

# "Bro, don't worry. If I fuck your girl I will tell you"

August 29, 2016 | 106 upvotes | by [DonTheDonDonTheDon](#)

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Dating LTR for 8 months. Found trp 1 month ago. I'm 24 6'2" 130lbs... dead skinny. Recently laid off, I played WoW like 12 hours a day for the last year but dropped it, I'm maybe a 5-6. Basically I'm a beta and my gf is a bit of an unstable bitch.

Everyone involved in this are 21-26. She just moved into a new apartment with a girl roommate. They have neighbors upstairs - two guy roommates, same age as us. They've apparently been drinking for the past few weekends together, just chilling and playing video games, as told by my gf, her roommate and my other friend who was with them (trust his word on it)

Well after 2 weeks of my gf drinking with these guys, I show up on the 3rd weekend. It felt like I killed the vibe when I showed up - they were already hanging out. Then we started drinking.

We're all pretty drunk now, having fun, me and the guys are getting along, they seem like bros. The night goes on, all is well. Then my gf tells a story about how she fucked some guy a while back who was famous-ish. The one guy (their neighbor) starts having a convo with my gf where there's a lot of flirting, IOIs etc. going on, hes teasing her about being a slut, about fucking anyone with "over 50 followers". I try to cut in and join the convo and my gf holds her finger up to me as I talk, because the guy is talking. Straight up disrespectful. So I walk out of the room, obviously upset but not pissed, just like "lol okay whatever"

Then I go out for a smoke. A few mins goes by and the guy, the neighbor, comes outside. He lights a joint and passes it to me. I refuse, he keeps smoking it, after a few puffs he offers it again and I take it.

Him: Look, I wanted to talk to you man to man.

Me: Ok. About what?

Him: Your girl. She's into me.

Me: I don't think so man... We've been dating for 8 months, she's a bit nuts sometimes but she's not a whore.

Him: Bro, this is gonna come off as an insult, but I'm telling you right now, if I fuck your girlfriend I'll let you know.

and he walked away. I stood there for a while, pissed as fuck and really drunk. Eventually I didnt have a key to get in so I went around back and knocked on the window. Of coure THE GUY opens the blinds and everyone's looking at the window, and he laughs and then my gf comes and lets me in.

This was last night I haven't talked to my gf. Just woke up a few hours ago and have been contemplating what to do.

So wtf. Do I just dump her? Is he bullshitting? There's obv some tension between them. What the fuck man. I know you're probably thinking the guy is jacked and super good looking but that's what baffles me - hes like the same as me, maybe a bit better looking face, but tall and lanky like me, unemployed like me, gamer like me....

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## Comments

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BestSC86 • 246 points • 29 August, 2016 09:20 PM

Drop her...she isn't even going to consider it cheating because in her mind she is already out of your relationship and is just contemplating when to do the deed with her new interest.....it is only a matter of time before she is riding him like a motorcycle.

She has no respect for you at all.

TheDon835 • 62 points • 29 August, 2016 11:43 PM

Seriously OP, it's outright fucking obviously. I'd cut her off completely, no text saying we're done. Nothing, just end it, you can be better than this, or not. It's your choice.

brk5054 • 20 points • 29 August, 2016 11:10 PM **[recovered]**

Drop her

stingrayxx • 15 points • 30 August, 2016 11:54 AM

Hard next, zero contact.

Forcetobereckonedwit • 19 points • 30 August, 2016 03:34 AM

Sorry to be the upvote to turn it from 69 to 70... 'cuz that's what they're already doing.

[deleted] • 11 points • 30 August, 2016 05:59 AM

I had the 100th. Winning.

What OP is not doing.

Why you not jacked OP?

[deleted] • 6 points • 30 August, 2016 06:48 PM

I had the 180. What this guy should've done as soon as she stuck her finger out.

faprmstrong • 122 points • 29 August, 2016 09:46 PM\*

She is telling other guys about her previous fucks with others in front of you.....wtf man you should have dropped her the same time!!!!Do it NOW before it's too late!!!

thisishowibowl • 22 points • 30 August, 2016 04:19 AM

This. If shes talking about fucking others in front of him, then shes doesn't even see him as anything other than a placeholder for Chad.

Drop her like garbage.

Ranger\_Mitch • 9 points • 30 August, 2016 06:36 AM

That's where I stopped reading. Theres no point in wasting even another second on this bitch. OP should have just left at that point.

knightSwolaire • 109 points • 29 August, 2016 09:53 PM

Sorry bro.

Probably should just drop her, let them fuck.

I want to address this though. Only reason guy had the balls to say that to you is because of your weight and skinny status. Do you think he'd have said that to you if you were closer to 185 lbs at your height? What about 200 lbs? I don't think so.

Drop her. Let them fuck, and go lift big time. Forget gaming. Gaming has to be earned. I game too, but if I didn't work hard and lift I wouldn't game. That has to be earned.

trancedj • 30 points • 30 August, 2016 12:24 AM

This right here. Look into going monk mode dude - time to put in some hard work (lift) and make some improvements in your life. Set some goals and forget women for awhile. Or not. Choice is yours. Remember, TRP is about building men not just sexual strategy. But I can promise you this, build yourself mentally and physically and a year from now you'll wonder why the fuck you ever put up with her shit. Study long enough and you'll find both joy and sadness in all women. Then and only then can you even attempt a LTR. Women need a strong alpha male to lead. You're not there (yet). Good luck man.

[deleted] • 10 points • 30 August, 2016 03:31 AM

Fuck I love these posts. So motivating.

play\_time\_is\_over • 10 points • 30 August, 2016 06:01 AM

This. In high school I was small and skinny and got picked on everyday.

Atm I'm 6'4", 190lbs, 9% BF, martial arts, weights etc. I have not once been disrespected or even spoken to in an assertive way.

[deleted] • 3 points • 30 August, 2016 11:20 PM

You also graduated high school I'm assuming?

People don't really pick on people outside of high school.

Lo-G • 7 points • 22 September, 2016 01:29 PM

Jesus Christ this is a fucking lie

Gugulen1 • 1 point • 6 January, 2017 11:44 PM

So what do you do if you're 5'8?

nodoxsavespeech • 5 points • 30 August, 2016 05:26 AM **[recovered]**

And since OP is skinny... Make sure to FUCKING EAT when you finally get serious about lifting.

OP has the luxury of bulking right out of the gates. Fucking sweet. Make that shit happen.

knightSwolaire • 1 point • 30 August, 2016 01:14 PM

Gallon of milk a day :)

Thesmolzino • 4 points • 31 August, 2016 03:10 AM

That's for chumps who will end up skinny fat. Eat like a normal human being. Considering his weight, just 3 standard meals a day will be enough to get to 138 lbs, and then he just has to eat more.

[deleted] • 4 points • 30 August, 2016 06:02 AM

Right. OP isn't a man. The neighbor knew this.

Men take care of themselves. OP I know what I'm saying stings when you read this, but let that drive you and slingshot you into some gym gains.

scarfox1 • 4 points • 30 August, 2016 02:27 AM

Apparently the guy was the same body. Might have gained respect if he popped him in the face.

thisishowibowl • 16 points • 30 August, 2016 04:22 AM

no bitch is worth jail.

scarfox1 • 4 points • 30 August, 2016 04:24 AM

at that point its about man vs man, straight up disrespect.

thisishowibowl • 12 points • 30 August, 2016 04:47 AM

Yes and my knee jerk reaction would be to probably take a shot at him also. But then Id be in jail over a slut.

but your right, its one thing to fuck another dudes girl, but to announce it and then do it.

wow, ballsy. In the South, where Im from, you can get killed for that shit.

[deleted] • 1 point • 30 December, 2016 07:38 PM

I'm from Houston homie

BusterVadge • 4 points • 30 August, 2016 01:32 PM

No skinny, pop-tart for dinner eating ass that is worth it either. Best to let them both wallow in their own shit.

scarfox1 • 1 point • 31 August, 2016 03:14 AM

What place do you live in where punching/shoving someone lands you in jail?

knightSwolaire • 1 point • 30 August, 2016 02:39 AM

Dude was less cowardly yea

[deleted] • 1 point • 30 August, 2016 08:59 PM

lol right on. Ill play games after ive lifted and I have nothing better to do. Never feel guilty about it

knightSwolaire • 1 point • 30 August, 2016 09:01 PM

exactly.

RPFlame • 1 point • 5 September, 2016 08:01 AM\*

Gaming has to be earned.

A-fucking-men dude. I've been talking myself into playing more games by bringing out examples of people who otherwise work hard, have a steady income and a relatively satisfied life compared to mine. I was reducing the "gaming" habit by ignoring the context.

If leisure time isn't earned, you're just slacking.

Coffee is for closers.

staanje • 3 points • 29 August, 2016 10:51 PM [recovered]

Either way he's a cunt for saying it and not really a friend

EDIT: I REALIZE I MADE A MISTAKE AND HES NOT A FRIEND

brk5054 • 33 points • 29 August, 2016 11:06 PM [recovered]

First off they are not friends. Second, I don't think he's a cunt for saying it. Would you rather him fuck her and not tell the kid? He's laying the truth out on the table for him to see.

XelentGamer • 7 points • 30 August, 2016 03:15 AM

I think he is trying to help OP out, telling him his girl is disrespectful and likely a cheater and that he can't really say he won't do anything but even if he did she would just ride some other cock, instead if it happens he'll let him know because you know maybe he is wrong and she is just stupid saying shit like that or had too much to drink or whatever.

staanje • 7 points • 29 August, 2016 11:13 PM [recovered]

If my friend told me he will tell me if he fucks my girl I would instantly think he's a cunt and then secondly question my judgement on the people I consider my friends.

On the other hand if its just some dude that I might speak to from time to time and he came out and said it I wouldnt mind and even thank him in my head

maxisacatt • 11 points • 30 August, 2016 12:55 AM

The.Dude.Isn't.His.Friend.Fucking.Read

scarfox1 • 1 point • 30 August, 2016 02:24 AM

He's one of two guys that live upstairs, not the friend...

[deleted] • 1 point • 30 August, 2016 02:27 AM

okay i get it

knightSwolaire • 12 points • 29 August, 2016 10:55 PM

no he's not a friend. i think he was just trying to prepare OP for the fact that he is in fact going to bang his girl.

DonTheDonDonTheDon[S] • 92 points • 29 August, 2016 11:45 PM

Im gonna ghost her. Thanks

yellowdopamine • 26 points • 30 August, 2016 12:15 AM

I stopped counting the red flags at 10. Please run right now!

maxisacatt • 15 points • 30 August, 2016 12:58 AM

Fuck man. I let out a sigh of relief. Ghost her and don't look back. Spin plates, and if you're feeling the need for a LTR in the future, pick your favorite plate. Vet these girls hardcore going forward and have fun!

ArchiPelagius • 13 points • 30 August, 2016 05:48 AM

I think learning how to handle these moments directly, with grace and mindfulness is beneficial to you as you grow in to a high value man, with class, confidence and a solid communication skillset. It's these moments that build your character.

You want a better woman, then be the best man you can be to yourself in this moment by not allowing yourself to lower your value and engage with her bs. I think that involves saying to her face, yes in person, that you're done because of these reasons and you'd appreciate it if she would know longer contact you. Be kind but direct. No reason to lose your zen because of her behavior. Learn to be solid in yourself and your foundation by having these conversations in person. I cant stress this enough.

Learn how it feels to confront a woman about poor behavior and then end it. Nothing like it in the world, man. There is nothing to fear! Only confidence and respect for yourself can be learned in these moments.

Ghosting is for cowards.

You want to swallow that red pill? Then be the kind of man who is honest and direct with women about what's really going on and what you really think and feel, in the moment, with respect and honor, because that's who YOU are. You honor yourself when you go full on and experience what it's like to walk away from a woman you just dumped because she showed you who she really was.

And learn to see the signs of a woman like this in how she behaves around you and other men. She showed you in the very beginning that she was like this, I'm sure. She probably flirted with you in a similar, bawdy fashion or exhibited flashes of being low value. If you care about who you date, pay attention.

borderline\_sociopath • 2 points • 30 August, 2016 03:30 PM

Ghosting is for cowards.

I think that involves saying to her face, yes in person, that you're done because of these reasons and you'd appreciate it if she would know longer contact you. Be kind but direct. No reason to lose your zen because of her behavior.

I agree in principle, but not in execution. This chick is going to go nuclear drama on OP and who knows how that turns out. I'm worried he'll start believing whatever nonsense she starts spouting and get sucked back into another month of torture (and hating himself) with her.

The fact that he let himself get disrespected so blatantly in front of other people makes me wonder what she could do to him in private. He might not have the strength to pull it off in person and not lose frame.

A conversation gives her the chance to engage and play her game. Ghosting her takes away her turn in the game, and that might be the only thing OP can really do to her at this point.

nastynickdr • 1 point • 30 August, 2016 04:24 PM

I also like to make clear that its over.

But its better done at her place. He states its over, and if she goes batshit crazy, he just turns his back and walk out the door.

[deleted] • 17 points • 30 August, 2016 12:04 AM

I don't think it'd be bad if you dumped her in person or over the phone either. Keep frame, and just tell her she's disrespectful and you don't want to date her anymore. Then never ever speak to her again. Or those guys.

StraightGlueWater • 11 points • 30 August, 2016 04:28 AM

Just tell her you're done with her and it was fun at times. Explain no further and respond to all of her

dramatic texts with "lol k".

dr\_warlock • 9 points • 30 August, 2016 05:30 PM

Nah, just hard next.

StraightGlueWater • 3 points • 30 August, 2016 04:30 AM

This is the move.

Don't fucking back out or back down.

You'll be tempted to keep the lines of communication open. Fuck that, burn the bridges she has to your life.

wanderer779 • 2 points • 30 August, 2016 02:24 AM

This actually doesn't matter that much. If you start feeling sorry for yourself, just imagine how much worse it would be if you were married to her. All you have to do is walk away. It's simple.

[deleted] • 2 points • 30 August, 2016 03:28 AM

Good to see you are making the right move. I cringe when I read stories on other subreddits where the guy is flat out disrespected and still stays with the woman.

BusterVadge • 2 points • 30 August, 2016 01:33 PM

Thanks for not being like every other pussy who posts here and tries to defend their decision to be a lesser man.

TheBeardedMarxist • 1 point • 30 August, 2016 03:48 AM

Fuck her in the ass and then ghost her. That's always been my move. Maybe drop a cunt bomb on the way out if you know you don't want to see her again.

FrameWalker • 23 points • 29 August, 2016 09:43 PM

I'm sorry man that really sucks. Sounds like a godawful crowd to hang out with. It really doesn't matter because in 18 months from now you'll be surrounded by much higher quality folks.

At your height your genetic potential at 10-12% bodyfat is about 220 lbs. In a year you can easily get to 170 lbs which will look much better. Weigh out your food, count calories and lift - do 5x5 to get started. Please get your weight up.

It's easiest if you cut contact with these people. Delete gf from fb, block number/delete info etc. It will hurt much less.

caucasianinasia • 1 point • 30 August, 2016 03:58 AM

I concur with this. I'm 6'2" and I used FFMI to calculate my max genetic potential. It's about 216lbs. I'm currently at 190lbs at approx 11% BF.

fat-free mass in kg = FFMI x (height in meters)<sup>2</sup>

<http://rippedbody.jp/maximum-muscular-potential/>

MOCKxTHExCROSS • 1 point • 31 August, 2016 12:22 AM

I agree with this guy. The OP is watching his genetic gifts blow away like doritos dust in the wind. He's sucking down mt. dew when he should be slurping protein shakes.

He needs to completely forget this obviously low-value girl and focus on himself for a while. Seriously here,

what kinda girl has nothing better to do than hang out with her neighbors and watch them play video games?

Bolt80 • 1 point • 29 August, 2016 10:51 PM

40 lbs in a year? Is that even possible?

brk5054 • 9 points • 29 August, 2016 11:03 PM **[recovered]**

I did 30 in a year in college 6'2-160 lbs up to 190lbs. I think it easier for the lankier folk to put on beef quickly.

Bolt80 • 2 points • 29 August, 2016 11:45 PM

You give me hope

FrameWalker • 1 point • 29 August, 2016 11:26 PM

Hes so far underweight that it will be easy. 20 lbs muscle 20 lbs fat

brk5054 • -4 points • 30 August, 2016 12:04 AM **[recovered]**

If he lifts to match his diet I bet he could do somethin closer to 35+ lbs muscle. Your comment leads me to believe your physical state is subpar

[deleted] • 2 points • 30 August, 2016 12:29 AM

Most professionals (lyle mcdonald, roid bro's on t nation, bb forum guys) say that 25 lb/s is the most you can gain in lean mass. Since this guy is so small he's probably undertrained. Its possible.

• points • 1 January, 1970 12:00 AM

**[permanently deleted]**

[deleted] • 1 point • 30 August, 2016 12:53 AM

Sorry on mobile so I'm lazy. No 25 lbs of lean mass So, barring steroids, you'll gain 2 lbs a month of muscle plus a few of fat. So even if you put on 60'lbs in a year (without hear) 25 of that still will be muscle. Basically saying don't gain much more than 30-40 lbs a year because you top out at 25 lbs of muscle.

menial\_optimist • 1 point • 30 August, 2016 04:20 AM

theres no way you gain 25lbs of muscle in one year without drugs or heavy supplements

FrameWalker • 1 point • 30 August, 2016 01:48 AM

If you read comments below you'll see i took into account the 25lb limit. He won't hit that if he doesnt overeat so fat will come w the muscle.

My 1repmax are squat 2xbw bench 1. 7xbw, dl 2.5bw and im at 11-12% bf. Im about 10lbs in bw shy of roid free genetic potential based on height and frame.

Any tips on getting to 6-8%bf?

brk5054 • 1 points • 30 August, 2016 02:18 AM **[recovered]**

Carry on

FrameWalker • 1 point • 30 August, 2016 02:20 AM



What r u at

menial\_optimist • 1 point • 30 August, 2016 04:19 AM

Without roids or heavy supplements? Nope. Naturally about 5-15 lbs per year is expected.

[deleted] • 22 points • 29 August, 2016 10:30 PM

Holy fucking shit. You are in a relationship with a slut who literally disrespected you like that. Even if they don't fuck, she disrespected you and her mentioning how she fucked some famous guy, to her roommates while you are there is messed up.

XelentGamer • 2 points • 30 August, 2016 03:16 AM

People keep saying "while you are there" ... I'm curious would you find this any less shitty if she said it without him there?

wakethfkupneo • 5 points • 30 August, 2016 11:57 AM

It is less shitty. She's the same slut but there's a difference between talking behind someone's back (implying some degree of fear to tell the same in-yo-face) and laughing in someone's face.

[deleted] • 5 points • 30 August, 2016 03:26 AM

It's still shitty if he wasn't around, but at least he wouldn't have heard it right then and there. Just an all around shitty situation. I mean a guy literally being told his girlfriend might get fucked by the guy telling him this.

RojoEscarlata • 42 points • 29 August, 2016 10:29 PM

The dude seems pretty chill tbh, he straight up told you in private that your gf is a whore, don't get mad at him for being honest, thank him instead for opening your eyes.

That being said you have to hit that side bar hard, and lift even harder dude, not to start fighting with everyone who disrespects you, but to become the kind of man who they would be afraid to disrespect.

LazySwine • 7 points • 30 August, 2016 11:28 AM

Agreed. Dude is a total bro. She already disrespected OP. If my gf cheated on my I would want to know so I can promptly dump her ass.

nastynickdr • 9 points • 30 August, 2016 12:01 AM

Yeah

Its nots his fault that shes a whore. She just is. And she should be treated as such.

iamirishpat • 2 points • 30 August, 2016 01:02 AM

Still shouldn't fuck your friends gf.

RojoEscarlata • 11 points • 30 August, 2016 03:56 AM

It was the roommate, he gave him weed and talked to him straight, OP should dump the whore and befriend the dude.

quicklogaccount • 28 points • 29 August, 2016 10:17 PM

She doesn't strike as a girl that will have the decency of dumping you before she fucks him.

So, here's the deal. You've been checkmated. There is no winning move, everything will lower your value.

You dump her, your value lowers and she fucks him. There's no way to dump her and take the higher ground, you'll sound like a delusional cuck.

You don't dump her, you get a call "so, don't go down on her today, might not want to kiss her as well".

This sux. I really see no way out.

Go, lift, change the wardrobe, clean your face, learn some game, and you ought to get better quality women.

CleverLime • 2 points • 30 August, 2016 03:15 PM

It's called Zugzwang - a position in which none of your moves are winning :)

[deleted] • 3 points • 30 August, 2016 05:06 PM

Cuckzwang

lv1mebruh • 1 point • 2 September, 2016 12:11 AM

Hahahahaha this shit made me laugh so hard

quicklogaccount • 1 point • 30 August, 2016 04:24 PM

I'll keep that in mind. :)

huge\_gap • 13 points • 29 August, 2016 10:41 PM

Dude for that to happen is hugely telling. It's time to begin your journey to self - actualization. Dump her calmly, start lifting and eating clean. Cultivate friends who are alpha. Take up hobbies that create value. Work on your career. Gain respect for yourself and learn how and when to say no and walk away. Cut down on video games and drugs/ masturbation. Welcome.

brk5054 • 3 points • 29 August, 2016 11:08 PM **[recovered]**

Yes to all the above. Especially the dumping her calmly part. Where were you when I was dumping my girlfriend huge\_gap???

onmyownpath • 9 points • 29 August, 2016 11:14 PM

She sucked his dick last night.

648262 • 10 points • 30 August, 2016 11:11 AM

That guy is a bro. Buy him a beer, say thanks, wish him all the best with your ex and tell him she's fucked in the head.

[deleted] • 7 points • 29 August, 2016 10:44 PM

I've actually been in similar situations. Dump her immediately, this is not even a question. Please forget about her...she...is...a...lost....cause. Work on yourself for awhile and don't waste anymore time. You remind me a lot of myself at that age...try 8 years of that shit before you decide to cut ties. I wish I had someone tell me this 15 years ago. Good luck man, and I'm sorry.

Lift and start eating.

2comment • 8 points • 30 August, 2016 12:20 AM\*

Your woman is a piece of garbage.

6'2" 130lb? Fucking dump her, and use that extra time to go lift.

WillWorkForLTC • 7 points • 30 August, 2016 12:43 AM

Let her fuck him while she's single. That way she will know how much of a worthless slut she is when she wakes up in her bed alone.

empatheticapathetic • 2 points • 30 August, 2016 03:09 AM

God damn. Laid it out

WillWorkForLTC • 1 point • 8 September, 2016 02:16 PM

Women need to learn consequences the real way. Men aren't coddled when we make big mistakes. We're chastised and cast aside.

There's no bed of feathers waiting for this woman on her fall from glory.

SeekingTheWay • 8 points • 30 August, 2016 12:34 PM

You should have gone with: "Yeah, I know. She's all yours buddy."

And cut contact.

BasketCase559 • 1 point • 30 August, 2016 04:52 PM

True that.

itsbooming • 5 points • 30 August, 2016 12:08 AM

This is painful to read. Honestly, drinking with guy alone in their apartment is dumpable. Finger up, because another man is speaking?! Holy fuck. Dump able. Dude that has been drinking with her alone this whole time and you witness flirting with her with your very eyes comes outside and tells you he is going to bang your girl? Hmmm... nah you're just being insecure, she would never do that to you. It's not like they drink alone and have conversations about sex....

[deleted] • 7 points • 30 August, 2016 03:30 AM

That's what I was thinking. I wouldn't be surprised if they already fucked and that was the way of the guy hinting at that.

goingright32 • 2 points • 30 August, 2016 11:04 AM

Bingo

Forcetobereckonedwit • 7 points • 30 August, 2016 03:35 AM

She's fucking him, and no, he will not tell you "if he fucks her". He's letting you know that he already has. Read the RP sidebar and concentrate on yourself for a few months. Get over her, 'cuz she's already gone.

Mudpielol • 6 points • 30 August, 2016 11:25 AM

just wanted to say, may not look like it, but that guy is actually helping you. Helping you get rid of a toxic presence in your life. You started on your path of improvement, keep going.

[deleted] • 5 points • 29 August, 2016 09:19 PM

Meet other girls, become less available for your gf, lift.

thisishowibowl • 5 points • 30 August, 2016 04:17 AM

I wasn't going to comment on this because I dont think I should be giving advice. I swallowed the pill 2 years ago and I still am on the long journey towards truth.

But dude I used to be you. LONG TIME AGO, but I had this same fucking thing happen. except I took it like a bitch. wanted to talk about our feelings with the girl. Tried to stay friends with my the dude who ended up fucking my girl. I wanted to communicate with my princess and bring more roses. and all that garbage.

FUCK. I was so unhappy. you know why? I put others first. Why should anyone respect me if i don't respect myself. You cant control others but you can control who is in your life.

Understand that guy is not your friend, neither is she and shes going to fuck him, with you as her cucked boyfriend or with you as her Ex. Sink or swim. this bitch is leaving no matter what you do.

Also understand your women aint your friend. She your woman. that's it. You dont have girls who are friends. Either she has an orbiter/ a back up to her boy. Or YOU have a fuck buddy back to your girl. BUT YOU ARE NOT FRIENDS. Find guys to be friends with.

She yours bitch or you her bitch. pick one.

He pities you, not enough to not disrespect you and fuck your girl. But he feels bad. Like the way a NBA player feels bad when he wins against a high schooler at basketball. just pure pity. and he should, He literally said hes going to fuck your girl and you did nothing. His girl basically told you to shut up so Chad can talk and you took it. Not much you can do other than ghost these people.

BasketCase559 • 1 point • 30 August, 2016 04:50 PM

Solid advice. What a fucked up situation. Hopefully OP use this as an opportunity to make a change.

henry589 • 3 points • 29 August, 2016 10:14 PM

She doesn't respect you wtf she gave you the finger because of you cutting in the conversation I would drop her then and there and moved on. Also you need to improve yourself massively start lifting and go full on monk mode.

wiseclockcounter • 1 point • 30 August, 2016 07:52 AM

lol, i don't think she gave him the middle finger. sounded more like an index finger to be like, "hold on". Still rude as fuck though.

spootsnoopy • 3 points • 29 August, 2016 10:59 PM

This one is over. Not the guys fault, he sounds more Chad-esk than you and now he has the upper hand, in every way.

i would start lifting and eating for bulk (a lot) , getting my sidebar on. Talking to other girls. Essentially become a more desirable man and head in the direction of finding some plates. Treat her with 0 respect from now on, get a few more fucks from her while its dying down.

stickfiguresk • 3 points • 30 August, 2016 03:29 AM

I'm maybe a 5-6

I know you're probably thinking the guy is jacked and super good looking but that's what baffles me - hes like the same as me, maybe a bit better looking face, but tall and lanky like me, unemployed like me, gamer like me....

That's not a masculine train of thought. Women appreciate being objectified on their appearance--men aren't

sexual objects to be used like women. Feel me? There's a user and a used--women are the used. Men are the users. Stop comparing yourself to other men, and if you lose out anyways, take the L. At least the dude offered to tell you if he fucks your oneitis.

\_vend7u • 1 points • 31 August, 2016 03:12 PM [recovered]

Hey dude,im 16 i find i always compare my looks to other mens looks. How do i stop this. At times it really gets me down and can ruin my day. Help please.

stickfiguresk • 2 points • 1 September, 2016 01:09 AM

How do i stop this.

Confidence.

At times it really gets me down and can ruin my day.

It builds character. Don't just understand your shortcomings, appreciate them. You can do fine with what you got, and with what you're missing, it's just ground to build on, but make no mistake: TRP preaches getting to and being in the top 10% of men--this isn't some feelgood vagina group. You need to be a valuable man to have an easy life. But you can be outside the top 10% and not be insecure. It's okay to be shitty in areas. Nobody is perfect. It's just not great.

I criticized OP for a non-masculine line of thinking. It's totally natural for a sixteen-year-old to be insecure. You don't own your own house, you're not the king of your kingdom yet. But at some point, you get the cojones and the dignity to say, "fuck you" more often. And it's not a angry, "fuck you." It's a respectful, "fuck you." It's self respect, and the respect to hit people back, or even hit people first(not literally, but yes, also literally).

Does that make sense? I'm rambling. I'ma keep rambling. Our culture doesn't encourage boys to become men any more, while there is always a demand, in every culture, for strong men. That's why TRP exists. The feminists want girls to cut their hair short and be independent, while they want the boys to cry and apologize. Well, we don't get to cry. That's part of becoming a man: you stop crying. Because life is hard, and there's nobody that's going to pick you up when you cry, because you're supposed to be, not just a man, but *the* man. If you come short of that, you disgust other people. You're in charge. People cry to you. You're either secure, or you're fucked.

I know this seems vague, but I hope this helps--at least with picturing the mindset that I'm preaching. Man up, buttercup.

clint\_bronson • 3 points • 30 August, 2016 10:09 AM

It truly baffles me the amount of disrespect some men are willing to take for pussy. Dude, you were the laughing stock of that little gathering, got disrespected by both your girlfriend and the guy who's most likely fucking her. You're on a train and next stop is cucktown, jump out of that train right now and get some self respect.

FilthMonger85 • 2 points • 30 August, 2016 12:16 AM

Dude did you a solid.

SexySmexxy • 2 points • 30 August, 2016 12:22 AM

D o n e z o

EseJandro • 2 points • 30 August, 2016 01:35 AM

She treated you pretty shitty brother. You don't deserve that.

SlothOnRoids • 2 points • 30 August, 2016 01:49 AM

What the fuck? How could you sit there and listen to this bullshit? As soon as I seen those two flirting I would have said "Hey I gotta go, nice chilling with you, maybe another time." This shit was over from the moment they all started hanging out at each other's places. Time to face the music and ghost her.

BFMCBeaner • 2 points • 30 August, 2016 02:11 AM

They're no more a scumbag than the old lady of the bro who's out in the field or deployed. People are gonna fuck.

My best friends old lady was a cunt. I knew she was gonna fuck. We were deployed to Bosnia for a year. Supposed to get a year stabilization and after a few months we PCS'ed to 2ID in Korea and she fucked a dude in our platoon back home. He was devastated. I told him there was nothing you could do. He was there and she was a dirtbag old lady. So I plopped Juicy girls in his lap and told him to have fun.

ItsTheHomeWrecker • 2 points • 30 August, 2016 03:36 AM\*

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MrGoodStuff05 • 2 points • 30 August, 2016 03:44 AM

I don't believe she's your girlfriend, no way. Maybe you misunderstood a fuckbuddy for a gf, if you guys have even fucked.

brooklynisburnin • 2 points • 30 August, 2016 04:07 AM

Dude open your fucking eyes, she practically told you to fuck off while she was flirting with another guy, does that seem like a first mate thing to do? Do the right thing.

beginner\_ • 2 points • 30 August, 2016 04:28 AM

Then my gf tells a story about how she fucked some guy a while back who was famous-ish.

That alone would be reason to dump her.

Bragging about previous conquests in front of people? And you are present?

flatox • 2 points • 30 August, 2016 09:14 AM

How are you even in doubt? Look at this shit, it has happened right in front of your fucking eyes and there's no respect for you whatsoever.

Wake the fuck up man.

fakeplastictrees87 • 2 points • 30 August, 2016 10:18 AM

as soon bitch shows disrespect it is game over. trust me. you can try with red pilling, but it is not worth. just get other bitch and hold frame.

ThePillAdvisor • 2 points • 30 August, 2016 10:29 AM

This is my honest opinion....

You have zero hope in this situation. She has already shown him more interest than she is supposed to, to add salt to the wound - this was done right in front of you.

Her telling him about sleeping with someone that is previously "famous-ish" was her showing she is up for it in my opinion. Instead of ensuring you are comfortable around her new "friends" she has isolated you with disregard.

Her friend is single I can assume, your story doesn't quite say. When "This guy" house mate comes round to fuck her brains out, do you think your girl will be sitting around reading a book.

These two guys are talking with each other about the jackpot. The two girls that moved in downstairs that they can now have fun with. I'm talking from experience here, being the guy with a roomie that has girls living close by.

My honest suggestion would be to drop her like a tonne of bricks and keep it moving. The paranoia will only get worse, the smallest things will seem huge ( her putting her hand on his shoulder = omg she fucked him last night = probably true).

TRP should teach you self respect and self worth. If you are a guy that will settle for this then....

[deleted] • 2 points • 30 August, 2016 01:21 PM

Make fun of her for wanting to fuck him. If she tries, ditch her. e.g. "Hey, if he takes you off my hands, tell him I'll throw in the xbox and TV"

Girls always get turned on by others, you can't let it get to you. At the same time, you aren't a cuck.

miketech18 • 2 points • 30 August, 2016 02:11 PM

Wait. Why are you staying with a girl that you already know is crazy?? The moment she was flirting and put up her finger at you I would have shut it down right there. You gotta go, go fast. If u allow her to string you along you will be her toy forever.

Kwantuum • 1 point • 30 August, 2016 04:53 AM

Is he challenger in LoL though? Chicks dig elo. Just kidding, you'll find good advice in the other comments.

shitwiththatass • 1 point • 30 August, 2016 05:17 AM\*

To contribute, next all of your mutual friends too. Makes it easier to move on. You'll be ok.

play\_time\_is\_over • 1 point • 30 August, 2016 05:59 AM

If a guy told me he was going to fuck my girlfriend in a serious manner he'd be on the floor with a broken jaw approximately 1.5 second later.

It's not about mate gaurding its about having some god damn self respect and that dude took a massive dump right on your face.

Jesus christ man that's just brutal. Should have dropped him immediately.

[deleted] • 1 point • 30 August, 2016 02:26 PM

Or he did him a favor, just in a disrespectful way

ScruffyPete101 • 1 point • 30 August, 2016 07:34 AM

Seriously just drop her. There's no reason to put yourself through this. I don't know what you're expecting to happen. Just end it with as little fuss as possible and forget she even exists.

RichieFinn • 1 point • 30 August, 2016 09:24 AM

to be honest, you probably shouldn't be pissed at the guy, if anything hes just opened your eyes to what your shit

excuse of a gf is really like. would you even have posted if he didnt make those remarks? because her telling past sex stories was way worse than what he said to be honest..

BusterVadge • 1 point • 30 August, 2016 01:28 PM

You already know what to do. Dump her, hit the gym, increase your SMV and get some experience with women. Maybe then decide to do another LTR if that's your thing, but make sure it's a quality woman next time. That's what you deserve.

Apexk9 • 1 point • 30 August, 2016 02:39 PM

She drinks with them and he does weed.

Yeah bro he's gonna fuck yo girl.

blackfin • 1 point • 30 August, 2016 02:56 PM

That guy is a bro. He's just being straight-up with you. You only saw what she was doing infront of you which is (probably) restrained (and already hugely disrespectful) in comparison to what she does when you're **not around**.

thor\_away92 • 1 point • 30 August, 2016 03:07 PM

Well after 2 weeks of my gf drinking with these guys, I show up on the 3rd weekend. It felt like I killed the vibe when I showed up - they were already hanging out.

Yeah man sorry but I've been on this end of the vibe (where you came in and ruined my fun.)

Sucks to hear but they getting on just fine without you. Next her.

AtIRP • 1 point • 30 August, 2016 03:33 PM

Why are you in an LTR at 24, especially with a slut like this? At your age you should be spinning plates, not entering into committed relationships with sub-par women.

Drop this bitch, lift like your life depends on it, eat a shit ton of protein and healthy fats, work on your game/holding frame.

As others have stated, no need for any conversation with this chick about ending the relationship. Just block on all social media, delete number from phone, ignore any and all of her attempts to reach out to you and fade off into abundance land.

Colonel\_Tryhard • 1 point • 30 August, 2016 04:04 PM

my stomach was burning while reading this.

[deleted] • 1 point • 30 August, 2016 05:58 PM

Trust your gut that has been evolving for millions of years. What does it tell you?

redolas • 1 point • 30 August, 2016 07:01 PM

You're in the other guy's frame. You are following your gf to meet guys. Wrong. Never let her lead or you're doomed.

Turn this around. Go to places where you can find girls. While you do the dread game - she will want to know soon enough what you're up to - you learn the game as well. And if she decides to split, you are on your way to a new gf.



the-bum-hammer • 1 point • 30 August, 2016 08:24 PM

Yeah, that guy knows what's up. You're hoping you know what's up.

He knows. You hope.

He WILL fuck your girl, whether you drop her or not.

knightSwolaire • 1 point • 30 August, 2016 08:43 PM

OP we need an update

hobohunter24 • 1 point • 30 August, 2016 08:52 PM

The fact that this is even being asked here is ridiculous. I can't think of a better example of somebody who needs to dump their gf than this one.

[deleted] • 1 point • 30 August, 2016 08:58 PM

you should definitely dump her, but for christs sake man, stop focusing on this neighbor dude. There are many other reasons listed in your post to dump the bitch, and i'm gonna go out on a limb here and assume there are even more you're not airing out. Get real dude, this chick is trash and if she's not already banging someone else, she will be soon. Count on it.

sj2k • 1 point • 30 August, 2016 10:51 PM

"if she was pathetic enough to fuck a guy like you, you wouldn't need my permission"

Worstpartofbreakup • 1 point • 31 August, 2016 05:22 AM

Drop her. Thank the guy. Move on. You already said she's an unstable bitch.

cazzah123 • 1 point • 25 September, 2016 05:38 PM

Odd question, but whats people opinions on the dude whose gonna fuck his GF?

In my opinion he's a bro for sure. He at least came out and told the dude straight. I'd have done the manly thing here, thanked him, swallowed my pride and dropped the girl.

Its not his fault your girl wants to fuck him, and he shouldn't hold back either. But he did an honorable thing and said to himself "I'm not gonna let that dude get cheated on by this whore"

[deleted] • 2 points • 30 August, 2016 12:08 AM

Wow, you should straight up be ashamed of yourself.

6'2 and 130 pounds? Holocaust survivors weren't even that skinny.

All around you sound like a beta bitch. Straight up break up with her and take sometime to improve yourself, then start trying with women again.

blackoutedfast • 1 point • 30 August, 2016 01:33 AM

ha. dump your girlfriend, she is garbage. the chad seems like he has his shit together, maybe he can become your mentor or something.

MaseWindew • 0 points • 30 August, 2016 02:44 AM

I know it's easy to hate the guy, but maybe he just did you a favor. And he said he would let you know. But at the same time... It seems a bit sketchy and you should take everything he says with a grain of salt.

I mean when you felt disrespected by her cause she gave him attention over you could've gave him an idea, and

maybe he saw that you were mad and took the opportunity to sabotage your relationship. She could've told him "I don't want to hook up with you cause I have a bf" who knows.

But if she's with these guys every weekend without you, there def could be something up.

My advice is you should gage it out for a few weeks. Be friendly as possible to the guys and whenever you guys all get together again, try to have as much fun as possible. This will show you have a idgaf attitude. Wait two weeks and if you still have suspicions, confront her. She might confess or she might say the dude is lying. At that point you tell her to stop hanging out with him, which she should comply with willingly. (Only if she hasn't hooked up with him and you know for a fact she hasn't)

Otherwise dump her.

[deleted] • 2 points • 30 August, 2016 02:05 PM

No chicks that act like this get dumped now by nonthirsty self respecting dudes.

[deleted] • -5 points • 29 August, 2016 10:07 PM

And you didn't break his face at that moment, why?

improvingme63 • 4 points • 29 August, 2016 10:39 PM

The was trying to warn him that his gf was a hoebag. He probably could have left the part about capitalizing on the situation out.

nastynickdr • 4 points • 30 August, 2016 12:04 AM

Breaking his face wont unwhore her

henry589 • 6 points • 29 August, 2016 10:17 PM

Because he ain't captain save a ho she ain't his wife or prime LTR material based on her behavior

PlaneHijacker • 3 points • 29 August, 2016 10:13 PM

Because it's illegal?

[deleted] • 1 point • 29 August, 2016 10:18 PM

A man walked up to him and said he's gonna fuck his girl. OP is ok with this lol

PlaneHijacker • 8 points • 29 August, 2016 10:28 PM

Well yeah, but if OP ends up in prison for assault then the dude's gonna have a lot more time to fuck OP's girl. Someone telling you "I'm going to fuck your girl" won't hold up in court when you're facing a decade in prison for aggravated assault.

What happened to holding frame? Monk mode? Are you so insecure that you have to prove your manliness by going to jail for a little trash talk?

[deleted] • 2 points • 29 August, 2016 10:37 PM

I can't imagine someone telling me to my face they're going to fuck my girl regardless if she's a whore like OPs. He wanted to fight and OP got cucked

[deleted] • 1 point • 29 August, 2016 10:37 PM

I can't imagine someone telling me to my face they're going to fuck my girl regardless if she's a whore like OPs. He wanted to fight and OP got cucked

BFMCBeaner • 3 points • 29 August, 2016 11:56 PM

No, he's looking out for him. The dude isn't friends with OP and knows what's up. Talked to him the way men do, with frankness. What you do with that information is on you. Act like a bitch and fight or ignore and continue mission like a cucked bitch or you can act like a man and roll the fuck out and let her become the neighbors problem from now on.

If you ever spent time in the military this shit happens all the time. We had a saying "Bro's before hoes!" This will happen to you or you will make it happen to a Bro's chick. Shoot (preferably on her face), communicate (to you bud what happened) and move out and draw fire.

[deleted] • 2 points • 30 August, 2016 01:06 AM

I'm a vet and military "bros" are some of the biggest scumbags on the planet. They'll fuck your wife while you're in the field. Bad example. I've seen it many times.

Anyway OP got cucked and will probably change after this

onmyownpath • 2 points • 30 August, 2016 01:36 AM

Can confirm ;)

[deleted] • 1 point • 30 August, 2016 01:39 AM

Military wives are the easiest to lay

BFMCBeaner • 1 point • 30 August, 2016 02:19 AM

True dat. When you marry local chicks looking for a dependopatomous ID around a post you're gonna have a bad time. I tried beating that into my kids heads when I was a squad leader. Wrap it up, hit it, jump out, do a PLF and beat feet without looking back.

[deleted] • -1 points • 30 August, 2016 02:59 AM

[permanently deleted]

BFMCBeaner • 1 point • 30 August, 2016 05:32 AM

Yeah, he's just giving you a heads up that he's going to cum on her face later. I'm sure there is some sympathy for the dude in there somewhere... lol

[deleted] • 1 point • 29 August, 2016 10:33 PM

To be fair, the guy is probably bigger than OP. Either way, fuck those people. He should dump the chick.

[deleted] • -1 points • 30 August, 2016 01:05 AM

You should have whacked the guy hard. Floored him.

hobohunter24 • 1 point • 30 August, 2016 08:54 PM

For doing him a favor by telling him (as if the signs weren't already there...) that his girlfriend is a whore who wants to fuck him? I'd buy the guy a beer.

[deleted] • 1 point • 31 August, 2016 12:13 AM

All girls are whores. The guy was challenging him for the girl. He was essentially saying what are you going to do.

If he floored the guy, the girl would have transformed from a whore to a unicorn.

hobohunter24 • 1 point • 31 August, 2016 01:47 AM

You have a terrible grasp of what occurred.

[deleted] • 1 point • 31 August, 2016 12:36 PM

You are too invested in being right on the internet.

[deleted] • -1 points • 30 August, 2016 02:01 AM\*

You had a quick window of opportunity there, fyi.

If you had popped the dude in the face after he said that shit to you, you would've re-taken your position as the AMOG for sure. As long as everything that needed to happen was finished in that 1 punch. A full-on fight on the other hand - no chick is really worth that - and you'd be a beta white knight of sorts.

I think you have to be willing to do what you have to in the event a rare situation comes around, but if a chick is deliberately setting you up for that she's a total cunt who isn't serious about you or serious about a relationship.

So you have to gauge where she is in all of this, and you have to gauge where you are in all of this. Doesn't sound like either of you are into being serious. I'd drop her, do some more self-development, and then go back to the fishing pond again later on.

A lot of guys frown on physical violence, but the thing is your urge to pop a dude if you've been provoked - those are natural biological urges. They don't go away, but you can decide where you want to place them. You need to confront yourself, figure out what your core values are, and ask yourself what is *worth* fighting for. Hint: superficial narcissistic chicks are NOT worth fighting for.

BasketCase559 • 1 point • 30 August, 2016 06:19 PM

I agree with you on some level, but hitting the guy is a gamble. Even if the guy was knocked out cold, his room mate probably wouldn't take kindly to that, and OP's girlfriend would likely see this act of violence as insecurity. Not to mention the potential for OP to get jail time. It's almost never worth it.

In my opinion, the best thing he could have done was say something like "Have at her, she's your problem now." And skated the fuck out of there like a boss.

But that's counterfactual thinking. It's damage control now. OP needs to drop that bitch like a bad habit and work on himself for God's sake.

[deleted] • -3 points • 30 August, 2016 04:11 AM

[permanently deleted]

[deleted] • 2 points • 30 August, 2016 01:50 PM

Fuck this noise. Yeah, it is natural to feel attraction but an LTR should not act in this over manner.

[deleted] • 1 point • 30 August, 2016 02:24 PM

Are you excusing her behaviour? Ofcourse we all get attracted to other people, but you can decide to act upon it or not. Especially if it is this disrespectful she needs to be single so she can act on it all she wants.