

Need genuine examples for frame and how to hold boundries....

January 20, 2020 | 12 upvotes | by [1kdawg1](#)

200 lbs, 315 max bench, 365 max squat, 365 max dead, 8.8% body fat, financially secure, constantly reading sidebar, read most of the books.....

Reading my previous posts will add context....

Improvements: Better at STFUing and not DEERing, better at handling sex refusal, keeping more busy with myself as we just moved in our new home I built, better at holding my frame most of the time

Many struggles but the following is what I seek advice for:

Wife still mostly sleeps with our sins, 6 and 8. Just this morning she slipped into our bed and our 6 year old shortly followed. I have been very clear on my position with this. I struggle a lot with this as I read that I am not to show my hurt but how to balance this with letting her know this is not acceptable?

I am confused guys. A lot of the sidebar states to rise above, be the man whom she wants to follow, be strong, don't be butt hurt.

I plainly and calmly have told her this is not acceptable...yet nothing changes.

I know I should not pit sex on a pedestal, and I feel good about my progress on not showing her my butt hurt, but when we do have sex at my initiating....she ALWAYS whines. Some examples:

I tell her to get on her knees as stare into my eyes while she licks my cock. She whines or comes up with an excuse, blah blah.

She rushes through foreplay ALWAYS and cums quickly.....no journey.

I instruct her to pleasure herself while I watch, and she ALWAYS has an excuse.

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Comments

AwkwardlyWebbedRalph • 14 points • 20 January, 2020 05:07 PM

You read most of the books but still don't know how to establish boundaries?

You're unattractive.

That's likely why she doesn't want to do literally anything you say. She knows she doesn't have to care because your value isn't high enough to attract literally any other woman's attention, so she can keep covertly telling you to pound sand without losing her provider.

She can read you like a book. She knows you are desperate for her submission but you aren't worthy enough to obtain it. She subconsciously knows you exist within her frame.

If I were you, I'd stop giving a shit about what your wife will or won't do for you, and start living life on YOUR terms. Become attractive, fun, and carefree. Say what you want, even if it offends her, and then laugh about it unapologetically and be on your way. Care about cool and rewarding shit that isn't your wife.

This is generally known as "dread", but you should know this because you're well versed in the sidebar.

[deleted] • 4 points • 20 January, 2020 07:44 PM

This seems right to me. I really needed this advice thank you.

SBIII • 22 points • 20 January, 2020 02:51 PM

Every couple of months you pop into this sub asking questions about frame, boundaries and asking people for advice and insight on where you might be going wrong and what you might be missing.

Where exactly has that gotten you?

Nowhere.

What exactly have you learned from it?

Nothing.

So why do you keep repeating the same mistake over and over again even though the results are the same?

Coz you are a lazy fucktard.

Go to OYS tomorrow, start posting some real truths about yourself or fuck off - if you genuinely want to put in the real work and gain real insights, that is how you do it, otherwise you're wasting everyone's time.

HornsOfApathy • 15 points • 20 January, 2020 03:28 PM

Go to OYS tomorrow, start posting some real truths about yourself or fuck off

OP is salvageable only if he does this. He is negotiating desire and LARPing Alpha like every other man that doesn't want to do the work and take his ego bruises.

SBIII • 4 points • 20 January, 2020 06:52 PM

This retarded, fat fuck wanted 'hot wife' his missus out because he's too stupid and lazy to learn how to fuck her properly himself.

He can't find his own dick, let alone do OYS.

HornsOfApathy • 3 points • 20 January, 2020 07:02 PM

'hot wife' his missus out
He can't find his own dick,

Too busy finding other dick instead of his own.

let alone do OYS.

Let's see if he does OYS tomorrow. u/1kdawg1 I suggest you do.

SBIII • 5 points • 20 January, 2020 08:29 PM

Well, he's been busy today. Busy deleting half his post history.. all the stuff he posted about cucking his wife out plus a photo taken a few months back when he was clearly a fat cunt with around 30% body fat.

Just ban the fucker already.

HornsOfApathy[M] • 8 points • 20 January, 2020 08:45 PM

Wish granted.

Over60_FireTempered3 • 10 points • 20 January, 2020 09:03 PM

The "ban the fucker fairy" grants another wish. It's Magic!

BobbyPeru • 6 points • 20 January, 2020 09:20 PM

I'm an administrator or a RP page on FB, and we keep it ver small (under 100 men). I've only had to ban one guy in the last year, and it was because he took a hardline stance about how it was "creepy" that a 40 yr old member was dating a 20 yr old. Point is... the larger the group is, the more bannable offenses... probably more than half the AMRP posts should get banned, but I guess you have to give them a chance to take their lumps and start doing the work. I'd say OP used up his chances

Over60_FireTempered3 • 3 points • 20 January, 2020 09:37 PM

"OP used up his chances" Agree.

Over60_FireTempered3 • 1 point • 20 January, 2020 10:00 PM

You and I remember when MRP was under 3000. I miss the original group back then. The sub now gets really messy compared to back then. Probably like refereeing triple tag team MMA.

BobbyPeru • 3 points • 20 January, 2020 10:29 PM

Yeah the message was more clear. It's hard to keep up with the droves who read a couple posts and now think they're alpha and red pill lol

WolfOfAllStreets • 1 point • 21 January, 2020 03:25 AM

This.Is.Sparta

[deleted] 20 January, 2020 02:51 PM*

[deleted]

SBIH • 7 points • 20 January, 2020 02:58 PM

u/johneyapocalypse spelled it all out to him here and yet he still comes back in full retard mode with his basic bitch, dumbass questions all because Mommy doesn't look him in the eye while she sucks his little peepee.

Mods should permaban this fucking waste of space.

RedPillGlasses • 14 points • 20 January, 2020 07:05 PM

Cheat on her.

Proudly tell her about it.

She will either become your slut, or divorce you.

Both are good, you're welcome.

IWantToHelpSometimes • 3 points • 20 January, 2020 09:24 PM

The best advice on this post.

UnbreakableFrame • 8 points • 20 January, 2020 02:59 PM

Your physical stats don't add up. 8% at 200lbs is enormous, but your squat and deadlift are low. I would hazard a guess that you don't actually have any idea what your body fat is.

BobbyPeru • 2 points • 20 January, 2020 09:15 PM

Your physical stats don't add up. 8% at 200lbs is enormous, but your squat and deadlift are low.

This jumped out at me too. Of course, OP omitted his height, which is very relevant. The more information these guys give about stats, usually it becomes more obvious they are BS'ing either us or their self... or both. An eye opener for me the other day is I was looking up Barry Bond's weight after he juiced up, and he was only 228.. I think 6'2ish. I would have guessed like 250-260, but he was probably very low BF... so for OP to be 200 lbs at 8%, his numbers would have to be a lot higher... but if he adds in height, the picture would become very clear

hack3ge • 1 point • 21 January, 2020 01:19 AM

It's entirely possible he could be 8% at 200 especially since 8% is likely 12-15%.

BobbyPeru • 2 points • 21 January, 2020 01:49 AM

8% has a high probability of being 20%

Cam_Winston21 • 1 point • 21 January, 2020 03:50 PM

An eye opener for me the other day is I was looking up Barry Bond's weight after he juiced up, and he was only 228.. I think 6'2ish. I would have guessed like 250-260, but he was probably very low BF.

As a rookie he was listed at 185. So, totally plausible that he gained ~40 lbs. He used to be downright thin.

The Rock is supposedly 6'5" and around 260, and he is another level of juiced up mass. Bonds weighing 260 would be even more mind boggling.

BobbyPeru • 1 point • 21 January, 2020 09:44 PM

The rock is stacking for sure. Be probably has a good dr helping him so he doesn't have a heart attack at 55 (not that he still won't)

1kdawg1[S] • 2 points • 20 January, 2020 04:02 PM

Stats are accurate. Rebuilding squat from low bar to high bar. Just started deads after long break due to back issues. I understand your skepticism, but these are accurate.

SBIH • 7 points • 20 January, 2020 04:13 PM

Low hanging fruit. What about addressing the real issues instead of cherry picking?

[deleted] • 3 points • 20 January, 2020 09:06 PM

He literally addressed all 3 points of skepticism, what do you mean?

arm_candy • 2 points • 20 January, 2020 10:34 PM

He only addressed the skepticism about his lifts, which is the low hanging fruit. He hasn't responded to anything else here.

HeckleandChide • 1 point • 20 January, 2020 07:13 PM

Even if he was hypertrophy only, his maxes would be much closer to 500 for dead/squat. He's lying about both BF and lifts is the most likely answer.

stoicstephen • 3 points • 20 January, 2020 03:09 PM

Your wife doesn't have respect for you and doesn't follow your lead because she feels (therefore knows) that you are still a needy boy looking for validation and control.

What do you do besides lifting?

In what Level of Dread are you?

For the looks of it your are still on level 1, and that's not bad because it's easy to go up on the ladder at least to level 5.

What's hard though is becoming your own mental point of origin.

You are still doing this for her and not for you. How do I know?

Because you need her actions or lack of them to validate yourself and your self-improvement.

Your mission is your wife, that's the problem here.

Get a REAL mission.

Sepean • 5 points • 20 January, 2020 03:29 PM

First, dread. Does random women you talk to respond to you with IOIs? In party settings with alcohol, do they make strong passes on you like crotch grabs? If not, your frame and game isn't where it should be.

And when she doesn't follow instructions, insist and lead her, teach her, start slow, baby steps. If she still refuses, put on your pants and leave the bedroom.

RedPillGlasses • 3 points • 20 January, 2020 07:38 PM

Levels of dread is best advice.

Him being physically good looking (assuming it's accurate) isn't doing enough. She still knows that she is his sole provider of sex.

Systematically move up the levels of dread until she breaks and submits

weakandsensitive • 7 points • 20 January, 2020 06:14 PM

do you need us to fuck your wife too?

Over60_FireTempered3 • 3 points • 20 January, 2020 06:48 PM

Today's whine and cheese...

Will be served with a side of self pity, and an empty bucket of self respect, and covered with an ego protecting weak sauce.

Would you like fries with that?

NeoTheJuanDJ • 1 point • 20 January, 2020 08:42 PM*

As long as the fries are covered in a lot of salt, so he can grind them into his wounds when Chad comes in to make her his slut and give her his gravy.

Obviously not in OYS though, that would require losing the ego protection and (looking at his stats and post history) honesty.

Big_Daddy_PDX • 2 points • 21 January, 2020 02:07 AM

You don't sound like the kind of man a woman wants to do those things for. So clearly, it's silly for you to keep asking her to do those things since she clearly doesn't think of you as a person that she desires.

If you don't want the kids in the room, tell her and the kids. When the kids come in, turn them around and take them back into their rooms.

markpf73 • 2 points • 20 January, 2020 03:51 PM

So is your question about why you suck at holding frame with 1) your wife or 2) your kids?

You failed as a father and husband 5-7 years ago when your kids were 1-2 years old. Sleep boundaries are best set by the father. It's a short term two week investment of crap nights of sleep but returns are paid out nightly for the next 16-17 years until they're off to college.

You can add this to a long list of things you've sucked at doing in life and your wife has mentally kept score.

Do an OYS post on everything you've failed at since the day you said "I do".

You know you suck and your wife's behavior is a product and response made by you. Consider it a daily reminder that you still ain't shit.

NeoTheJuanDJ • 2 points • 20 January, 2020 08:25 PM*

Holy fuck. Are you retarded?

Tell her "these are the sleeping arrangements for the house. The kids sleep in their beds." Again, requires frame.

Tell her "an important thing to me in my marriage, and what I want and will have regardless is passionate, amazing, frequent sex." Again, requires frame.

When these things don't happen, withdraw your time, attention, affection, and commitment. Again requires frame.

See a trend here?

Continue raising your value, and increasing your options. No covert contracts.

Tell her these things without explaining. Say it like it is common sense. The sky is blue, the grass is green, a

marriage I'm involved in involves incredible sex when I want, my kids sleep on their beds and I don't have grown kids in the bed.

But you probably won't. And your post history shows. No frame. No direction. No vision. You built the house. Congrats. - Not only are you paying for it, you put in more work to build it. You're the beta bux and the plow horse in one easy-to-use Lost Boy.

Your crew doesn't follow you. They're partying in the bow, while you are on deck, drunk, staring at the wheel as it spins according to wherever the winds take you.

Get on OYS. Fix your squat/deadlift/bench ratio. Also, 200# at 8% BF is insane if you're anything under 6'1. Unless that is a lie to protect and feed your ego too.

Eat the plate of shit. Drop the ego. Be honest. Otherwise, you'll always be the guy who posts every couple months to mention the results of his lack of progress. And you will be just as bad-off as a guy who is still plugged-in because both of you haven't done shit to move in the right direction. You read the books? Cool. Do the work. It's your life and no one cares. Up to you.

SoggyTrain • 1 point • 20 January, 2020 06:35 PM

You sound angry and boring.

hoopingblob • 1 point • 21 January, 2020 03:45 PM

you could listen to u/RedPillGlasses or you could fucking stand up for yourself and tell your wife

"WOMAN!! Be one for once and do what I wish for! I'm sick and tired of your excuses!"

She will most likely tell you to shut up or leave to which you will do the following:

You leave

Alpha_Fucks • 0 points • 20 January, 2020 03:33 PM

You are careless when you type, I bet you are careless with your life.

Your wife isn't attracted to you because of your shitty personality.