

# Time and attention my only ammo

December 8, 2019 | 15 upvotes | by [Wagzdaddy](#)

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Reference post: <https://www.reddit.com/r/askMRP/comments/cwm38o/comment/eyh1nrq?context=3>

I believe it's pretty fucking simple. Wife isn't attracted. As you can see from a previous post it hasn't always been this way since dropping the Red Pill. I hit the six month plateau and made the big mistake of making this about her and not me. And it came crashing down big time. Since then working hard with my frame and doing everything for me. Continue on my path of awesomeness and increase my SMV. Gaming women including a 24 HB 7-8. Not fucking them just increase abundance. Nothing I mean nothing changes with the wife.

Read tremendous amounts of info on removing time and attention. The 2/3 rule is where it hit me. She never shows, or rarely, attention or non sexual affection. Btw, sex is there but borderline if not straight up "every wife is a rape victim" offers of starfish. At times I take it a caveman the shit out of her. She's pissed I initiate and pissed after. It's an absolute chore for her. Feels as though I'm literally at square one ie pre- red pill.

I've seen some effectiveness of removing my attention and time. In fact I keep coming back to just speaking to her concerning logistics only. She wants my attention again she has to earn it. I am not going to keep trying game and smother her with attention to no avail. In fact the ass slaps and teasing now not only pisses her off, which I come off as DGAF, but it's makes her angry not in a fun way. If that makes sense.

My plan. Remove attention and time. Keep doing my hobbies, gym and friends and wait. What else can I do?

TLDR: Went from 6mo of great red pill gains to at the 9 mo mark seriously stumped on removing time and attention or continue with the same red pill/ alpha qualities that got me to where I then crashed. I believe just need to be doing me and not give one fuck if she ever comes around. Puke over.

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## Comments

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ChokingDownRP • 22 points • 8 December, 2019 03:53 PM

Focus on saving you, not the marriage. It's still about her, but at least you're aware that it shouldn't be about her.

RStonePT • 14 points • 8 December, 2019 06:10 PM

It's Attention, Affection, Commitment, and those tools only have teeth commensurate with your value

Wagzdaddy[S] • 2 points • 8 December, 2019 07:21 PM

I get that now. Back to square one now.

SBIII • 15 points • 8 December, 2019 07:31 PM

You can't go back to square one because you never left it.

hack3ge • 1 point • 9 December, 2019 12:32 PM

Savage but true...

PillUpAss • 12 points • 8 December, 2019 03:49 PM

You're running a nice Dancing Monkey Improvement Programme plus your SMV is still way too low. Fix those and the rest of your life will fall into place, with or without the wife.

[deleted] • 10 points • 8 December, 2019 04:32 PM

You have low SMV and she isn't attracted. Fix that and you solve a lot of issues. Removing time and attention only works if she is addicted to the Feelz and tingles you provide.

If she isn't addicted to you, it's your fault. Be attractive not unattractive.

AlohaMaui808 • 0 points • 8 December, 2019 10:28 PM

Solid

weakandsensitive • 8 points • 8 December, 2019 08:28 PM

You're seeking her approval in all your actions.

Not once have you asked "What value is she bringing to my life that deserve these efforts?"

Which means -- she has exactly 0 reasons to give a fuck about you.

Perfectinmyeyes • 1 point • 9 December, 2019 12:58 PM

Not the OP but how does asking the question "what value is she bringing to my life" equate to 0 reasons for her to care about the OP?

Escape\_From\_Betacraz • 2 points • 9 December, 2019 08:15 PM

Because she is the prize here not him. He's not deciding whether she's good enough, he's trying to be good enough for her.

That's at least how I perceive his comment.

Perfectinmyeyes • 1 point • 9 December, 2019 09:15 PM

Ya I thought this... This is a new concept also for me hence I'm trying to understand/encorporate it.

Thanks

VengefullyY0urs • 4 points • 8 December, 2019 07:23 PM

There is a lot of advice stating you need to raise your SMV (and you probably should), but you are also going up against her perceived SMV of you.

This can be crippling. You can lift, get your style on point, and objectively go from a 4 to a 7, but your wife will still see that 4 every time she looks at you.

At this point, it seems only blatant pre-selection can turn the tide, meaning hotter younger woman are throwing themselves at you in front of her or the Hail Mary: she finds you cheating with a hotter, younger girl, and none of these are guarantees.

Rule of thumb is if you are getting real IOIs, offers or sex from woman with higher SMVs, then your SMV is actually where it needs to be. At that point if your wife isn't reacting, nothing will save it, but at that point, there is little reason to continue with her when you can get what you need from someone more invested in you elsewhere.

[deleted] • 5 points • 8 December, 2019 09:38 PM

So... you're angry your wife hasn't changed. Covert contract and all that. Great that you recognize it.

Use that anger to fuel you and drive you. You're LARPing. Because while you can tell yourself you DNGAF but you definitely still give a fuck.

It's not a "problem" so much as it is a stage in your journey. Keep focusing on yourself and drive that improvement.

Do not do anything retarded at this point.

Once you get to the point of really NGAF / apathy then you can start making some decisions. Until then. Keep grinding.

Wagzdaddy[S] • 2 points • 8 December, 2019 10:51 PM

What a crazy journey. Bear with me for a moment.

I get IOIs and could pull younger pussy. Have a couple younger women I could seal the deal with. She was with me a week or so back when a hot 24 year old I flirt with came up and hugged me at the bar in front of her. She didn't say anything and no signs of any jealousy or results from preselection. I've since gone back to the brewery with friends.

Fast forward to last night and she's being bratty so I tickled and pulled her bun on her hair as I do sometimes and she freaks and hits me a couple times on the arm. She says she almost decided to hit me in the face. She demands I say I understand she doesn't like me tickling her and I go silent but eventually say "I got it" we go out to the movie as planned. I flirt with a kiss and ass grab in line for popcorn she smiles and is flirty and calmed down.

Later I initiate and shes cold and angry when I do, as usual lately. No attraction is how I see it. I say I want to fuck my hot wife. She says get it over with so I don't bother her in the morning. Been down this road and say no thanks not interested having sex with an uninterested wife. Roll over go back to my phone and write out this OP. Not at all showing anger just determination. She's watching tv and I sat calmly that I'm going to sleep in the living room which I sometimes do because I have to get up early for work.

I come home this afternoon, after reading and internalizing all the input here, between shifts to make some

lunch to take with me. I thought about a little comfort maybe a good hug. I find her on the couch and say come with me she smiles and makes a joke "should I bring this needle with me". I take her in the bedroom and tell her I regret my actions yesterday. That's it. She says thats sweet. And we hug and kiss like we haven't in awhile. Full of passion. Insane passion. Which leads to extremely passionate fucking.

Now I'm going to put this to rest and not analyze but what is in play here? Hysterical bonding after extreme emotions the night before? A little dread maybe with me typing away and practicing OI? Again your comments are on point. And you are correct this is a journey and I cannot do dancing monkey anymore

[deleted] 9 December, 2019 12:56 AM\*

[deleted]

Wagzdaddy[S] • 3 points • 9 December, 2019 02:05 AM

This is exactly what I need.

hack3ge • 1 point • 9 December, 2019 12:39 PM

Anger phase it's normal - once you realize it's all your fault maybe you can actually get down to doing really work faggot.

[deleted] 9 December, 2019 03:35 PM\*

[deleted]

hack3ge • 1 point • 10 December, 2019 12:54 AM

He's been at it for 9 months and hasn't done shit - he's at square one. You are actually likely in the second anger phase - it's cool sometimes you can't see it until you are past it. You are mad that mommy isn't recognizing how far you have come when in reality you haven't even made a dent in what is possible.

How long does it take for you faggots to realize she is mother fucking irrelevant on all accounts? It's not worth paying attention to her or thinking about whether she's good enough.

Repeat after me, "She is irrelevant and I am still a giant faggot who hasn't actually done shit except dance for a woman. I need to figure out what it is I want in my life and get it no matter what it takes."

RPAnon123 • 5 points • 9 December, 2019 05:37 AM

I take her in the bedroom and tell her I regret my actions yesterday.

Are you fucking kidding me ?

Am I missing something or are you are apologizing for tickling her and playing with her bun ?

And because of apologizing you get reward sex for being a good little boy ?

I think you need to relearn what frame is and figure out whose frame you are operating in.

Wagzdaddy[S] • 1 point • 9 December, 2019 06:56 AM

That was a mistake. I never apologize for pissing her off. But the sex was coming either way. She was ready to go the second I opened my mouth. Almost like she had been waiting for it and thinking about it. I could've kept my mouth shut and taken whatever I wanted and it would've been the same intense session. But frame is definitely where I'm going to put work in. I am on my own path and doing this for me. To become a better man. No more I make her the mission. I'm my own mental

point of origin.

RPAnon123 • 2 points • 11 December, 2019 02:22 AM

I think you are full of shit. So much backpedaling and rationalizing.

Wagzdaddy[S] • 1 point • 8 December, 2019 10:29 PM

Your comments are on point.

BobbyPeru • 5 points • 8 December, 2019 11:16 PM

So you are going to punish her into wanting to fuck You instead of becoming fun and fuckable?

Good luck with that.

Wagzdaddy[S] • 2 points • 8 December, 2019 11:20 PM

I see that ever so fucking clearly now. I'm glad I came here today for these vets to help get it though my think skull. Thing is I realize all this just have been stubbornly holding on to oneitis. Onward and upward!

JDRoedell • 3 points • 8 December, 2019 04:04 PM\*

Sounds like sex isn't important to her. It is to you. Make sure she knows that. Your frame is, "I'll be having sex... you can be involved or not."

Edit; this of course assuming you're as high quality as you think first.

fannyfire • 1 point • 8 December, 2019 04:25 PM

This is a good strategy as long as he doesn't do what the faggot from the other day did to his wife and cave after she turned the water works on.

FoxShitNasty83 • 3 points • 8 December, 2019 04:17 PM

Fuck all that.... How are you lifts and body fat?

3 months ago: Stats: 5'10" 170lbs. Squat: 210 OH press:100 Deadlift: 250 Bench: 140 Row: 130

Wagzdaddy[S] • 1 point • 8 December, 2019 04:22 PM

Lifts have increased slightly. BW up to 175. Body fat at 18%. Figure I should still be eating at high surplus to continue with muscle/strength gains.

learning0007 • 3 points • 8 December, 2019 04:24 PM

Are you ok with your lifts only increasing slightly in 3 months

JoeBuckYourself • 1 point • 8 December, 2019 04:34 PM

Don't neglect cardio. This is often overlooked here.

learning0007 • 4 points • 8 December, 2019 04:37 PM

He's not even fucking lifting

JoeBuckYourself • 1 point • 8 December, 2019 06:33 PM

Whoops, OP you're doomed.

RedPillGlasses • 5 points • 8 December, 2019 05:01 PM

Lifts have increased slightly

So you're not lifting faggot.

Body fat is 18%

So you have a beer gut and you're working on getting man boobs.

My financials suck

So you're broke or in a dead end job.

I own shit around the house, cause I hate when things are messy

Good job faggot, she can hire a maid for what your provide.

I wouldn't fuck you either.

learning0007 • 2 points • 8 December, 2019 04:22 PM

I'm not convinced you're doing all the work. Sounds like you're stuck on the alpha stuff. Than you get into all these acronyms that don't make alot of sense. Not to mention, sounds like the only dread game you are using is fear. Correct me I'm wrong guys, but isn't part of being alpha that you make them feel all the emotions, good and bad, so they submit

[deleted] • 3 points • 8 December, 2019 10:20 PM

It's overt dread which will go very poorly and blow up in his face.

Wagzdaddy[S] • 1 point • 8 December, 2019 10:56 PM

I'm definitely going to stop with active dread in any form. Just me being awesome and improving with be my dread.

Wagzdaddy[S] • 1 point • 8 December, 2019 04:29 PM

Yes I am. Just not sure how to NGAF and just give comfort. But I know the comfort doesn't wet the panties.

learning0007 • 3 points • 8 December, 2019 04:33 PM

So you're saying you're doing the work and nothing is changing, even getting worse. I call bullshit. You've already admitted your lifts haven't went up in 3 months. What elsemare you leaving out

Wagzdaddy[S] • 1 point • 8 December, 2019 04:43 PM

I don't have all my ducks in a row. Financial is lacking. Working more OT to fix that. I could add another hobby If I had time besides my Krav Maga. Social scene could be better. Always looking for new guy friends. Own the shit out of house work cuz I hate when shit isn't done. Leading and she defers to me for everything.

hack3ge • 1 point • 9 December, 2019 12:41 PM

So you are a slightly fatter husband who spends more time away from his wife?

You know you couldn't seal the deal with that 24 year old if your life depended on it. You are bullshitting yourself and blaming it all on your wife.

Fucking faggot it's to wake up and get your lazy ass in gear.

learning0007 • 2 points • 8 December, 2019 04:40 PM

Here's what I recommend. You seemed to think that if you act like a big enough asshole, which counsel to interpret as alpha, she'll be licking your balls. My advice is to go back to the sidebar and start at step 1 which is to lift, and read all the books, and pray to fucking God that you don't get divorce raped and be left holding onto your own dick. Wtf

Wagzdaddy[S] • 2 points • 8 December, 2019 04:53 PM

Back to square one. That's what it feels like. And that's how I'll progress from here.

screechhater • 2 points • 11 December, 2019 09:01 AM

Stop living and breathing for her to notice you.

You are 43 ?

**Cast iron frame, dread, and comfort. SMV and HV. Get it together. You are not scratching the surface of the work, you will know the moment you do, as in the unbuckling of your pants will be from her hands**

Wagzdaddy[S] • 1 point • 11 December, 2019 02:51 PM

You're correct. I see all the areas I'm lacking in ( finances, lifting, social life) and where I know the work lies. But I think you hit the nail on the head, as has everyone else, and that's getting rid of the oneitis. Get out of her head and frame. I know getting my shit together will help but I need to actively not think about her. All the advice here on this post is spot on.

Wagzdaddy[S] • 1 point • 11 December, 2019 02:52 PM

I'm 44.

Wagzdaddy[S] • 1 point • 11 December, 2019 03:06 PM

I'm sure you would agree that bottom line right now I have to actively stop giving a fuck about her feelings or what she thinks of me.

Whatev22 • 2 points • 8 December, 2019 03:44 PM\*

U/LongRoad\_518 gave you the answer last time you posted

HornsOfApathy • 4 points • 8 December, 2019 03:51 PM

I believe just need to be doing me and not give one fuck if she ever comes around.

You still suck at comfort.

Yep, he's /u/redranger207 now.

His reply to you.

She never shows, or rarely, attention or non sexual affection.

It's likely that you're trying to invoke dread hoping for a positive emotional response, and you've not yet understood how to convert dread to desire. You are also not her safe place. You're just an alpha 1.0 dude that will get nothing more than caveman dread sex filled with anxiety and madonna/whore complex.

Wagzdaddy[S] • 1 point • 8 December, 2019 04:16 PM

I get that. And re-read the comment. But how and why give comfort and attention when it's not reciprocated? I understand at this point it's a lot of alpha but even after the starfish and with the resentful

attitude she has I give comfort and attention. How though should I do it prior? I give attention and affection at time with OI. Love giving back/ foot rubs with nothing expected at time but where does it end if she seems to not have any attraction towards me? Hence me delving into the realm of true asshole alpha and real IDGAF. And that's where I say just straight up not give what I don't get back. Don't know what else to do. If I saw improvement that would be one thing so. Don't know what path to take.

HornsOfApathy • 7 points • 8 December, 2019 04:20 PM

See my other comment on scoreboarding. You are an amazingly obtuse dancing monkey.

She can see right through your bullshit covert contracts. Dont lie to yourself.

Wagzdaddy[S] • 1 point • 8 December, 2019 04:26 PM

You're right. I guess I'm just way to much emotionally invested. So again I need to just drop everything I do to "effect a change in her", get her out of my head and just do me. I'll read that article.

HornsOfApathy • 1 point • 8 December, 2019 04:30 PM

Question you'll need to ponder if you "just do me": Do you like your wife? What needs would you meet for someone you like?

[deleted] • -2 points • 8 December, 2019 06:55 PM

I said the same thing. How are you going to do that?

Go game women. Go on dates. Catch and release, whatever. Just stop fucking focusing on her golden pussy. Can you go without sex? My wife begs me for sex now. I don't even care if I fuck her. I can fuck whoever I want. Can you? If not, she knows that you have no options for sex.

When you have smv and KNOW it in your core, you will get what you want because you will bleed alpha confidence.

Wagzdaddy[S] • 1 point • 8 December, 2019 04:33 PM

Do I up the beta and reduce the alpha seeing the alpha ain't getting shit wet. Again do I just NGAF and do what I want? I see I'm too harsh but maybe it's ok to slip into beta/comfort at this point but with no covert contracts.

HornsOfApathy • 3 points • 8 December, 2019 04:34 PM

Cuddles are Required

Thanks, /u/red-sfpplus

red-sfpplus • 3 points • 8 December, 2019 07:09 PM

I am glad I didnt quit this sub.

[deleted] • -1 points • 8 December, 2019 08:08 PM\*

Shit, me too

Edit: I meant I am glad red didn't quit. Even if he is a tranny fucking faggot, I like him alright

[deleted] • 1 point • 8 December, 2019 08:04 PM

I just read this again and it's probably one of reds better posts. If this is what you mean by safe space then sure, I'm all about post fucking cuddles. I especially like the part about shower / after care. I have taken this to heart and make sure I am extremely attentive after sex. I used to cum and instantly sleep. Now I stay up and sometimes the girl wants a second round. Cuddles leads to emotions which leads to positive Feelz which leads to crazy emotional fucking. Drugs for bitches.

It's all a big manipulation game with emotions but it's very enjoyable. I have come to love the after care. It's a sweet gift to a woman. I'm happy to share.

HornsOfApathy • 2 points • 8 December, 2019 09:09 PM

That's all I ever meant by a safe place. Hence, why I've linked two very similar posts explaining the same idea from two different sources.

Glad you're making the connection rather than being on the projective offensive.

[deleted] • 1 point • 8 December, 2019 11:29 PM

I am slow at times

[deleted] • 3 points • 8 December, 2019 09:47 PM

Same shit as you posted last time. You're still thinking beta = bad. You're thinking "well if I give comfort than I'm a faggot again".

Here's the deal with RP and alpha and all that shit: you do what you WANT to do. For you. To give your gifts with no expectations. It's a very healthy way to live.

Want to get your wife flowers? Go ahead but don't expect sex or a BJ or her to be in a good mood or give you a thank you. If you get a glimmer of a covert contract, then don't buy the flowers.

AlohaMaui808 • 3 points • 8 December, 2019 10:52 PM\*

Your problem (as they keep trying to tell you in myriad different ways) is that you are painfully obviously doing all this to *get a reaction from her*. You're not doing it because you realize what a POS you are and want to be a better man... you're doing it because *her withdrawal from you has caused you* to realize what a POS *she thinks* you are and so you want to be a better man *to manipulate her into fucking you again*

No matter how much you try to say otherwise to us or even yourself, your words expose the truth - you can't help it. Everything you're doing is a giant covert contract.

Let me ask you a hypothetical. Now that you've "swallowed" the red pill, if all it took was the knowledge and you didn't have to do any of this work, and she would start fucking you passionately again, would you still be doing this physical, mental, internal work? Or would you be content with what you had? Answer this honestly... not with rose colored "best imaginary self" glasses.

My guess is, mostly you'd be content with what you had at home. Professionally financially you'd keep working, but personally, family, marriage - you'd be content.

That's your fucking problem. You're doing this for pussy instead of for a legit internal *NEED* to become a better Man

AlohaMaui808 • 1 point • 8 December, 2019 11:01 PM

u/HornsOfApathy would you agree with my assessment?

HornsOfApathy • 2 points • 8 December, 2019 11:33 PM

This retard has wasted enough of our time.

Wagzdaddy[S] • 2 points • 9 December, 2019 03:00 AM

Fair and deserved. But appreciate your time because this is just a part of my journey and today is a big part of that. Thank you.

weakandsensitive • 1 point • 9 December, 2019 10:25 AM

did you just go seek validation from a retard on the internet?

HornsOfApathy • 1 point • 9 December, 2019 05:41 PM

Yea, he did.

AlohaMaui808 • 1 point • 9 December, 2019 05:42 PM

One of the last times I gave feedback for an askMRP question, HOA took time to come in and clarify a concept for me. I appreciated it, and was asking for the same again.

Different from validation seeking, isn't it? I guess I should have sent it in a message?

Wagzdaddy[S] • 1 point • 8 December, 2019 11:07 PM

You are 100% correct. For the first six months everything was fantastic because she came around and then it crashed because it wasn't entirely for me. I'm not gonna lie I didn't realize this now and have been struggling to get away from it. At one point I would say yes but now I'm more about me. This is the key part. I will get there and am getting there. I'm giggling my heels in as we speak.

AlohaMaui808 • 2 points • 8 December, 2019 11:13 PM

You're intermittently

I'm more about me.

You mostly have no frame, and are in her frame checking for reactions. You're just LARPing that this is about you. If it actually was about you, you wouldn't have come asking this question because you wouldn't GAF whether she was reacting or not. You'd be doing you. You're not

Wagzdaddy[S] • 1 point • 8 December, 2019 11:17 PM

Thank you. You're right and I've noticed this for quite awhile. That is my mission. I'm doing this for me and I know I'll be solid.

AlohaMaui808 • 3 points • 8 December, 2019 11:23 PM

That's not a mission... that's a personal goal.

A mission is something outside yourself, a gift you give freely to the world from the core of your being that only you can give, in the way you can give it.

Unfucking yourself is not your mission. It's your current goal.

[deleted] • 2 points • 8 December, 2019 10:01 PM

Your comment is summed up as: "I do things and DNGAF, but am not going to do things because she won't do anything for me because I give a fuck". See the doublespeak?

Wagzdaddy[S] • 1 point • 8 December, 2019 10:20 PM

That's makes total sense. All the input today has helped tremendously.

[deleted] • 1 point • 8 December, 2019 06:19 PM

I agree with parts of this. He sounds like he is angry she isn't responding to his changes. Either he hasn't changed or he still cares what she thinks.

Assuming he cares about what she thinks of him, it means he is acting in a way that shows her that she is in control. You don't need to become a safe space, that isn't a prescriptive method for every single relationship. It certainly helped yours.

If she can feel you being needy she will use that to her advantage. It's just hypergamy. If you show her that you don't give a fuck about her she will come right back. It's push pull. If you are high value, she will feel that you aren't needy. If you are high smv and cause dread you can grab insane amounts of power and frame.

Here is the catch. This only works if you have the dngaf frame to match. For me, I got it by filing. You can file in your mind if you are strong, I couldn't get there. I had to cheat before I could get over the hurdle but it's obviously possible to stop without cheating. I have the documents and cash for Monday.

Whoever cares more about the relationship loses power. OP cares mores than his wife does and she feeeeelz it deep in her feminine core and she desires a man who doesn't care too much about her but cares about his mission.

Fuck all this safe space bullshit horns. You post your shit like some prolific published author. You can't use your specific path and force it on everyone else like an autistic. It worked for you but not everyone wants to babysit a bpd wife who can't run her own life because she is an anxious (will always be too) little girl who needs a daddy. If his wife was like ours (CB8) it might be more helpful advice. To be fair, I don't know anything about OPs wife so you might be spot on.

hack3ge • 5 points • 9 December, 2019 12:46 PM

You are a faggot who is still fighting with a little woman - your ego is so big you can't see your own shortcomings so you are torpedoing your marriage.

It's funny how clear I can see it now - you care more about winning than enjoying your life. You are like a 5 year old throwing a temper tantrum to mommy.

Horns is 100% right - dread gets you one thing but if you want desire you have to be the total package.

FoxShitNasty83 • 2 points • 8 December, 2019 06:27 PM

CB8? Cunt bitch level 8 (guessing)

[deleted] • 1 point • 8 December, 2019 06:29 PM

Crazy bitch. It's just the hot crazy scale at work. At a certain level they get pretty nuts. Add in an

NPD and bipolar mom who hyoersexualized her as a child and you get fireworks.  
My STBX is objectively a smoke show of sex appeal. Equally as nuts. Fun to fuck though.

Wagzdaddy[S] • 1 point • 8 December, 2019 03:54 PM

Why give her attention and comfort (beta) when I don't get shit back? She initiates absolutely no attention or affection. When I have ghosted her lately such as logistics only she'll eventually show some reaction seeking attention. Then I'll cave and reciprocate and initiate and it's the same ol starfish and resentment by her.

HornsOfApathy • 5 points • 8 December, 2019 04:10 PM

You're score boarding like a mother fucker.

Jackten had a great post on this here: The Scoreboard

Stop trying to "win" at redpill.

Wagzdaddy[S] • 1 point • 8 December, 2019 04:18 PM

That's makes sense. I'll read it.

[deleted] • 3 points • 8 December, 2019 10:16 PM

It's already 1,048,576 to -200,000 in her favor anyhow.

Only way to win now is to break the scoreboard and never use it again.

RedPillGlasses • 1 point • 8 December, 2019 04:58 PM

Some bitches cut the rope. Usually it's a good thing.

FoxShitNasty83 • 2 points • 8 December, 2019 05:08 PM

Are you providing comfort to her or comfort to you? The more you chase that rabbit the faster it runs...  
Stop the chase and work on yourself.

Don't provide beta comfort if she doesn't need or want it. Let her come to you.

I am no expert just another bloke fumbling in the dark. Good luck keep posting oys.

BostonBrakeJob • 1 point • 8 December, 2019 07:56 PM

Here's an exercise for you. Read your comment in a loop (that means read it all the way through, then start at the beginning and read it all the way through again. And again. And again.) Read it until you are sick of reading it, and then read it some more.

That is you and what you are doing. It's your answer. You're just too damn focused on the (wrong) prize to see it.

Wagzdaddy[S] • 1 point • 8 December, 2019 10:21 PM

You're exactly right

learning0007 • 1 point • 8 December, 2019 03:39 PM

So it hasn't gotten better from 3 months ago in the original thread?

Wagzdaddy[S] • 1 point • 8 December, 2019 03:45 PM

No. Gone further down hill. For my part I've had set backs with some DLV such as mate guarding and

neediness. Which was part of the whole crash and burn or the aftermath. I see now of course that I was doing everything for her and doing the dancing monkey. Hence when the good times started to wane I became a little bitch. Now? I have to be able to truly be ok without her in my life. If she comes around again great but either way I continue to increase my SMV.

RedPillGlasses • 1 point • 8 December, 2019 04:57 PM

I've read your previous posts. You don't sound like a faggot too much, but you're missing body statistics in most of them.

You're 5'10", what is your weight and body fat?

What are your lifts?

If you're skinny fat I think we have the answer to your problems.

Wagzdaddy[S] • 1 point • 8 December, 2019 05:21 PM

Up 20lbs and still trying to bulk. Hence the extra weight in the midsection. Man boobs no. Pecks for the first time ever. Lifts have improved and working on hypertrophy also. What is your answer?

RedPillGlasses • 1 point • 8 December, 2019 05:21 PM

You're 18% body fat. Stop being chubby and she will want you.

[deleted] • 4 points • 8 December, 2019 09:15 PM

She may or may not. It doesn't matter. You lose the weight for yourself. You look good for yourself.

You do these things for you because if you're high value then you have the self respect to want to look good.

RedPillGlasses • 2 points • 8 December, 2019 09:37 PM

I look good to fuck bitches, not gonna lie.

I think most of us are lying if we say otherwise.

slappysq • 1 point • 8 December, 2019 05:37 PM

What are your lifts and bf%?

Wagzdaddy[S] • 1 point • 8 December, 2019 11:01 PM

This entire thread has grounded me. What a crazy journey. Bear with me for a moment.

I get IOIs and could pull younger pussy. Have a couple younger women I could seal the deal with. She was with me a week or so back when a hot 24 year old I flirt with came up and hugged me at the bar in front of her. She didn't say anything and no signs of any jealousy or results from preselection. I've since gone back to the brewery with friends.

Fast forward to last night and she's being bratty so I tickled and pulled her bun on her hair as I do sometimes and she freaks and hits me a couple times on the arm. She says she almost decided to hit me in the face. She demands I say I understand she doesn't like me tickling her and I go silent but eventually say "I got it" we go out to the movie as planned. I flirt with a kiss and ass grab in line for popcorn she smiles and is flirty and calmed down.

Later I initiate and shes cold and angry when I do, as usual lately. No attraction is how I see it. I say I want to fuck my hot wife. She says get it over with so I don't bother her in the morning. Been down this road and say no thanks not interested having sex with an uninterested wife. Roll over go back to my phone and write out this OP.

Not at all showing anger just determination. She's watching tv and I sat calmly that I'm going to sleep in the living room which I sometimes do because I have to get up early for work.

I come home this afternoon, after reading and internalizing all the input here, between shifts to make some lunch to take with me. I thought about a little comfort maybe a good hug. I find her on the couch and say come with me she smiles and makes a joke "should I bring this needle with me". I take her in the bedroom and tell her I regret my actions yesterday. That's it. She says thats sweet. And we hug and kiss like we haven't in awhile. Full of passion. Insane passion. Which leads to extremely passionate fucking.

Now I'm going to put this to rest and not analyze but what is in play here? Hysterical bonding after extreme emotions the night before? A little dread maybe with me typing away and practicing OI? Again your comments are on point. And you are correct this is a journey and I cannot do dancing monkey anymore

HornsOfApathy • 2 points • 9 December, 2019 01:46 AM

Now I'm going to put this to rest and not analyze but what is in play here?

You stopped being a alpha retard for about, oh, I don't know - a few hours.

Go back and read the sidebar all over again. Don't waste anyone else's time here.

Wagzdaddy[S] • 1 point • 9 December, 2019 02:20 AM

Roger that. Already re-reading. Also rereading my posts from today and seeing where Ive been clearly focused on the wrong goal. Thanks for kicking my ass.