

# The struggle of balancing time with/without LTR

August 29, 2019 | 13 upvotes | by [Throwaway721477](#)

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## Comments

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InChargeMan • 31 points • 29 August, 2019 05:33 PM

I've said it once, I'll say it again, we need auto-mod which auto-locks a user's first post and responds with STFU and Sidebar.

red-sfpplus • 13 points • 29 August, 2019 05:35 PM

But I worked really hard on that response, while I was taking a shit.

[deleted] • 3 points • 29 August, 2019 05:53 PM

I'm currently taking yet another shit. You could say these are... shit responses (terrible pun 100% intended).

SorcererKing • 1 point • 29 August, 2019 10:14 PM

True shitposts, indeed.

Thorondor\_Rising • 1 point • 30 August, 2019 01:16 AM

I find myself shitting alot more often with this 3200kcal daily intake.

Is this normall?

red-sfpplus • 2 points • 30 August, 2019 01:28 AM

Rookie numbers.

[deleted] • 1 point • 30 August, 2019 02:04 AM

You know... I never connected the two. This latest Crohns flare up I have stared with the increase in calories. The good news is it looks to finally be calming down. Down to around 4x a day from 8-10x last week.

I should have seen this sooner. Next time - I'll increase calories more slowly.

Thanks for this revelation.

Don\_Draper27 • 19 points • 29 August, 2019 05:35 PM

Unless you have a kid or are married I don't see why you're adjusting your schedule to her satisfaction. You don't say, "I need to workout". You say, "I'm unavailable after work on weekdays for the gym and these 2 times for football. You're welcome to accompany me to the gym or come be my cheerleader during the game."

If you like her family and genuinely spend a good time there then good. But, if you just kind of "put up with them" because you don't want to upset your gf then you're doing it wrong.

Why don't you just do shit you want to do and invite her to those things? Feel like watching the new Fast & Furious movie? Tell her that you're planning on going tomorrow after work and if she'd like to come with.

If she invites you to do something be honest and do the courtesy of thoughtfully considering it. If she's asking you to go shopping with her and you know that she's just gonna have you follow her around and ask you a million times what you think of her new outfit then just say no. Don't DEER.

If she asks you to go get breakfast somewhere feel free to have it your way. Maybe there's a new spot your co-workers don't shut up about and you're interested in trying. Tell her that you'll go get breakfast but it has to be

this new spot.

You don't have to do everything alone and you don't have to put up with shit you don't like. Focus on living a genuine life and only doing things you actually want to do.

0io- • 4 points • 29 August, 2019 09:23 PM

^^ This is excellent advice. Just tell her what you want her to do and when to show up. If she has some other idea that genuinely sounds like more fun than whatever you have planned you can always say "I like your idea better" and go do her thing once in a while.

red-sfpplus • 6 points • 29 August, 2019 05:31 PM

I see my new non-live in girlfriend 5-10 times a week. Every weekday morning we lift together from 5-6:30. Ill grab her for lunch 1-2 times a week if I am at a client by her office.

She stays over on average 2 days a week.

Going on three weeks.

Previous non-live in girlfriend I did not lift with. Saw her 3-5 times a week and I stayed over her house 1-2 days a week on average. I didn't want her kids in my house, nor her dog.

This was the norm for our relationship of about a year.

[deleted] • 6 points • 29 August, 2019 05:52 PM

nor her dog.

I recently realized I am not a dog person and neither is my wife. Thought it was that we kept picking the wrong breed. Nope - we just don't like pets. Pets suck. And my dog is retarded.

[deleted] • 6 points • 29 August, 2019 05:47 PM

I've clearly stated

STFU more

my girl

Does this mean you're not married?

I'm sure what I want, but I'm unsure if I'm too Rambo about it.

Is it to soon to do replace so much our-time with me-time.

So you workout for an hour or two everyday after work? Play football 2x per week and you take a weekend every once in awhile for yourself? This seems pretty reasonable and not Rambo to me. Use WISNIFG to deal with this. Fogging, negative inquiry, AA, AM, etc.

"You're right, we won't eat together"

"Maybe I am selfish, but I am going to go workout"

"Don't worry babe, I'll make sure you get your workout in later tonight."

It sounds like you used to spend ALL your free time with this woman and are codependent.

I found at the beginning I got shit tested a lot about time for myself. Then it goes into a cycle of a few weeks - everything is good, then a few weeks of "do you need to do something 6 days a week?", "you are obsessed with exercising", etc. Just get used to it and have fun with it.

RedPill-BlackLotus • 4 points • 29 August, 2019 07:43 PM

As soon as you "clearly state" anything before you have put in the work and established the frame, then all that does is fire up the hamster.

She's all up in here, that it's unfair that I just chose to do that, and that we won't eat together, because she also need her plans to fit in. (Those plans just appeared out of nowhere)

See!

Dont talk, act.

Just start doing shit and using some of the strategies from the side bar to deal with her bullshit.

Go out to the hardware store and get a roll of duck tape, and an umbrella. Read the sidebar until that makes sense.

Redpillbrigade17 • 7 points • 29 August, 2019 05:27 PM

I hope English is not your first language.

MrChad\_Thundercock • 2 points • 29 August, 2019 10:32 PM

ESL

screechhater • 3 points • 29 August, 2019 10:42 PM

Hmn.

STFU and lift.

Slowly. And, I mean slowly turn up the heat on the water to boil the frog.

Dread.

Lift.

Sidebar.

Read.

STFU. Stop talking for fucks sakes.

SoggyTrain • 2 points • 29 August, 2019 09:45 PM

Good luck with this relationship if you are already asking her permission if you ~~can work out~~ do any fucking thing you want and you're not even married. She's not your mom for fuck's sake.

MrChad\_Thundercock • 1 point • 29 August, 2019 10:27 PM

Not married / got the State involved ?

Faggot.

suprathepeg • 1 point • 29 August, 2019 11:05 PM

One month after discovering TRP does not make you "RP".

Yes STFU, Less is more.

Yes build a MAP.

Yes fucking breathe.