

Why do women go ape when you tell them to "just calm down" or "relax"?

July 30, 2019 | 58 upvotes | by [Thrist4knowledge](#)

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Comments

FinancialThanks1 • 171 points • 30 July, 2019 11:22 AM

not just women

ChefCremeFraiche 1 points 30 July, 2019 01:42 PM **[recovered]**

Exactly. People do this because they feel like someone is trying to control them and discounting what they feel.

[deleted] • 27 points • 30 July, 2019 03:39 PM

It's patronizing, that's why.

Terminal-Psychosis • 4 points • 30 July, 2019 09:05 PM

No, sometimes a fool really needs to just chill out.

BrodinsOats • 5 points • 30 July, 2019 06:36 PM

De-escalated a road rage situation once (with a dude) saying "let's relax, I'm not trying to fight you. That would have been bad for both of us. Let's take a second and chill." (referring to a near collision from mutually aggressive driving).

It could've gone way differently if I just said "YO CALM DOWN". Lmao

Terminal-Psychosis • 0 points • 30 July, 2019 09:05 PM

People do this because they feel like controlling someone, not the other way around.

It is a manipulation attempt. Aka shit test.

bleudogs • 35 points • 30 July, 2019 12:01 PM

Don't tell them to calm down or relax.

They're already turned up. Giving them that bit of attention just makes worst.

Next time, ignore her or them. Anyone men too. The light will switch on and they won't go crazy.

Terminal-Psychosis • 1 point • 30 July, 2019 09:07 PM*

Positive reinforcement is good... "let's just be calm" vs "calm down".

But in some cases, someone acting childish needs to be treated as such.

If people know you can't set healthy boundaries, they WILL walk all over you.

Plate or Mate, it's no good tolerating inappropriate behavior.

You train everyone around you to treat you as YOU see fit.

Maybe going ape shit on you, if you'll allow it, or calming the fuck down,

when you put your foot down. They have to know consequences follow if they continue.

If you've trained them otherwise, you're in for a challenge.

Often easier to just find others that you can start over with.

AldoTheeApache • 13 points • 30 July, 2019 02:36 PM

...it's wild boars too. the trick is to just maintain eye contact while backing away slowly.

umizumiz • 5 points • 30 July, 2019 06:28 PM

Good Lord, that is an apt description.

pebblefromwell • 46 points • 30 July, 2019 12:26 PM

Because they want their feelings validated not dismissed

Irtotallynotrobot • 56 points • 30 July, 2019 01:01 PM

It would be the equivalent of telling a guy that he doesn't make any sense. Logic justifies action for men, feelings justify action for women. You're criticizing the fundamental driver behind their activity.

Men still act on emotion but we know that's not the right thing to do, so telling a guy to calm down doesn't question his entire being. Obviously, there are exceptions.

umizumiz • 1 point • 30 July, 2019 06:29 PM

Damn, great analogy.

DatingTank • 23 points • 30 July, 2019 01:42 PM

Because you're not acknowledging the emotions of the angry person. You can't just turn off an emotion. It like telling someone who is sad, ", Just don't be sad but be awesome instead"

It doesn't work that way.

whomda • 24 points • 30 July, 2019 02:57 PM

An LTR once, in a moment of clarity, told me that, instead of saying "relax", try saying "what can I do to help?"

This turned out to be great, because everytime I would say "what can I do to help?" I was joking and really meant "chill out" and she knew it but somehow her mind accepted it better.

send_it_for_the_boys • 7 points • 30 July, 2019 04:16 PM

This should work great for a half decent girl. I've had a few that lost their shit over this but they had multiple other problems.

silent_dominant • 3 points • 31 July, 2019 09:12 AM

Remember this in your work environment.

"What can I do to help?" Is one of the most powerful sentences in your arsenal

omega_dawg93 • 6 points • 30 July, 2019 02:13 PM

"i understand you're emotional about this... so I'll chill until you're ready to discuss it more."
then walk away.

GraveApparition • 4 points • 30 July, 2019 02:38 PM

A

yes_kid • 8 points • 30 July, 2019 01:51 PM

Not just women, bro.

nexther • 3 points • 30 July, 2019 02:25 PM

People don't like being told to do stuff.

Greaterbird • 3 points • 30 July, 2019 06:16 PM

"I AM CALM!" - Mom

maljo24 • 17 points • 30 July, 2019 12:03 PM

It's dismissive. Instead say, "tell me what's going on for you?" And be a good listener.

Ohboohoolittlegirl • 21 points • 30 July, 2019 12:29 PM

Lol. Sure. I just retract attention till she behaves

SerialATA_Killer • 2 points • 30 July, 2019 08:16 PM

Good advice for short term women, bad advice for long term women.

Ohboohoolittlegirl • 1 point • 30 July, 2019 08:18 PM*

Disagreed. One needs to assess the situation before. I only give attention to issues when there is a real issue. Not when she's just in a bad mood. You need to find the right spot on when you need to get serious... That's why for an LTR you need to balance out BP and RP behavior and know when she is serious and when she is just fighting cause feels. It's actually not that hard to figure out. When what she says and is pissed off about is realistic and has a real base, you need to pay attention to it. (English is not my native language and I miss the finesse here) when she is just angry without a real cause which is caused by you, you retract attention.

You need to get a feel for the woman to know when she does what. And even in the situation she has reason to be angry, letting it cool down and getting back to it is better way of dealing with it than in the spir of the moment.

If you need to sit down and ask her what is wrong, you need to learn to read her better imo

ledbymorpheus • 4 points • 30 July, 2019 03:38 PM

Probably because it's patronising you autistic

AlanTheGr8 • 2 points • 30 July, 2019 05:07 PM

I can't believe people are answering the way they are.

When a man tells them to calm down, then calming down, would indicate that they were in fact out of control, which they don't want to do.

As a man, if a Man tells me to calm down, I usually try to.

If a woman tells me to calm down, I'm not sure what I would do because I'm pretty calm to begin with and it rarely if ever happens.

silent_dominant • 2 points • 31 July, 2019 09:11 AM

When you tell someone to calm down you're giving them the impression that the reason they are agitated is false, which puts them in defence mode, thus getting even more aggressive.

Let them rage, listen, don't respond until they calmed down on their own, then fire back

Bruchibre • 2 points • 30 July, 2019 04:01 PM

When has any human being ever calmed down when someone said "just calm down" to them? you retard

Brushyourteethm8 • 1 point • 30 July, 2019 04:25 PM

Scousers too ☐

beefthathasredmiddle • 1 point • 30 July, 2019 08:28 PM

Because it's patronizing, but idgaf. If someone is acting like an ape, I'll tell them to calm down so we can have a discussion, if they aren't willing, then I'm walking away.

It rarely ever turns sour, they get the message and if they want their feelings heard, they need to be respectful.

Terminal-Psychosis • 1 point • 30 July, 2019 09:03 PM

If they know there are consequences if they don't,

(say, not seeing you for a bit, or worse)

then they don't go ape. They know you mean business.

Of course, that won't stop them from testing now n then.

cracksniffer666 • 1 point • 30 July, 2019 11:01 PM

Because the hamster wheel can't compute that request.

Startlivingfornow • 1 point • 31 July, 2019 12:01 PM

Complete lack of empathy. You are pretty much saying, 'I don't give a shit' to someone who is trying to get your attention

binrobinro • 1 point • 30 July, 2019 04:41 PM

'Cause they don't want you to "fix it", they want you to listen.

Please watch this, then you'll understand. (< 2 minutes)

<https://www.youtube.com/watch?v=-4EDhdAHrOg>

YouNeverKnowAnyone • -1 points • 30 July, 2019 05:39 PM

Because they stupid nigga