

# When Your Motivation Changed

41 upvotes | 16 September, 2019 | by resolutions316

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Recently, I've been dealing with a lack of motivation.

Others have pointed it out in OYS threads - I'll notice a problem, resolve to fix it, and have the same problem re-emerge.

Strangely, these are all problems I thought I'd "solved"; habits and systems I'd already established and built out. I've been scratching my head about it for months.

What happened to my motivation?

A couple weeks ago, it occurred to me that a huge driving force for my self improvement has been resentment. I don't just want to get better - I want revenge. I want to reverse the power dynamic in my marriage. I don't just want my wife to suck my dick; I want her on her knees.

I'm not saying this is good; it's not something I consciously decided. It's just there, deep in my subconscious.

The sudden drop off in my motivation correlates with actual IMPROVEMENT in my marriage. Things got a bit better (though not as good as they could be), and suddenly the anger that underlay so much of my motivation decreased. Less angry, less resentful, less motivated.

I KNOW this is a problem. I'm 100% sure [/u/man\\_in\\_the\\_world](#) will come here and talk about internal vs. external validation, because we've had that conversation before and he was right then, too.

But so far in my life the only thing has worked to change my deep, underlying beliefs has been hard work and time. I've never seen a short cut to accessing your deep narratives that actually worked.

So I'd love some personal stories that I could absorb. What happened when you transitioned from anger to whatever came next? What keeps you motivated? What was your journey like?

And I swear to god if anyone talks about stoicism in here I will kick your ass. Tim Ferris roman statue bullshit.

<3

PS OH, I forgot to add. The corollary here - I worked on getting myself pissed off and crushed at the gym where I'd struggled previously. So anger clearly works as a motivator, but I feel like my odds of a sudden stroke increase at the same time. Doesn't feel sustainable.

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Archived from [theredarchive.com](http://theredarchive.com)

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## Comments

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man\_in\_the\_world • 43 points • 17 September, 2019 01:37 AM\*

I'd love some personal stories that I could absorb. What happened when you transitioned from anger to whatever came next? What keeps you motivated? What was your journey like?

I discovered this place looking for ideas to spice up my boring, slowly deteriorating sex life. This was never at the point of emergency nor my main priority in life, but having found some promising insights in SGM, Pook, and posts on game, I made it a personal improvement project to adapt them to my situation, and put at least some modest effort toward it most days.

And it worked, to a significant degree! Sexual frequency almost doubled. Sex got more interesting and fun (at least for me; not sure my menopausal wife prefers much either way), and more intimate as well.

And ... as the gap between my aspiration and my reality decreased by more than half, the priority and motivation to close the remainder of the gap decreased by an even greater amount ... and I've cut back the effort, and progress has slowed accordingly.

/u/Sepean is dead accurate in saying

Just getting decent enough food from the supermarket is enough for plenty of people, and they spend their energy pursuing something else. A few put in the effort to become foodies, amateur chefs, gourmet connoisseurs.

but unlike him I have little aspiration to be a gourmet sex chef and connoisseur. I mean, sure, it would be *nice*, but not worth much extra effort to me. Similarly, I have little interest in competitive weight lifting or bodybuilding, so I've tuned my workouts for slower gains with minimal time investment. *I have missions that are much more important to me*, and I must trade mediocrity in some areas to free up time and energy to maximize achievement in others.

I don't view this as a failure; I view this as an appropriate adjustment of priorities and time in light of partial success.

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Many of our hapless, lost betas arrive here entirely without mission or frame, and in their vacuums latch on to self improvement and "porn star sex" as their "missions," and an overcompensating Rambo "hard core red" ethos as their "fake it 'til you make it" frame. IMO, some never find a real mission or unique, personal frame and remain in a state of arrested development pursuing endless self improvement without a guiding mission or purpose.

But **you** came here with *real* missions ... your music; your business; raising your children to be the best they can be, I presume ... Sure, you'd like even better sex; perhaps the resentful beta in you still wants to punish your wife ... But consider whether your reduced motivation is your mind's way of telling you that things have improved enough that its priorities have shifted accordingly, and maybe some of these don't make the cut, or belong on the slow boiler, at least for now.

Remember that an Alpha chooses his own missions and frame, and gives zero fucks (or at most a single fuck) about his wife's, his employees', his trainer's, or MRP's collective frames if they conflict with his own. *Dare even to have a mediocre sex life*, if you have better shit to do; **YOU get to choose**.

Just accept your own fucking choice, if you're not sufficiently motivated to do something about it! And if you're

going to resent it, then do something about it.

BlackthorneSamurai • 6 points • 17 September, 2019 04:00 AM

This guy gets it.

silversum1 • 5 points • 17 September, 2019 05:12 AM

Wise words as always

New\_Age\_Radical • 6 points • 17 September, 2019 03:02 PM

I've broken the STFU rule to say that this might be the best post I have read on here.

resolutions316[S] • 2 points • 17 September, 2019 04:10 PM

Thanks for this reply.

I wonder if part of the problem is that I just don't care too much about many of the things that got me here (lifting/insert MRP map here)....but that I'm afraid to take my eyes off the ball and focus on other things.

weakandsensitive • 5 points • 17 September, 2019 06:35 PM

So what do you care about?

My goal in life is to be happy.

resolutions316[S] • 1 point • 17 September, 2019 07:20 PM

I don't know man.

Honestly, I think I've hit a phase in my life where I've accomplished a whole lot of what I wanted. Almost literally, all my original goals (in life, not just MRP) are checked off.

May just be the cliched "mid life crisis" thing where I'm wondering if it's all worth it. Not sure what to replace it with, or whether to keep grinding.

I suppose that's why I'm circling around the same questions for the past few months. No clear "win condition," so no clear way to answer.

itiswr1tten • 4 points • 17 September, 2019 08:00 PM

Find a new unattainable. You won't be happy or stable until you do

PowerTractor\_v2 1 points 1 October, 2019 06:31 PM **[recovered]**

This. I'm completely feckless without some type of aspiration that is so lofty, others feel willing to question my ability to achieve it. Ironically, other people doubting my ability to accomplish something is exactly the reason I accomplish said things.

itiswr1tten • 2 points • 1 October, 2019 06:51 PM

"fuck you, I'm going to prove you all wrong" is an incredibly powerful tool

PowerTractor\_v2 1 points 1 October, 2019 06:57 PM **[recovered]**

That's damn near my life motto brother. It feels more powerful seeing it written. Thank you for that.

Blarg\_Risen • 1 point • 19 October, 2019 12:58 PM

So you're living your life in response to what others think of you?

umizumiz • 1 point • 6 October, 2019 02:49 PM

You ever bred a show animal or new blood line? Of any animal, hell plant even...

man\_in\_the\_world • 1 point • 19 September, 2019 05:44 PM

I just posted a sort of response to this.

NMMNG\_1 • 2 points • 17 September, 2019 09:49 PM

Just accept your own fucking choice, if you're not sufficiently motivated to do something about it! And if you're going to resent it, then do something about it.

*You have the right to be your own judge.*

- WISNIFG

Absolutely on point.

johneyapocalypse • 17 points • 16 September, 2019 10:36 PM\*

Stoicism.

Not the *Tim Ferris roman statue bullshit* kind.

I'm also dealing with noticeable motivation issues and (virtually) never in my four decades has this been the case. I'm employing stoic tactics every damn day and they are - more or less - helping.

But not as much as discipline.

Dude above who talked about discipline - and how you need it now - is right.

Motivation comes and goes, like goldfinches in a garden.

Discipline, if developed and enhanced over time, is there for you day-in and day-out.

You've always struck me as an undisciplined dude.

dingleburry\_joe • 2 points • 17 September, 2019 04:25 AM

Fuck dude good point. Need more self discipline. Jocko talks about that shit all the time

resolutions316[S] • 2 points • 17 September, 2019 04:11 PM

Let me ask you:

What do you do that you feel you use discipline to do?

johneyapocalypse • 5 points • 17 September, 2019 05:05 PM\*

For a substantial amount of time, post-treatment... pretty much fucking everything required discipline.

At its worst, I was dealing with actual anhedonia, which was itself nearly harder than being really sick and perhaps even harder than my hardest treatment, 'cuz I just couldn't shake it.

I seem to have kicked it for the most part, but I'm definitely struggling with motivation, everywhere in my life. With my wife, my children, my businesses, my friendships, my workouts.

It seems as though nothing is untouched.

But, this too shall pass... (fucking presumably) and discipline helps me - in the (lately often) absence of motivation.

Discipline propels me to do the following, day-in and day-out, week-in and week-out:

Get up early and work out.

Get a certain number of good hours of work in each day. Even when I'd rather be alone in a spaceship flying to fucking mars. I have also been uber-disciplined in ensuring that I only focus on the most important strategic priorities, those things only I can do.

Play with my kids, take them out, go places together.

Take my wife out, have fun.

Keep my diet in check.

Do cool shit with my friends.

Walk a few miles on the beach every day.

Get projects done like a madman.

Travel to conferences, speak, jazz up audiences.

For months, all of that has required discipline because motivation often escapes me of late and I routinely don't feel like doing anything. But fuck feelings and especially fuck mood - I've come to understand that my mood is a bit out-of-whack lately - I'm not going to be a slave to it.

Like I said, this shall pass.

I definitely spend way less time thinking about it, ruminating about it, and posting about, and much more time just getting through it.

Discipline is a muscle that must be exercised - I think it's the most useful and beneficial muscle to exercise - and it's clear not everyone does.

DeepReindeer • 2 points • 17 September, 2019 05:54 PM

Discipline is used to do the things you don't *want* to do but are a necessary part of accomplishing your mission or goal. It's also used to avoid those things that you want, but will hinder your mission or goal.

Example: I don't want to make cold calls to drum up some new business, but I do it because my mission is to grow.

Example: I want to drum up new business so I'm not going to fuck around on my phone when I could be working.

Cloudy\_Pirate • 9 points • 17 September, 2019 01:59 AM

Well Rockstar,

1. Apparently you give enough of a fuck to defend yourself with /u/Blarg\_Risen so /u/red-sfpplus has his question answered.
2. At least this rant is about 10,000 words shorter than your last post about anger and motivation.
3. Some relevant advice from that post:

" Like, say wife turns around tomorrow and it's sex for days. Will I just find something else to freak out about? " weakandsensitive: "yes. you're that type. might as well embrace and figure out how to mold that knowledge to a level of acceptability."

and this gem from /u/man\_in\_the\_word:

" You are confounding the concepts of **outcome independence** and **abundance**, hence the apparent contradiction.

**Outcome independence** is a *strictly short-term* concept of **unconcern about any one particular rejection**.

**Abundance** means *long-term* confidence that you are eventually **able to get the sex that you want**, from somebody. MRP very much advocates being concerned about achieving abundance, not striving to be "OI" about abundance as you are mistakenly trying to achieve.

True OI is almost impossible to achieve without abundance, and very easy with it.

This mistake, your lack of abundance, and your refusal to adopt a MAP that will eventually bring you to an abundant state *whether or not your wife comes on board* is why you are locked in this anger/failure loop."

You still have an abundance problem. You are getting sex from your wife, but it isn't from a place of abundance. Thus the resentment and lack of motivation.

so\_woke\_da\_wookie • 3 points • 17 September, 2019 12:31 PM\*

Ok, let's try this.

What you say is spot on but....

Imagine this, you have gift. When you turn it on person on front of you changes. You do it in front of a crowd the crowd responds. You're adored. Your validation meter in pinging through the roof. This is the reaction of people to the artist. It's magical, it's real and it's illusory. All at the same time.

Now try this one on, you're this same artist. You get financial concepts in a second. But your personal finances are in the shitter.

Why?

Not because of a lack of abundance. But because of abundance. It's just not connecting the right action to right outcome.

Your inner life is as rich as the outer world. But you can't/won't do the basics. Why? Reality keeps expanding in front of you and it's soooooo interesting, inspiring and you are ideating like a squirrel on psychedelics.

But...

Your "art" only works when you put it out into the world. So you are always in this long form feed back loop. Create, iterate, release. You are independently driven and at the same time you are externally validated. In a shitty dependent way.

End result = beautiful art & a depressed individual. You know how the story goes. The classic tragedy of under appreciated and under utilised talent.

For the the normal stuff, basic OYSing, you need big external pressures (crises) or some cocktail of anger (or in Res' case revenge fantasies) to get you going. And when you do get going, you can make the mundane look like art.

What's the answer?

I think it's like u/RStonePT says: you have to keep looking at "how does this (idea, action, practice) map to reality?". That simple question is having results for me. But check this out. When I am in the flow of doing it, I feel mad, fucking rage. Like fucking huge. And I am running at full speed. This is not ideal.

I am guessing it's part of rewiring my brain and changing my behaviour and higher T levels from lifting. But I've spent years wondering when would others finally "get it". And by get it I mean see my value and reward me. Then I am left wondering why I keep blowing out the basics but never fully tankin'. The problem of the High Bottom.

It's a weird combo of narcissism, genuine natural talent and repeatedly living below your potential.

On the upside, when I STFU everyone is oblivious to my rage and seem to think I'm very busy and focused on something.

Inside though.. I'm in a melee mode. With fucking swords, chokes and flying kicks and roaring at the sky. I'm in War Spasm, with blood spraying up from my fontanelle.

Cloudy\_Pirate • 3 points • 17 September, 2019 01:17 PM

You just gave a magical cornucopia of beautifully written excuses.

Or maybe it went over my head.

so\_woke\_da\_wookie • 2 points • 17 September, 2019 02:03 PM

Yeah, you're right, they probably are excuses.

Is an excuse still an excuse if it's a reason? Ha.

Excuses, for what though? Too many wrong choices, not enough achievement, not knowing what I actually want?

I think it might be the last one. No matter how many times I write my vision/mission it just seems vague.

RStonePT • 3 points • 17 September, 2019 01:17 PM

Jesus...

If you're keeping your head grounded, this writing does not reflect that at all, as your entire comment is a long, forced series of metaphors that make no sense to anyone outside of you.

I'm in a melee mode. With fucking swords, chokes and flying kicks and roaring at the sky. I'm in War Spasm, with blood spraying up from my fontanelle.

You must be a fan of Ivan Throne, he loves to LARP with this shit too. I'll say, from experience, that most of the time when people jerk themselves off this hard with language, they are doing it to obfuscate (like that word?) something behind it.

May be something to consider

so\_woke\_da\_wookie • 2 points • 17 September, 2019 02:06 PM

I'll take the Ivan Thorpe one on the chin. I even did your shitty impression of him to make it sink in.

But my language being 'forced', well, that's just cruel Rian.

You should really think about others before you go around hurting their feepees.

LARPer's have feelings too.

weakandsensitive • 2 points • 17 September, 2019 04:29 PM

This comment got a smirk out of me.

feanorsforge • 1 point • 17 September, 2019 01:54 PM

Rian,

Are they typically trying to hide something from themselves (maybe something for which they're ashamed, etc.), or are they trying to hide something from another?

I've found your observation to be true of myself, I suppose as a way of preserving the Ego.

RStonePT • 3 points • 17 September, 2019 01:58 PM

Who knows. All I've seen is that when people act like this they tend to pull some gamma male bullshit when they are tested.

so\_woke\_da\_wookie • 1 point • 17 September, 2019 05:15 PM

I'm so Gamma right now. Tested, I'm fuckin' triggered and i'll hit you with my...  
<https://youtu.be/NgzfnwjcCE>

so\_woke\_da\_wookie • 1 point • 17 September, 2019 01:56 PM

Haha...

Grounded! Fuck no. LARPing? At 120 mph to be sure.

Jerking myself off? I went No Fap and sock puppets don't count right?

they are doing it to obfuscate (like that word?) something behind it.

Love that word. If I could figure out what was behind it, I would be in a better place.

You remember that post about Fearful Avoidant Wives. That resonated with me but I think I'm the 'wife'.

And I'm not taking the piss on that one.

RStonePT • 2 points • 17 September, 2019 01:59 PM

I didn't read it. The last time we had posts on avoidant wives guys took it as a great excuse for their wives shitty behaviour. My favorite was the poster who was conditioning his wife not to be repulsed by his touch... the underlying assumption is that girls can be trained to find a guy attractive

Sepean • 2 points • 18 September, 2019 12:16 PM

You should read it, I'm very interested what you think of it:

[https://www.reddit.com/r/marriedredpill/comments/bq3rez/handling\\_a\\_fearfulavoidant\\_wife/](https://www.reddit.com/r/marriedredpill/comments/bq3rez/handling_a_fearfulavoidant_wife/)

I've talked to several men with (supposedly) FA wives, and I agree with your assesment, some guys use it as an excuse for their failings in SMV or boundary setting. I've adressed that in the post. Basically FA isn't an excuse for her not fucking you.

But some of us got our SMV high and do a good job managing her insecurities.

My favorite was the poster who was conditioning his wife not to be repulsed by his touch...

I got a section in my post on exactly that!

RStonePT • 1 point • 18 September, 2019 12:28 PM\*

I'm with WNS and them. It may be good, but I'm not generally a fan of working hard to enjoy the company of women who skew the effort/value spectrum. I'll have to read it again to see why all the extra effort is a good use of time

And I was referring to the RP christian dude who did that post.

Sepean • 1 point • 18 September, 2019 01:17 PM

Nobody should be a fan of it, it's a huge red flag, but finding out when you're 10 years and 2 kids deep in it, you have to play the hand you were dealt.

And once you got the feel of it and you've powered through her inhibitions, it's not hard anymore. That initial part is hard work, for sure, but long term the main issues are, can you live without the touchy feely emotional stuff that triggers her avoidance, and can you accept the shitty stuff she says during the avoidance episodes.

And on the plus side, normal people don't have the neurotic-powered drive and perfectionism that these girls tend to have. She makes 6 figures, does a fuckton of stuff with the kids, hair, makeup and clothes are always perfect, toned abs, she can do 8 pullups. She's a machine, man.

RStonePT • 2 points • 18 September, 2019 01:48 PM

Damn, I just smacked my girl and told her to get another promotion... daddy needs a new LV purse!

Also, I'm not saying it's not useful, its simply a path I wouldn't take. I'd rather side-piece it or just walk... If others find utility in it i'm not here to judge.

Sepean • 1 point • 18 September, 2019 02:14 PM

Yeah, I can see guys wanting to walk out on it, that's one of the points in the post - this is what it'll take and what you can expect. If that's not for you, no reason wasting time getting to where I am.

so\_woke\_da\_wookie • 1 point • 17 September, 2019 02:14 PM

Nor did I but I liked the title. I do remember the repulsed by your touch post. That one stuck with me. Probably, because I just witnessed my wife dry wretch when I tried to show her my mad gains from going to the gym once.

resolutions316[S] • 1 point • 17 September, 2019 04:15 PM

Do you mean, I'm getting sex from the wife, but because I don't feel I have abundance (the confidence other women would have sex with me), I suspect it to be fake, hence the resentment?

so\_woke\_da\_wookie • 2 points • 17 September, 2019 05:38 PM

Nope. I mean is what I wrote under u/BostonBrakeJob comment. I meant to put that here.

SBIII • 9 points • 16 September, 2019 09:48 PM

What happened to my motivation?

The sudden drop off in my motivation correlates with actual IMPROVEMENT in my marriage.

You've answered your own question. You wanted things to improve in your marriage - that motivated you. Now that things have improved, your motivation has gone and you've replaced it with anger.

Bringing your wife to her knees won't give you the satisfaction you crave. You need to find something new to motivate you - a new goal to aim towards.

Commit to something you think is unattainable, something you always wanted but never thought you could achieve. Don't sit and wallow in the feelings you have now.. "death is nothing, but to live defeated is to die every day". Napoleon.

BostonBrakeJob • 4 points • 17 September, 2019 01:11 AM

Why the need to hear from the class what happen after we let go of that brooding anger?

Why not just go forward with the life you have left without the anger, proud of yourself for conquering it? Not sure where to go? Why do you think we should tell you, or that we even could?

Why the assumption that life is a never ending grind? Because you've seen the words repeated here for years now? Does that make them true?

You can use tools to fix things, or you can use them to build things. What do you want to do?

so\_woke\_da\_wookie • 1 point • 17 September, 2019 12:47 PM

You can use tools to fix things, or you can use them to build things. What do you want to do?

Oh yeah, perfect. Super useful.

resolutions316[S] • 1 point • 17 September, 2019 04:17 PM

I think the broader question I'm trying to ask is:

Did something fill the gap when anger dissipated? And is the lack of that (for me, right no) a sign that I should be focused elsewhere, or something I need to fight through and keep my focus where it's been?

BostonBrakeJob • 3 points • 17 September, 2019 08:51 PM

It doesn't get anymore clear than this : There is no gap. Go to the Dr. and ask him to x-ray the void if you don't believe me.

**You've chose** to guide your thought processes, actions, and on the grand scale, your life, through anger. Or at least parts of it. *You* and anger are not 2 separate things. And once you thought you overcame it, you went and got yourself all good and pissed off just so you could get through a workout. *You are still choosing to let your anger guide you.* But you still have no control over it, do you?

I don't know *what* you should be focusing on. I don't get to tell you that. I also don't know what you want, and it doesn't sound like you really do either. But I can say if revenge is it, then come what may.

so\_woke\_da\_wookie • 1 point • 17 September, 2019 05:34 PM

Yes. 100%. Your focus needs to be elsewhere.

That's what i was trying to say. But it takes me a billion words to say anything.

Why? Because i've always run what Gad Saad calls 'Sneaky Bastard' game. I think all artists do. That's why the more alpha dudes are always suspicious of artists.

They know, some Gammas have game.

It's just very convoluted game. And leads to shit performance in many other areas of life and i would say separates us from masculine culture.

So i think what we are working on here is how to plug Alpha into Arty.

red-sfplusplus • 7 points • 16 September, 2019 11:19 PM

Listen motherfucker. I am not going to write all this shit up until you can man the fuck up and answer one god

damn question honestly.

Is it truly lack of motivation, or is it lack of giving a fuck?

Because, hey I am right there with you. Not giving a fuck is so fucking awesome it just make me want to say fuck, just to hear myself say fuck.

But as some faggots on here like to point out, when they dont know 1/2 of the REAL story which is my fucking trainwreck of a life, is that I can only not give a fuck for so long before I have to start giving a single fuck about something.

Once I start to give a single fuck, then I can build motivation which turns into discipline which turns into fucking habit.

No one is going to have is going to likely have the same perspective cause so many are stuck in dead end marriages getting drip sex from their wives.

This isnt about pussy, cause let me tell you. Pussy isnt worth the flesh it is attached to.

So whats the real fucking problem Rambo?

Motivation?

Or not giving a fuck?

resolutions316[S] • 1 point • 17 September, 2019 04:19 PM

I'm not sure I understand the choice you're presenting. Are you asking if I don't care about ANYTHING, or just don't care about this in specific?

0io- • 9 points • 16 September, 2019 09:57 PM\*

This article is helpful: Screw motivation, you need discipline!

<https://theredarchive.xyz/archive/39332>

As you progress your focus should shift from "problem solving issues in your marriage" to doing stuff because you want to do it. You go to the gym because you're a guy who likes to break his old PR's at the gym, not because it helps your marriage. You stick to your diet because you like looking sexy and hate being fat, not because your wife also likes it when you look sexy and not fat, etc. You need to find your mission and focus on that.

As you said yourself, hard work and time are the only things that work. If you decide you are going to make more money, or you are going to take more time off work, you need to make those decisions because it's what you want to do.

When you realize that you're doing stuff because you want to do it, it makes it a lot easier to put the effort in. Being angry about the past might give motivation, but that's not what you need.

Sepean • 3 points • 16 September, 2019 09:54 PM

When you're starving, you'd do anything to get food. When your fridge is full and the supermarket has more, food isn't something you think about much, it's just here.

The question is, is that enough for you? Just getting decent enough food from the supermarket is enough for plenty of people, and they spend their energy pursuing something else. A few put in the effort to become foodies, amateur chefs, gourmet connoisseurs.

You're not starving anymore, decide what you want to do from here and stop fretting about it.

I came to realize I wanted full sexual submission from my wife, and it took a ton of effort. It doesn't come easy to my wife. But to me, it is worth it, having her do whatever I want whenever I want it is a great feeling.

Anything less is just so boring and plain.

What do you want? Just good sex? A blowjob after the shower every morning? That you can command her to lick you in the mouth?

savageinthebox • 1 point • 17 September, 2019 12:04 AM

Oh man I need to re-evaluate my goals here...total sexual submission from my wife would be amazing. Not sure I can do it but it's worth a try. I think it'll take 2-3 years (including the 7-ish months I already have invested in RP). How long did it take you?

Sepean • 2 points • 17 September, 2019 07:12 AM

My wife has some nasty insecurities that blocked (and still blocks) the process and frankly threw me of the whole project for say 2 years, and if I've been at this for over 4 years, yeah 2-3 years sounds about right.

But I got very, very close in the first year. She took a collar and leash, wore buttplugs, 6 inch heels, sucked dick anytime I wanted. But every single thing was a struggle initially. Eye contact during blowjobs, she refused initially, then I pushed for and she'd do it and the inhibition was gone and she would do it in the future without any issue. Spit on my dick, same thing. Gagging, same thing.

So if you looked at what we did, she'd appear fully submissive. But I wouldn't consider her fully submissive because I wasn't free to do whatever I wanted, new stuff was still a struggle (within her hard boundaries of course). I loved what I could do to her and her eagerness to please, but I want full dominance, full control. And on top there were other issues with her insecurities, you can read about that in my post on handling fearful-avoidant wives.

Now we have a signed contract that lines out that she has to be 100% sexually submissive and follow every command and strive to please me at any time, with a spanking if she doesn't. The spanking is light and mainly symbolic, I have zero interest in SM - but it works much better to tell her she's been a bad girl and needs a spanking than to complain or withdraw affection.

hack3ge • 1 point • 17 September, 2019 12:34 PM

Compliance vs. desire is a bitch - ask me how I know....

hack3ge • 6 points • 17 September, 2019 12:16 AM

Still looking to others for motivation - you should re-read my reply to you from months ago about self discipline.

Either get your shit together or don't faggot - fence sitting is just going to make your ass hurt.

resolutions316[S] • 1 point • 17 September, 2019 04:20 PM

Actually, I have your old reply saved. I read it when I want to get angry.

That's the question. Is this what everyone does? Is this normal? Is everyone getting angry to get through what they're doing?

It doesn't feel sustainable to me. I'm wondering what people do to fill the gap.

weakandsensitive • 3 points • 17 September, 2019 04:27 PM

Normal doesn't matter. You figure out how to do you.

I often get asked "Why is it your way/Why do you get your way/Why do you get to do things differently?" and it's always because that's how I expect the world to work, so I figure out how to make the world work that way (within reason, obviously).

But figure out how to make your reality work exactly as you want it to.

hack3ge • 2 points • 17 September, 2019 05:54 PM

I get that shit all the time from my wife, family and friends and they just can't get their head around it but it doesn't matter if they understand or not.

weakandsensitive • 3 points • 17 September, 2019 06:37 PM

My answer is "You're more than free to fuck off."

And usually, for my wife, it's a "Hey - I'm planning on doing this. Any conflicts?"

hack3ge • 2 points • 17 September, 2019 05:56 PM

I'm not angry at anyone - I actually don't give a fuck what anyone else thinks. I'm not sure how to explain it which is why I said you need to figure it out for yourself. As much as we overuse the matrix analogy it's like the scene where Morpheus says no one can be told what the Matrix is they have to see it for themselves to believe it.

If I were you I would sit down and figure out what it is that you want and why you want it and go from there.

Blarg\_Risen • 7 points • 16 September, 2019 11:11 PM

Fuck you and your attempt to leech off other's motivational success. You're still looking for the shortcut. "How do I skip the hard work and just take the path directly to your motivational success?"

Here's where you say: We're all just chemicals.

Here's where you say: This isn't actual advice.

Here's where you say: Its just a question...

What is the value gain in this post? All i see is value leeching. When you get to a point where you're killing it, then you can shoot the shit with every one else about how they did it. Until then you need to be grinding.

resolutions316[S] • 1 point • 16 September, 2019 11:24 PM

Asked a question, bro. Not enough unintelligible aquifer metaphors for you?

And hey, PS: we ARE all chemicals. There's your value add.

Go fuck yourself.

hack3ge • 4 points • 17 September, 2019 12:40 PM

Did little ittle blargy hurt poor resolutions feelings? Guess what's funny - you say you aren't angry but you are about to be really pissed.

Your wife is still controlling you with sex, you are in her frame and haven't accomplished shit other than to get your dick a little more wet. Congratulations!

Faggot you are at a crossroads - you used the red pill to achieve blue pill goals and should realize you are just a fucking dancing monkey.

What the fuck are you going to do about it?

resolutions316[S] • 0 points • 17 September, 2019 12:51 PM

What the fuck are you going to do about it?

I don't know, maybe make a post asking for examples of people who have done this?

hack3ge • 6 points • 17 September, 2019 01:30 PM

Bro you still don't get it - none of us can do this for you. Our examples don't mean shit because you don't have the internal frame built to understand them so you will just be LARPing like you have been.

Normally I'd have given up on a guy like you because most are hopeless but there is something there that I know you can do this shit but you have to figure this shit out and fucking do it for yourself.

All of your work to date has been about changing her make it about changing you - demand better from yourself and then demand better from those in your life.

I get up at 5 am everyday to either lift or train BJJ, I train BJJ again 3 nights a week, I started an investment property business that currently owns 3 properties, I got promoted to VP at one of the largest tech companies in the world, I started a non profit to help underprivileged kids get into BJJ, I eat clean as fuck, I coach both my kids sports teams and the list goes fucking on and on.

I do all that shit for myself, I did it before my wife was fucking my face off everyday and I've continued since she turned the corner and started sucking me off like her life depended on it.

She is meaningless in the equation.

I'm not content with being average but maybe you are - doesn't matter to me there have to be peasants in this world.

PillUpAss • 3 points • 17 September, 2019 01:13 AM

There's an exercise at the end of WISNIFG where no matter what words people say to you, you employ the tactics of the book never to lose frame. That was cool.

RStonePT • 6 points • 16 September, 2019 10:52 PM

It's the switch from external to internal motivation, and it's not easy

Rivet22 • 2 points • 16 September, 2019 11:57 PM

Yeah, same here. Get up, go to work, sleep, 5, 6 days a week taking care of everybody else and nobody gives one shit about me. I've given all the fucks I had, got no more. Now, I don't give a fuck about anything except what I care about. I just don't know what that is yet.

PillUpAss • 2 points • 17 September, 2019 01:51 AM

I miss the anger phase sometimes - CRUSHED it in the gym back then. Then I cut and got control of myself, my life. Lifts haven't been the same since. Maybe TRT will get me back there and beyond.

Anyway, motivation? Are you 100% the man you could be today? Ha! That's your motivation.

Want revenge on the wife? Frame issue 100%. By wanting revenge and power over her in that way, you are robbing yourself of your frame. The real power is KNOWING YOU ARE AS GOOD OR BETTER OFF WITHOUT HER. Then resentment disappears and you can get on with all the better things in life. But you can't say that about yourself yet. Find the motivation to do the things that will let you believe that about yourself, then you can finally move forward with your life.

Over60\_FireTempered3 • 2 points • 17 September, 2019 02:59 AM

ONE, anger is choice of how you will react.

TWO, using anger to get things done, is a choice.

THREE, once you understand ONE and TWO, you will have the answers to all the questions you seek.

FOUR, coming to that understanding can only be done in your own time, as you come to understand and as you come to accept your new understanding, and as you allow yourself to change in response to that new level of understanding.

In other words, only you can answer your questions.

financeandfirepower • 2 points • 17 September, 2019 06:35 PM

For me I have focused on tracking a new lift to improve. I really enjoyed the bench press but have hit a kind of wall at 275 lbs for now. Still doing my lifts 4X a week but I am focusing on improving and tracking my squat. Lifting being the focus of MRP is no joke. It is a limitless source of mental and physical challenge that you can enjoy. As your numbers go up so do your BJ's and sexual freq and quality. The number one problem I have now is getting the weight to come off. I have maintained at about 255 lbs (down from 310 lbs) and gotten a lot stronger, but I really have settled into livin the dream with MRP gains. I can't imagine what having this knowledge and losing another 30 lbs will be like. I do not know if I will have the mental fortitude to not fuck everything I see LOL Women are so unbelievably different to me now and I still am fat. New challenge is to buckle down on the diet and lose an additional 30 lbs. Keep grinding and you won't think about motivation loss.

2ndal • 4 points • 16 September, 2019 09:39 PM

acceptance comes after anger. i transitioned from anger to acceptance when i finally truly understood that it was all my fault. i spent a long time hearing it, thinking it, but still holding anger and resentment towards my wife for not being some idealized version of her I had stuck in my head without her knowledge. anger is a motivator but in the end it is personal responsibility and true ownership of every aspect of your life that will transition you into a place of acceptance. being angry is only skirting that personal responsibility, it's saying: nope, not my fault! resentment is created when there is a lack of true ownership. it's saying: you motherfucker, how could you do that to me! true ownership and personal responsibility is saying: hmm, okay. i see. thank you.

RedPillGlasses • 3 points • 16 September, 2019 09:21 PM

You've swum up the wave, and now you're riding the crest. Enjoy it for the moment, you'll know when you're ready for more.

This will be my only faggot feelz comment for this week.

drsherbert • 1 point • 16 September, 2019 10:44 PM

I've struggled with the same issues. Check your diet. Eliminate all processed foods, take a high quality multivitamin, eat fruits and veggies, drink a shit ton of water etc. Also, look into supplements. Mucuna puriens comes to mind. It will increase your dopamine levels which should boost your motivation. So will cold showers and not beating your dick.

I still have a lot of anger and resentment towards women, and that will probably never go away entirely, but it's different this time. With my ex wife, I would erupt every time she gave me shit tests and outdo her on the backend just to rub it her face that I'm better than her. She would deny me sex, so I'd go out and fuck beautiful women. I was very angry with myself for not being able to pass her tests and that resentment bled into every aspect of our relationship.

Now, I see it like "you can never love me the way I want to be loved anyway" so you're sorta useless to me in a lot of ways. In fact, all you're actually gonna do it cause me more suffering and pain. Leave me out of your little

hypergamous masterbations. I enjoy the time we spend together, but any happiness you bring me is not eternal and technically you're still out on the open market looking for a better deal even though you're my wife. If you really think you can do better, then go for it lady. I couldn't stop her if I tried anyway, so I don't try. She can't heal me. I'm alone in this world, so I try to cope with that the best I can. It might actually be good for you to shift into monk mode for a while till you get shit right with yourself.

Ketonian\_Empire • 1 point • 16 September, 2019 10:58 PM

I thought you were going to advertise a testosterone supplement booster at the end. Might not be a bad idea.

part\_wolf • 1 point • 17 September, 2019 03:23 AM

You can reprogram your subconscious mind. It takes time, but your brain believes what you tell it. Your subconscious mind is absorbing information *constantly* and drawing conclusions and forming beliefs based on that information. Once it does, the ego works by using revenge, anger, fear, love, or any emotion as a tool (reaction) to start to reprogram how your conscious mind works and, in this case, generate motivation. The ego can also foster complacency, but that's a topic for another day.

However, since the ego works between the primal and conscious brain it can also send messages the other way. Think of the movie Inception. Mastering your ego is about utilizing your conscious mind to begin to reprogram your primal, animal brain in a way that better serves you. Your subconscious mind and your intuition become stronger and start to generate more motivation toward your purpose. The more consistently you do that, the more powerful the effects and results will be.

Sepean • 2 points • 17 September, 2019 07:58 AM

You can reprogram yourself, but you have to do the actions. You can't just sit around and ruminate to find the motivation. You decide what you want, exercise self discipline and go do it - and then over time it often becomes habit and you get the confidence where you were insecure and find joy in what was once hard work.

You can reprogram yourself (to a certain degree at least), but it is as an adaptation to what you're doing and experiencing. You have to do the work so you get the right experiences, that's what fosters change.

I didn't get abundance from meditating on "I'm the prize", I got it from girls trying to get in my pants.

part\_wolf • 1 point • 17 September, 2019 12:19 PM

Absolutely. Since it's always absorbing information, the best way for the subconscious mind to reprogram your shit is for you to be exposed to the things that you want to influence your thinking. If you want to be an athlete, you have to surround yourself with athletes, do what they do, and think how they think.

RedditGilder • 1 point • 17 September, 2019 04:20 AM

Just do it. Idiot.

so\_woke\_da\_wookie • 1 point • 17 September, 2019 10:01 AM

So the great thing about Tim Ferriss' approach to Stoicism is...

Yeah, I hear you man. I have this too.

I think it comes out of mindset and dysfunctional behaviours that grow up from being a creative.

There is an anxiety/anger axis. One keeps looking for new contexts. That creates anxiety and then were tripped out by anger or external circumstances.

You're wife improved = stasis.

You anger at her = shortcut to change.

Problem = her state dictates your state. Looped back to stasis.

Anger feels like the change agent. But it's rarely rational.

Iammp2 • 1 point • 17 September, 2019 02:50 AM

Why should I waste time on you? Why is everyone else wasting time? This post is cringe and value leeching. Doesn't belong here.

weakandsensitive[M] • 5 points • 17 September, 2019 05:08 AM

It's true - but I really like him. So he gets a pass because he's special. It's why he has special flare.

SteelSharpensSteel[M] • 2 points • 17 September, 2019 02:42 PM

Hell, I want to see the outcome, see if he unfucks himself or not. He's been doing this for years, and I've never seen anyone else so stuck inside one's head.

redwall92 • 0 points • 17 September, 2019 12:17 PM

Ha!! Everybody plays favorites. I hope you have kids and that you can enjoy this overt display of favoritism.

Sepean • 3 points • 17 September, 2019 07:43 AM

This is a crucial part of MRP.

When you're on the burning platform, your family about to get torn apart, your kids not being there every day, crazy from sex deprivation, that's a lot of drive and energy.

Then one day, suddenly shit's good. You're having fun sex 3 times a week, wife is sweet. What do you do?

He's not the first guy having trouble handling that transition, or dealing with the anger phase.

Iammp2 • 1 point • 17 September, 2019 11:03 AM

Should be in OYS or askMRP

Sepean • 2 points • 17 September, 2019 11:13 AM

You are right about that, I didn't notice the subreddit

Iammp2 • 1 point • 17 September, 2019 11:21 AM

Ironically the post now has value because of the comment section

weakandsensitive • 2 points • 17 September, 2019 01:56 PM

The question was always going to be a challenging one -- just from what was being asked.

Sepean • 2 points • 17 September, 2019 09:33 PM

One could be the best poster on MRP by going through the askMRP comment sections, copy pasting and doing a bit of editing.

johneyapocalypse • 1 point • 17 September, 2019 10:47 PM

I'm convinced a few senior posters have created their own "database" of sorts with common themes, sharp responses, and links to stellar posts.

Some dudes are just way too quick on the draw.

Cloudy\_Pirate • 2 points • 18 September, 2019 11:30 AM

I know rocknrollchuck has a whole sheet of links. Manintheworld pretty much just links back to about 3 of his own stellar posts.

Every time you write Johneyacoplypse it seems fresh and from the heart. You just need a small amount of inspiration and it bursts out of you.

SteelSharpensSteel • 1 point • 18 September, 2019 02:12 AM

*coughmatrixcough*