but I am still learning how to love her from a masculine perspective, the way the masculine loves the feminine as depicted in TWOTSM. Since MRP I have been pretty robotic and emotionless, scared to love her as all the posts here are about improving the Man. This is why I am re-reading TWOTSM to really absorb its contents; I need to be able to demonstrate my love freely, from my masculine heart, not my needy Beta faggot whims. A year ago we were really fucking close to going to marriage counselling, but never pulled the trigger after I became the one who was pushing for it following her suggestion that we go – I thought that she was the one who was fucked up. Now I know better. I’ve been a drunk Captain for years.

I am guilty of going Rambo at times so far. I see the expression ‘kids with dynamite’ bandied about, and now I know why. When I read something that hits home, sometimes I’ll try it. My wife has noticed and commented on things here and there, but I’ve never affirmed a thing. The dread levels say that she should not notice, so I’m conscious of slowing down. This is part of the reason I’m writing my OYS, to keep myself in check. Now that I’m noticing more, not just with her but the world around me, I see that she’s subconsciously rooting for me to be a better man. When I started owning my shit at home, clearing out the garage, chucking away a load of old clothes, clearing house clutter etc. she wordlessly followed and did her bit (kids’ clothes, her clothes, her dresser). When I started the gym & protein shakes, she started wearing sexier clothes once the kids had gone to bed. The other day she commented that martial arts are attractive, yet I hadn’t mentioned to her once that I intend to take one up in the near future. Weird as fuck, but it confirms that I’m on the right path.

A major incident occurred on holiday. We’d been out together with the extended family, and when we were leaving my wife hurt her finger. It was a tiny scratch, but she was making a big drama about it. I told her to wrap a tissue on it and we’d check it out properly at home (a ten minute drive away). She went ape shit. I think I made a mistake by treating her like a grown woman instead of a little girl, for if one of my kids had done the same I’d have taken the time to look at the scratch, reassure them, wrap it up (no plasters to hand) etc. Instead I drove us home while she spewed verbal shit all the way. Once back, she stayed shitty, and at some point in the evening she was bad-mouthing my actions to her SIL and I laughed long and loud. She slapped me across the face – the first time she has ever done this.

I’m not proud about what happened next, but having spent some hours reflecting on alternatives believe I did what was required. None of the below was conscious thought, simply action. I slapped her back with the same amount of force she had used. I grabbed her hard by the jaw, and twisted her face towards me when she tried to look away. She was still spewing shit, I don’t even know what. ‘Look at me’. She tried to turn, I twisted back. ‘Look at me’. Same again. ‘I’ve never hit you in my life.’ Still trying to twist, not looking me in the eyes. ‘If you ever, ever hit me again we are going to have a problem’. I grabbed her wrist and squeezed, hard, and kept increasing the pressure. She was still squirming, twisting, until eventually she said ‘ok, ok’. I let go. All this was in front of her SIL.

Writing this is making my arms tremble in the same way they did following this event. I believe this was some sort of shit test to see if I am dominant enough in the relationship. The rest of the evening passed normally, good conversation between us all, and eventually I went to bed. She followed five minutes later and crawled into bed with a cute submissive expression and cuddled up to me, squirming against me. I mentally, silently, forgave her and cuddled her back. We might have fucked if I’d have initiated, but I made the decision not to reward bad behaviour with my cock.
We didn’t speak about this at all, and a few days later I had stopped reflecting on it. Out of the blue while we are chatting alone, she very gently slapped my face with a sweet smile. I didn’t twig at all, until she spoke out loud about the slap. I tenderly closed my hand around her jaw and moved her face towards me for a kiss. We laughed about it, and that was the final time it was mentioned. She was very sweet for the rest of that day, and we had fantastic sex that night.

*Goals:* Lead my wife with actions. Love her from my masculine heart. Be the oak in her emotional storms.

**Sex**

Sex has been 1-2 times a week since living together (a couple of years before marriage). I’ve been the classic Beta considerate lover during this time, fully focused on her pleasure. The things we used to do in the early days have been mainly off the table for years; rimming, fingers in ass, etc. I now know that the odd time she’s allowed the more ‘taboo’ sex acts over the years must coincide with ovulation. I’m now using Clue to track her ovulation and monitor frequency of sex.

Over our holidays, sex was twice a week apart from ovulation week when we fucked four times. Three times were exceptional; the SGM DEVI principle is pure gold. Pushed her sexual boundaries somewhat, but not everything I tried came off. Broke immersion once by returning to Beta faggot demanding of a particular sex act. Had ED problems a couple of times – putting those down to the copious amounts of booze I’d ingested. I’m still working on not using sex for validation seeking behaviour. I’ve got a long way to go. This is the area where it really is all about me: improve myself first, increase my SMV. I’m convinced my wife is a submissive, but I am a long, long way from becoming the Man who she can surrender to.

*Goals:* Stop seeking sex for validation. Initiate from a place of desire.

**Social**

For the past several years, my old male friends and I have had an annual boys weekend in Spring/Summer. For the last two years this hasn’t happened for whatever reason. I’ve taken charge and already got the ball rolling for next year.

I meet up with a friend who lives locally once or twice a month, and my brother occasionally, but other than that there is very little face to face male social activity in my life. I will be joining a martial arts club once the kids are back to school and I’ve got back into my gym routine; hopefully that will improve things.

*Goals:* Keep on top of organising the boys weekend. Research local martial arts clubs and find the best fit.

**Frame**

I’m beginning to build the foundations of frame, or at least understand when I’m operating in someone else’s frame. Importantly I have discovered first-hand how fucking important lifting is terms of developing frame. By the end of the holiday, the miniscule frame I had built in the previous five weeks prior to flying out had decayed tremendously, and I felt like a total fake by the end. Yes, I was still a fake then with my weak ass lifts, but even so I was building strength, posture and frame. Despite all the reading I completed while away I am even more of a fake right now. I have not been following Red Pill, merely theorising. I cannot build frame without lifting. Faggot shit.

*Goals:* Lift three times this week. Build physical frame.

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**HornsOfApathy** • 1 point • 22 August, 2019 03:36 PM

While I don't condone physical violence - I do condone defense.
Your wife slapped you, you equally slapped her back. She went submissive, doesn't seem butthurt about it and is indeed joking. I think you should look into spanking/BDSM next. Could be something there.

GoingOnAJourney • 1 point • 23 August, 2019 12:29 PM
You could well be right. It's too early in my journey to explore straight away; I need to get back into my gym routine and build frame for a while first.

beta_buxxx • 1 point • 22 August, 2019 06:17 PM
something clicked at last that this is about me owning MY shit, being accountable for my goals, my decisions, my failures.

Good. This is the first and arguably most important step. Until you take complete responsibility for your situation, you can't do jack shit about it.

Started a modified SL 5x5 program

Modified how? The point of SL5x5 is to take you from a point of zero strength or familiarity with weight training to a baseline where you can at least define your goals and your plans to achieve them. Just follow the program as designed.

We’re doing ok with our combined income, but I want (need?) to be earning more; my MAP states that my personal income is red while our household income is yellow. The new job is not the answer as the salary is similar to my current employment, so I need to look at some sort of side income.

It sounds like you're looking for a quick fix. You even admit that your household income is yellow. Yellow doesn't sound like it requires an immediate bandaid. Is your ego about the fact that your wife outearns you getting in the way of making the best long-term decision? Most side hustles are tons of work for less $/hour than your day job. It is almost always a better use of your time to invest in yourself for career growth.

This is where I want to be, but the honest truth is I’m scared. I enjoy how I feel after a few drinks, the confidence boost, the easy banter.

There's a great line from near the end of *NMMNG* that this made me think of. I don't have it in front of me at the moment but it goes something, "if you're scared of something, then do it".

I slapped her back with the same amount of force she had used.

I agree with /u/HornsOfApathy, your response was commensurate to her provocation and you appear to have passed the shit test. I will point out though that you did hit your wife in front of a witness and that would make a DV charge against you in divorce proceedings a slam dunk. It's an unnecessary risk to take. So just keep that in mind in the future, there were ways to pass the test without exposing yourself to this risk.

GoingOnAJourney • 1 point • 23 August, 2019 12:12 PM

Modified how? The point of SL5x5 is to take you from a point of zero strength or familiarity with weight training to a baseline where you can at least define your goals and your plans to achieve them. Just follow the program as designed.

I booked a PT appointment at the start of my lifting. I had zero gym confidence and found the empty
bar heavy. He showed me form on all the lifts, but I really struggled with OP, so he gave me a
different exercise that is similar: kneel on one knee, tense core, lift the bar one-handed secured
against a corner. He also gave me something different instead of Barbell Rows (not sure why) using a
bench and dumbbells. I've progressed since then, but still know very little outside what has been
demonstrated.

It sounds like you're looking for a quick fix. You even admit that your household income is
yellow. Yellow doesn't sound like it requires an immediate bandaid. Is your ego about the fact
that your wife outearns you getting in the way of making the best long-term decision? Most side
hustles are tons of work for less $/hour than your day job. It is almost always a better use of your
time to invest in yourself for career growth.

Ego is part of it, yes. When there's something major to pay for I get feelings of inadequacy that I'm
contributing nothing towards it. I will reflect further on what you say; I have never had a side hustle
so it's an unknown area for me.

There's a great line from near the end of *NMMNG* that this made me think of. I don't have it in
front of me at the moment but it goes something, "if you're scared of something, then do it".

I am working towards it, but in a way I can cope. The month's detox is my starting point.

It's an unnecessary risk to take. So just keep that in mind in the future, there were ways to pass the
test without exposing yourself to this risk.

Noted. In that moment there was no conscious thought. I don't know how else I could have handled it
without falling back on old emotionally wounded, verbally outraged behaviors?

beta_buxxx • 1 point • 23 August, 2019 11:53 PM

I don't know how else I could have handled it without falling back on old emotionally
wounded, verbally outraged behaviors?

If it were me, I would have left immediately without saying a word and not come back for several
hours or until the next morning. Of course I would go no contact during this time.

It's an extension of the principle behind dread level 4:

Dread Level 4: Begin conditioning your availability to your wife with her treatment of you.
Your are busy now. You don't have time for a sexually disinterested, annoying, or angry wife.
Your only real lever to punish bad behavior in your marriage is your time and attention. Use it.

[deleted] • 1 point • 22 August, 2019 06:46 PM

That was a long read...

I drank almost every day, and drank a lot (~12 drinks) on three of the days. Smoked a fair bit of weed
too, although this is not normal behaviour these days.

I’m not proud about what happened next, but having spent some hours reflecting on alternatives
believe I did what was required. None of the below was conscious thought, simply action. I slapped
her back with the same amount of force she had used. I grabbed her hard by the jaw, and twisted her face towards me when she tried to look away. She was still spewing shit, I don’t even know what. ‘Look at me’. She tried to turn, I twisted back. ‘Look at me’. Same again. ‘I’ve never hit you in my life.’ Still trying to twist, not looking me in the eyes. ‘If you ever, ever hit me again we are going to have a problem’. I grabbed her wrist and squeezed, hard, and kept increasing the pressure. She was still squirming, twisting, until eventually she said ‘ok, ok’. I let go. All this was in front of her SIL.

Are these at all related? I think you have a serious self-control problem. You saw it yourself with porn and masturbation. So... since you have no discipline to stop something - you need to cut out everything completely.

No drinking, no weed, and get into a routine on your lifting.

GoingOnA Journey • 1 point • 23 August, 2019 11:50 AM
I don't believe these are related, I believe the slapping incident was based on the fact I've been trying to keep a mindset of masculine dominance and my reaction was total instinct. Right or wrong.
Your observation regarding self control is correct. I do get into obsessive ruts that require some sort of trigger to escape. While not an excuse, the holiday was too soon after I discovered MRP to maintain my discipline. I will do better.

Let me ask this a different way... were you drinking heavily when this incident occurred?

GoingOnA Journey • 2 points • 23 August, 2019 02:51 PM*
We both were; she scratched her finger as we left a party. I understand what you're getting at: would I have retaliated in the same way if sober? No. Would she have slapped me if sober? No.
Given the actual circumstances that transpired, I am comfortable with my reaction. However it could easily have turned into a fuckup.
You are spot on in your first comment: No drinking, no weed, and get into a routine on your lifting.
EDIT: I've just had to take a drive, and for the first time in a while I couldn't focus on my audiobook. You got under my skin. I was thinking "Why the fuck is LongRoad giving me a hard time when I clearly wrote that detox and lifting were my goals in my OYS?"
Then I got to thinking "Why am I so triggered/defensive?" and I started to really consider your comment. This is about me, so what if my wife was drunk but I was sober? Completely different story. Would almost certainly have dealt with the situation in a better way. Why am I triggered considering I already wrote that I have a bad relationship with alcohol? Because my current plan is to simply not drink for a month without addressing the root cause. I even said a detox resets my behaviour without fixing the core issue in my OYS.
Thank you for you comments, they are perceptive. I will continue my detox as planned, but consciously, thinking about the end goal ([I'm not sure what that is yet](https://www.TheRedArchive.com)) as opposed to waiting a month to see 'what happens next'.

This is about me, so what if my wife was drunk but I was sober? Completely different story. Would almost certainly have dealt with the situation in a better way.
I'm glad you came to this conclusion yourself... and yes this is what I was hoping you would realize. Nice work.

rotkohlblauekraut • 1 point • 23 August, 2019 02:30 PM

Your drinking is a problem. And even if you weren't drinking when you got into the slap fight, how would it likely have ended if you had been drinking? A lot worse, I imagine. Check out Annie Grace's "This Naked Mind" or Allan Carr's "Easy Way to Stop Drinking" - lot of people find them good.

I'm with Horns on the commensurate use of force from a moral/principle level, though the DV thing is not worth flirting with. How could you have handled it differently? Could have done the exact same thing without the slap. Said the same message and withdrawn? A shitty situation and there's probably not a real right single answer.

As far as the gym, if you're having a hard time with the empty bar, then sure, do what your trainer suggested until you work your way up. If you're really that weak, though, your newbie gains should kick in pretty quick and you can move up to the regular SS work. The idea of the heavy full body compound movements is that they work more muscles, and with more weight, and are hence more efficient as well as training the rest of your nervous system to work in concert.

Good for you with your kids. You have a chance to teach them directly as they get old, maybe you won't need to resort to using a book like Rollo's when they reach their teens. Just remember the first rule of fight club. No need to spell it all out in manosphere language when they're too young just to have them running off at the mouth at the dinner table about hypergamy or something.

GoingOnAJourney • 1 point • 23 August, 2019 04:17 PM

Your drinking is a problem

Yes. I have a drinking problem. Hard to write those exact words. Thanks for the book recommendations, I will check them out.

How could you have handled it differently?

Taken her firmly by the arm to somewhere private, and said something similar, then walked out the room.

As far as the gym, if you're having a hard time with the empty bar, then sure, do what your trainer suggested until you work your way up.

Thankfully the empty bar feels light now. the SL5x5 app suggested a 50% deload after my holiday, but 20% felt right. I need to get back into a good lifting routine to start, then I will look again at my lifts. For now just getting back to the gym and lifting after a 4 week gap, even on a non-optimal program, is the most important thing.

Good for you with your kids.

Thanks man.

deargowl • 1 point • 24 August, 2019 08:10 PM
The first principle is that you must not fool yourself – and you are the easiest person to fool. - Richard Feynman.
If you do not change direction, you may end up where you are heading. - Lao Tzu

Late this week but rather than wait a week figure I will post now and keep momentum going rather than wait til next week. Normally post links to previous OYS but on phone here so will let that slide this week.

**Physical**
Going ok. Working back up through 5x5, at about 50-60% of previous plateau, enjoying the progressive increase. Eased off on squats as it impacts running/biking. Sleep not great this week which impacted training. Made the gymx3, crossfit x1, swim/run/bike each x2-3 and a game of pickup basketball.

Read: NMMNG, Book of Pook, WOTSM, a lot of MRP

Reading : 75% though Unchained Man. started WISNIFG on audio but not digging it/taking it in. Will start again with book form. Think I need MMSLP, MAP and Sex at Dawn too.

I'm a quick reader and read a lot of MRP posts but don’t know how to find time to read everything and take it in. Have an audible account but audiobooks only seem to work for som

**Mental / Spiritual**

Unfortunately too tied to relationship side of things at present.

Am taking more time more time to myself for reading.

**Relationship**

Am more or less now in affair territory. Called over to G2, ostensibly to 'talk'. End up having sex. I wont lie, I knew it was a possibility. It was hot. Only had sex with her twice previously, once 2 years ago (where I finished before it really started) and the whole thing threw me for a loop over if I would leave LTR for her (finding MRP in the process) and recently before finding out about pregnancy. There were other physical stuff but most of the involvement was mental/emotional, (which in hindsight would have been easier to move on from). There is a variety of ways this whole situation turns out, #4 being the most likely.

1. Ride out the current wave of passion, part ways amicably as one/both gets bored/moves on. Ease back into normal routine of LTR, with renewed focus on making it work. Not guaranteed LTR will work out but with kid in the mix need to try. Likelihood - medium
2. Break up with LTR to pursue G2. Likelihood – low/zero in short term. having a kid changes things and I didn’t break up with LTR first time round for whatever reason. Whether it is oneditis/infatuation/love etc with G2, regardless of how real it feels it is not built on solid foundations and I’d just be carrying over any unresolved issues on my part and leaving a kid behind.
3. Open up LTR to include G2. - likelihood – zero. Do not have frame for this, neither LTR/G2 would go for it anyway. G2 is hinting strongly at gf status. Not sure how she thinks this would materialize with current reality.
4. All blows up in my face – LTR finds out/G2 gets pregnant too (despite me taking precautions)/lose reputation at work/family/friends/potentially lose job/career I like /LTR moves back to home country with new kid. Likelihood – high if I continue on current track.
5. Maintain status quo – essentially having my cake and eating it w both. Likelihood – low/zero. It also detracts from other areas of life/developing a mission/MAP as there is time and effort involved. And lying which is not an intergrated way to live.

I find it hard to get out of the loop and part of me thinks/feels G2 is a unicorn and the one I should be with. Priority needs to be the kid on the way. (I am not ready for this mentally/financially etc).
LTR seems to be at a horny stage of pregnancy. Tried twice for sex in week prior but ED issues on my side meant it fizzled out. (This was before meeting up w G2.) Mix of things likely contributed - messing with positions, thinking of the other girl, likely low T levels/high cortisol levels from overtraining. Wasn’t a problem w G2 or in lead up where had taken edge off myself. Attraction to LTR is down with G2 involvement which doesn’t help. But LTR will be a great mother and if I lead her would be a good wife. I can't negotiate my own attraction to her which is waning at the moment but it was there previously.

$$/Career

Career is good but could be better. Been at same company since moved country for ~7 yrs. Am respected in my field, brought expertise from Europe that was not as well known here and is now becoming the way my field is moving. But have regressed in other respects

Have begun a side hustle that is worth the effort. I need to figure out if I need to start my own company for taxes etc..

There was job (not quite a dream job but a step up from where I am now) posted in Canada, was thinking of accepting but weighing up the cost/benefit of a move. I like where I am, and the people but miss a lot of things about Europe vs the US. Canada has some appeal in that regard as being more a middle ground but maybe that is just my own limited perception. With all the relationship mental masturbation above it was hard to think rationally about this. Long term I would probably prefer to end up back in Europe but am enjoying the opportunities North America has to offer.

Am finally at a point where not just living month-month / saving one big yearly expense (trip back to europe). Would like to start investing somehow in the future/have a long term financial plan in place. I know little about this beyond setting up something with the bank. Am reading DoD posts on finance to try and get up to speed.

General

Main focus needs to be on getting myself and my life ready for a kid
Move past / get over G2. Refocus on LTR. Second is difficult when infatuated with the first.
Gym progress going ok. I usually have a medium/long term athletic endeavour planned but this is floating a bit and am lacking motivation. Am not getting requisite sleep at present either that affects training.
Increase social life + male circle - I chatted recently about the situation above with two male friends, one here and one in my home country. Previously had tried to handle it myself but easy to lie to yourself and even to craft the truth when writing curated text here for internet strangers. They both asked hard questions about what i wanted that I had been avoiding answering to myself. I should have had these conversations a long time ago, might have steered me a bit better. Maintaining male friendships are important and i let slide in course of LTR.

Vypered • 1 point • 26 August, 2019 05:46 AM

OYS #1

Stats

Age: 34
Wife: 36
Married 9 years, with 2 kids (6yo and 4yo), one more on the way.
(from Australia)

Have read:

Married Man Sex Life Primer - I read this book in desperation for a better marriage. It made me realise how much of a little pussy I have been. Love the book. It introduced me to my Red Pill journey. My summary of the book: Gaming your wife is just as important (if not moreso) once married. Lift, eat well, and increase your SMV.
Increase your testosterone. Drink cows milk, “soy is not for boys.” Inject your semen (and therefore testosterone) into your wife as often as possible. If your wife rejects your advances, SHTF and get on with something else. Stalk her period cycle (lolz). Don’t be a pussy.

**Have since read:**

_The Rational Male._ Hypergamy is real. Don’t trust women’s words, look at their actions instead.

_Bang._ Instigate, isolate, escalate. Strategically use touch to escalate. Inject innuendos into the conversations. For example, the wife cooked me a dinner the other night, which I actually enjoyed and ate quickly. She said “I get a lot of satisfaction watching you eat my cooking.” My response: “And I get a lot of satisfaction watching you eat *my* … [long pause] … cooking 

**Am currently reading/watching:**

_The Subtle Art of Not Giving a Fuck._ My summary so far: Life is meaningless. It’s meaningless to do anything, so therefore, it meaningless to not do anything. Stop caring and get on with life.

_BluepillProfessor’s videos_

**Reading plan for the immediate term:**

_No More Mr. Nice Guy_

_When I Say No, I Feel Guilty_

_Practical Female Psychology: For the Practical Man_

The fact that my wife is pregnant, means I’m going to place a lower priority on game/sex/pua type books until post-birth. My priority is lifting, reading and building frame.

Would appreciate any suggestions on which books you think I should prioritize. Judging by the fact that NMMNG gutted me on the first few pages, means I need to read it ASAP (pretty sure he wrote it for me, personally!)

**Reading plan for the long term (after birth of child#3):**

_Models_

_Mindful Attraction Plan_

_The Book of Pook_

_Never Split the Difference_

_Sex God Method_

_The Rational Male (re-read)_

**Career / Finances:**

Things are quite good, career wise. I have “tenure,” in a job that comes with a lot of leadership status in the community, and a big house to live in.

I’m saving money well, but will need to ensure finances are well managed for a good retirement.

One problem (that I’ve read flagged as a problem in the forums): I work from home.

Wife has been a stay-at-home-mum since we had kids, but in the past year now works 2 days per week.

**Health / Fitness:**

Despite being a lurker on the forums for about a month, the reason I haven’t posted yet is because I hadn’t started lifting at a gym (because Lifting and Sidebar are the first steps). Now that I have started at a gym, I’ll start posting my journey.

As soon as I began MMSLP, I began lifting free weights at home, as well as push-ups, pull-ups and ‘rucking’ (weighted backpack walking). I’ve been watching a lot of workout videos from Jeremy Ethier (EvidenceBasedFitness on YouTube), and my current weekly plan is:
Mondays – Full body  
Tuesdays – Biceps, triceps, chest  
Wednesdays – Rest  
Thursdays – Full body  
Fridays – Biceps, triceps, forearms  

Meeting with a trainer soon, and will be tweaking this program as I progress and learn more.

**Food**

I’ve been intermittent fasting for about 3 years now: No food from 8pm at night till 11am the next morning. Only black coffee in the morning, and I’ve cut down to just one cup.

About a month ago I began actively eating healthy. Lots of fish, eggs and lactose-free cow’s milk. High protein, high fat, low carb. The wife instantly tried bring home many of my favourite sugary snacks from the shops (just like MMSLP said her hamster would!!!).

The only carbs I’m allowing myself are in fullcream milk (need the calcium, fats & vitamins), a large glass of Pineapple juice each day (for my semen, see below), and a small amount of brown rice or potatoes with my pre-workout lunch.

**Relationship with kids**

Working from home (though I work 6 days a week and am always ‘on call’) means I have insane flexibly in my work hours, meaning we have a great relationship (my kids adore me).

So, things are good… but they could be BETTER. In order to be the best possible father for them, I need to be the best possible man I can be. Swallowing the RedPill is crucial, not just for me, but for my kids and their future.

**Relationship with wife**

I’m an AFC. Sex was good when we first got married (almost every day). She was a virgin, so we took things slow. I assumed things would progress, and assumed that she would become a lot more free and sexual as the years went on. They did progress, to an extent, for the first couple of years. Then we had kids, and they’ve plummeted.

Wife is a conservative Christian, so she understands that sex in marriage should be seen as a good gift, and that sex and kids are point of marriage. However, I still have the hunch that she subconsciously thinks sex is ‘dirty’. She didn’t have any affection from or ever see any affection between her immigrant/asian parents.

I’ve seen from my reading that I need to not believe her words. Her actions reveal her truth.

My history over the years has been a lot of my own complaining about lack of affection (acting like a massive pussy). My wife agreed to ‘compromise’ where we ‘try’ to have sex every second night. However, it’s more often than not a duty blowjob, and in recent years, with a condom to finish. I’m not sure if you’d dub this an “oral-starfish, but my wife will only do it: right after she’s showered; covered in her bedtime-facecream; sitting upright with 3 pillows so she’s comfortable; with about 20 tissues as a bib to catch any saliva. She has developed a fear of saliva and semen.

She hasn’t initiated an open mouth kiss in 7+ years. I’ve told her that this is not acceptable, and that the kind of ‘peck’ you’d give your aunty with doesn’t count as a kiss. No change, but I was heard.

She hasn’t worn lingerie in 7+ years. When I buy her new ones, they disappear, I don’t know where. When we first married she went full Brazilian for a couple of years. Not any more. I’ve expressed my concerns over the years. No change.

Whilst the above makes me angry, I know I need to STFU, be the oak, and recognise that THIS IS MY OWN FAULT, from my own poor leadership over the years.
Current progress

The gym, OI, not settling for starfish sex (“no thanks”), and STFU has had immediate results. I’m not sure if it’s just my own psyche that has changed (given me a more positive outlook on life? Made me care A LOT less about what other people think?).

However, the wife has noticed, and has been asking questions…. “I can sense that something’s wrong?” … “I think you’re discontent but not saying anything.”

TBH, I don’t know what to say, so I either change topic, or STFU.

It’s made for a much happier household, so far. But there’s a world of work ahead.

Plan

Lift 4 times per week. For the first month I’ll be focusing on technique.

Keep up with MRP reading (1 book per week).

Get better at maintaining frame with both wife and kids.

rotkohblaukraut • 2 points • 26 August, 2019 03:05 PM

> TBH, I don’t know what to say, so I either change topic, or STFU.

https://www.reddit.com/r/marriedredpill/comments/3qm961/verbal_intercourse_is_optional/

Also, WISNIFG will be a good read.

Also, for context : https://www.forums.red/p/TheRedPill/3947/every_unhappy_wife_is_a_rape_victim

Vypered • 1 point • 27 August, 2019 01:58 AM

Thanks, I just read the posts - very helpful. Am now one third through NMMNG, WISNIFG is definitely next.

RaymondCortazar • 1 point • 26 August, 2019 12:51 PM

OYS #2


Started Stronglifts 5x5 on May 1, 2019.

Dumbbell Bench: 2x60
Dumbbell OHP: 2x45
Dumbbell Front Squat: 2x60
Dumbbell Row: 2x60
Dumbbell Deadlift: 2x90

(Will purchase a bar and a squat rack in September, according to plan)

Backstory: Just hit 40th birthday. I asked for a sexy 3-day weekend away from the house with the Missus. At the last minute my babysitter cancelled and I got stuck at home for 3 monsoon-season style days. Took care of some home projects, but didn't have a backup plan ready and couldn't scramble one together fast enough. No birthday sex. Just STFU’d.

Readings: No progress on these.

Career: Still working my dream job. One of my project managers quit and the other one had a nervous breakdown. I've absorbed all of their duties (13 total projects) - and found I was capable of more than I previously imagined. 2 of the younger staff stepped up to help me and both see themselves as my assistants. One now comes to me and treats me as a personal/professional mentor. ("When you were hired, a thought you were a..."
first-rate asshole, but now I know you've got a vision for this place and I am on board").

**Extracurriculars:** Just handed off one of my two side businesses. Needed to get that shit off my plate. Down to one side business and 2 boards. Was asked to join a third board and was able to easily say "no".

**Finance:** Doing just fine.

**Health:** Gone from drinking 3 drinks a day/6 days a week down to 2 drinks a day/3 days a week. Sleep has improved considerably - but still not perfect. Starting a low-carb routine now.

**Appearance** Bought myself a pair of really nice suits and another pair of dress shoes - professional wardrobe is nearly complete. I get compliments from colleagues regularly ("the best dressed guy in the room").

**Family:** Working through lots of personality issues with my eldest daughter (she's got ODD, and bad).

**Sex:** Once in the past month - still sucks. She did compliment my physique prior and rubbed my chest/arms a fair amount, which was something of an improvement. I ... think I'm picking up IOIs from women I interact with - but I might be too much of a caveman to pick up on that shit.

**Plan:** Keep adding 5 lbs per hand per month on the dumbbells, buy a bar and a squat rack in September (moved all of my friend's shit out of my office/shed), lose 10 lbs/2 inches by New Year's.

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Cmvplease2 • 0 points • 20 August, 2019 04:20 PM*

OYS #2

Previous:
https://www.reddit.com/r/marriedredpill/comments/cmnwtr/own_your_shit_weekly_august_06_2019/ew3sy8i/

It's been 2 weeks since my OYS 1. So far I've went Rambo and had to sort out my fuckups.

Several of you helped me on my recent Field Report.

I tried taking the Red Pill last year and I didn't get it. This second time around it's starting to click.

I've learned being an asshole and the anger phase in general is not attractive and has nothing to do with the alpha mindset. Being an asshole does not add alpha points but it does subtract beta points. In my most recent FR I wanted to know why giving her beta comfort was working so well. This seems counter everything that's posted here. What I learned is beta comfort and alpha abundance are independent variables. You can think of them as two sliding scales. I remember this from MMSLP but it didn't sink in until now. My biggest misunderstanding was I wrongly associated Blue Pill with beta comfort. BluePill is about lies, RedPill about truth. The RedPill truth is a LTR needs alpha dread and beta feels to maintain a healthy dynamic.

I'll list out all the helpful advice I got that resonated with me at the end of the thread

Been doing 1 day a week full body lifts for years just for maintenance to maintain strength and not turn into a slug. The 1 day a week has been a good time saver but I know I can't make progress doing that. Now that I'm looking to make gains I switched to doing upper and lower split. It ends up being 3 times a week staggered. For example I may do Monday Upper, Tuesday Lower, Friday Upper, Monday Lower, Tuesday Upper. So I try hit each muscle every 3-4 days. Been gaining on all my lifts by 10 lbs a week. Lost 15 lbs slowly over the last 6 months. Need to step this up and shed the lbs. my build is like this guy at day 1. I have muscle but a nice juicy layer of fat covering it. https://i.imgur.com/6E2KUvc.jpg I look good with clothes on and get compliments on my muscle growth but once the shirt comes off the girls run screaming.

Mission: my mission is to fully embrace life and what it throws at me. To not get bitter but to enjoy the good and the bad. To view it as an adventure. Even a game. And to enjoy the ride while it lasts. To make this happen I have to get out of my comfort zone and be more sociable.

Goals: give the beta comfort in the house and maximize the alpha dread outside the house. Lift 3x this week and lose a pound. It's hard to lose and lift at the same time. I may need to take a period where I stop upping the
weight, keep lifting and focus on weight loss.

Notes:

/u/Red_Redux helped me understand the differences between BP and beta comfort

"Blue pill" refers to the narrative of falsehoods perpetuated through various types of societal programming.

"Comfort" refers to appealing to the provider/stability (we use "beta" for shorthand) side of a woman's dualistic mating strategy.

/u/Red_Redux game me some materials to go over

http://marriedmansexlife.com/2011/12/stop-trying-to-make-her-happy-make-her-attracted/
http://marriedmansexlife.com/2012/10/baby-you-can-start-my-car/
http://marriedmansexlife.com/2014/07/why-being-asshole-alpha-works-for-about-six-months/
http://marriedmansexlife.com/2012/10/fitness-testing-vs-loyalty-testing/

/u/johneyapocalypse

Do
- Develop your shared mission. Talk about how that shared mission is going.
Don't
- Criticize.

/u/Daddy_ThunderCock was a big help. He gave me the picture i needed. I suck at providing comfort and its something i need to work on.

I give comfort because my poor little wife needs it. I love her and want her to be secure and whole. I don't do anything for her because I want something. Think of children. Do you take your little girl out because you want something or because you have abundance and want to share it? I regularly take my kids out and I do it because I love them and enjoy seeing them happy. I love to reward good behavior and I love to see them thrive.

/u/hack3ge provided an awesome "RP in a nutshell" quote

The real thing you have to realize is that women want sex too so in reality you don’t have to give them shit to get sex. You just have to be the type of guy that women want to have sex with.

I didn't understand this quote from hack3ge so if anyone has any insight on how you can train your wife to receive comfort from sex let me know

My wife gets comfort from knowing I fuck her good
that is how she is trained to get her comfort

/u/man_in_the_world provided some materials i need to go over

Establishing an “Emotional Connection” With a Woman
Expressing Emotions Like A Man

/u/amalgamator also gave some materials i need to go over

https://youtu.be/CK3BhGFF_MY
Johneyapocalypse wanted me to mention a disagreement we had on which was more foundational: RedPill's sexual strategy or its self improvement benefits. As I said in the thread I don't believe there's any real disagreement. And I don't want to argue. RP works, so do it and STFU. It makes more sense to me to follow rule zero and view RP as a sexual strategy with self improvement as secondary. I am deeply Darwinian and see both natural selection (survival) and sexual selection as our primary motivators. Survival and sex motivate us to change. If those didn't exist we would not have a reason to "self improve". More accurately if those didn't exist we wouldn't exist. I'm sure I said some incorrect things in this thread but that is the jist of my opinion. Self improvement can't come before rule zero.

The thread starts here: https://www.reddit.com/r/askMRP/comments/cs4ykj/fr_red_core_blue_exterior/excx4wg

Edit: can I get a list of flair meanings? Can't find them in the side bar or through a google search

Grinding - working hard?
Unplugging - newish to RP? Where's the "unplugged" flair?
Red Beret - seasoned member just under a mod?
MRP Approved - Seasoned member below a red beret?
DREAD pirate Roberts - Thinks he's a bad ass but is actually like the guy from princess bride?

weakandsensitive • 3 points • 21 August, 2019 12:59 AM
Flairs don't matter. It's all bullshit.

Cmvplease2 • 2 points • 21 August, 2019 01:33 AM
In that case can mine be "chafed nipples"? I want /u/johneyapocalypse to know that my wife does in fact lick my balls and rub my nipples.

johneyapocalypse • 3 points • 21 August, 2019 02:04 AM*
Funny stuff, and I'm sure w&s is impressed.

Now address this:
One year of sitting on your ass and doing nothing but reading.
Resorting to self-directed "marriage counseling" with your wife.
"Bribing" your kids to get them to listen to you.
Going "rambo" on your wife after four weeks of "awareness."
Reacting to your wife's threats of divorce by reading with her.
Lying about your weight - which went from 225 to 200 in two weeks - and blaming the discrepancy on your "anti-doxxing efforts."
All this, keep in mind, while last-wording me ad-nauseum in our prior interaction.
What's more:

1. I think you're doing all this for your wife - to get back in your wife's good graces - and not for you. I've seen this weak-willed behavior in tons of dudes just like you.
2. I think you're a lazy piece of shit - after all: (1) RP-awareness, followed by (2) one year of doing fucking nothing, punctuated by (3) going "rambo" cuz you read something, upon which (4) your wife visited a divorce attorney and threatened to divorce your weak-ass, and finally (5) landing here, arguing with me (and others), and now (6) pissing around, fucking-off, and likely planning to skip putting in any actual work, while inquiring about "flair."

Be sure to address why you are lying and last-wording so vehemently if you're interested in breaking-
through this bullshit behavior of yours.
If an anonymous retard like me can be subjected to this retardation, and be so repulsed, your wife must be going through hell.
I can see why the first time you acted up she threatened to divorce you, and further, why your weak-ass reaction was to introduce personalized marriage counseling, as opposed to following the same plan that has worked so well for so many.
Now try answering honestly as opposed to flexing your pseudo-tough-guy-bullshit. 'Cuz the latter isn't going to get you anywhere you're looking to go.
Sure, your ego may feel better for a few minutes, but tomorrow you'll be weak, next week you'll be weak, next month you'll be weak, and next year you'll be weak.
You don't want to be weak - and pathetic - and sexless - forever - right?
Fucking fake-ass homo.

Cloudy_Pirate • 4 points • 21 August, 2019 11:38 AM
Is there such a thing as Captain Save-a-Schmuck?
There are others more needing and deserving of your time and insights.

johneyapocalypse • 5 points • 21 August, 2019 12:02 PM
Agreed.
With this asshole's most recent bullshit, self-deluding reply, I quit.
On to dude's who have some self-awareness and are more interested in personal growth than "funny" quips and being right.

RStonePT[M] • 2 points • 21 August, 2019 12:39 PM
"Bribing" your kids to get them to listen to you.
I believe that was what got /u/trudatness to have a fucking meltdown, and have his daughter avoid him like the plague. I wonder if his revenge vacation photos are still in modmail?
This OP reads like a combination of him and /u/alpha-as-wolf.
Not a good look.
/u/Cmvplease2 Lets chat in modmail.

amalgamator • 1 point • 23 August, 2019 12:09 AM
Jesus Christ - I can't believe how much energy you put into this douche! I gave up after 3 replies!
You went above and beyond.

Cmvplease2 • -2 points • 21 August, 2019 03:00 AM
I think you secretly like me. Why else would you spend so much time with me? Next you'll be buying me flowers □ □ □

johneyapocalypse • 3 points • 21 August, 2019 03:08 AM
Fogging, agreeing, and amplifying.
Got that from our last go-round.
But can you honestly answer my very direct questions?
You've managed to avoid doing so three times now.
Why, and what are the answers?

Cmvplease2 • -1 points • 21 August, 2019 03:13 AM
I've already addressed these either directly to you or in my OYS posts.
I do secretly like you. Just skimmed your posts but it looks like you beat cancer or
something like that? Badass. Serious props.

weakandsensitive • 2 points • 21 August, 2019 02:13 AM
no.

Cmvplease2 • 0 points • 21 August, 2019 03:18 AM
Lol

Cloudy_Pirate • 3 points • 20 August, 2019 10:37 PM
DREAD pirate Roberts - Thinks he's a bad ass but is actually like the guy from princess bride?
Exactly. And he also believes in true love and thinks he has an immunity to iocane powder.

Cmvplease2 • 2 points • 20 August, 2019 10:41 PM
You have to build up a tolerance

Cmvplease2 • 2 points • 20 August, 2019 10:55 PM
I watched this twice to try and figure out what the hell is going on
https://youtu.be/aHZGqBVBCRw
At the end he says "now that we're together I shall retire and hand the name off to someone else"
He's following the stereotypical Blue Pill pattern.
In youth conquer the world to get the girl which is your prize then sell the world because you now have
no need of it. But the girl was after the world, not you, and so she leaves.

johneyapocalypse • 3 points • 20 August, 2019 11:18 PM
So you made it monkey.
That's actually a good - small - sign of progress.

Cmvplease2 • 2 points • 20 August, 2019 11:18 PM

HornsOfApathy • 3 points • 20 August, 2019 05:48 PM
so if anyone has any insight on how you can train your wife to receive comfort from sex let me know
My thoughts here, but I think your situation could lend itself to this as well. You should understand that this
can be highly addictive for validation if you do this too early in your journey.
Getting this part 100% right lead me to my current arrangement with my wife.