

# Moving from compliance to enthusiastic compliance

March 29, 2020 | 17 upvotes | by [lefty929](#)

---

For the most part I have sex available on demand. If I don't initiate, after a few days my woman will. I have no issues with the quantity but I do with the quality.

My problem is about 50% of the time I can sense she's in "duty sex" mode. It is compliance but not enthusiastic compliance.

I want to improve this ratio to as close to 100% enthusiastic compliance as possible. I believe there's a level of devotion and enthusiasm I *could* manifest but am struggling to get there.

I've read the sidebar, and one part I'm focusing on is working through MAP. I'm lacking a mission. Most of my energy sinks into my vices. I'm still charming and witty with her, but certainly have other areas of my life in deficit.

Is the answer as simple as, get going on the mission? And put simply, how do you do that?

Aside from mission - what strategies do you personally use, like visualizing, to manifest your ideal sex life?

---

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

---

## Comments

---

stoicstephen • 19 points • 29 March, 2020 10:20 PM

1- Read Sex God Method (for the sex)

2- Read Unchained Man, Alpha Male 2.0 (for the mission and sense of purpose)

3- Get rid of your vices

FoxShitNasty83 • 3 points • 30 March, 2020 12:26 PM

Read Unchained Man, Alpha Male 2.0

Ordered

lefty929[S] • 2 points • 30 March, 2020 06:08 AM

Thanks, good recommendations.

michelswennson • -4 points • 30 March, 2020 10:22 AM

Thanks so much for your recommendations. I couldn't find the third book. Who is the author of that book?

Thanks so much in advance.

stoicstephen • 4 points • 30 March, 2020 10:53 AM

The third one is not a book

michelswennson • 1 point • 30 March, 2020 04:31 PM

Now I see the word "Read" not added. Thanks

johneyapocalypse • 16 points • 30 March, 2020 01:13 AM\*

Kudos to you for having "sex on demand." It's not the norm in these parts.

Usually "sex on demand" equates to satisfaction (i.e. fun, fulfillment, joy, etc.).

Since your "sex on demand" leads to something else, it's worthwhile to understand why.

My problem is about 50% of the time I can sense she's in "duty sex" mode.

When you say "I can sense," what do you mean exactly?

By "sense" do you mean that you have the proverbial "sixth sense," and as such, that she is a ghost?

By "sense" do you mean that you have an other-worldly ability to use the remaining 5% of your brain that enables you to levitate?

By "sense" do you mean that your family - born of the Spanish Inquisition I'm sure - has ~~blessed you~~ cursed you with the ability to foretell the future?

Or does it just mean that you're trying to read her mind like a weak-ass homo who's obsessed with the response of his wife and lives his life dependent upon her (always devolving and vacillating) emotions?

Out of curiosity, why do you "want to improve this ratio to as close to 100% enthusiastic compliance as possible"?

Is there something inside you that requires that? Are you feeling lonely? Insecure?

I've read the sidebar, working through MAP. I'm lacking a mission. Most of my energy sinks into my vices. I'm still charming and witty with her, but certainly have other areas of my life in deficit.

In other words, you play a lot of video games.

Is the answer as simple as, get going on the mission? And put simply, how do you do that?

For you, no. The answer is not simple. It's complicated, like you.

Aside from mission - what strategies do you personally use, like visualizing, to manifest your ideal sex life?

Why not live by your own set of standards instead of borrowing those of others?

Homo.

HornsOfApathy • 17 points • 30 March, 2020 01:56 AM

Or does it just mean that you're trying to read her mind like a weak-ass homo

Came here to say this exact thing.

50% of the time it's great.

100% of the time it's in her frame.

lefty929[S] • 4 points • 30 March, 2020 06:07 AM\*

I'm having trouble understanding why this means I'm operating in her frame. Can't a person take note of his woman's enthusiasm and satisfaction, and want her to desire him, without it being a negative or frame deficient thing?

Sure I can ignore her position. I can operate solely based on my whims and consider my view only. I can and do quite frequently operate unapologetically from my frame.

Yet, I still like knowing she enjoys our sex. I still want to know she enjoys it.

All else equal, isn't it nice to know your woman is enjoying it and not just performing empty feelingless actions? Isn't it better when she's attracted and *wants* to fuck you?

SoggyTrain • 6 points • 30 March, 2020 03:43 PM

I don't think there is anything wrong with what you want, you are free to want what you want. But you really need to read Johney's response a few times, because you don't get it.

See if this makes senses. "You can't get a woman's full devotion and submission unless you don't need it."

Part of you still needs it.

You need to be free to do what you want regardless of what she does so that *she* can also have the courage to do the same. You have to have frame that she can relax into (if she chooses to). The simple fact that you are asking this question shows you don't have that, and that you still *need* something from her.

You seem to be in a good position. You are likely attractive and have potential. Your woman knows this, yet she is still waiting for you to become the man that you have the potential to be, not the part man part needy homo you are now.

lefty929[S] • 2 points • 30 March, 2020 04:56 PM

Thanks, this was worded very well.

You can't get a woman's full devotion and submission unless you don't need it.

This seems to be a recurring theme in a lot of areas in life. "The hungry don't get fed" as I've read it put elsewhere.

It is tough because I don't feel I *need* her increased devotion and sexual enthusiasm - but I *want* it.

So does the same thing apply to wanting? Do you let go of the wanting to get what you want, so to speak?

SBIH • 5 points • 30 March, 2020 09:17 AM

TL;DR ; She's not that attracted to you.

lefty929[S] • 5 points • 30 March, 2020 01:19 PM\*

See this is why it's hard to have frank discussions on this forum.

Very often comments are just "you're a pussy, faggot, homo, she isn't into you, lift sidebar and you're dogshit"

Put some work in for Christ sakes. Did you even read the post?

Sex on demand doesn't happen unless there's a baseline attraction or you're a billionaire, even in the latter it's not guaranteed.

There certainly **is** attraction. This scenario wouldn't exist without it.

Any man who knows his woman knows there are times when she's attracted and times when it's duty. This post is about maximizing the attracted sex and bringing it to the next level.

HornsOfApathy • 3 points • 30 March, 2020 06:54 PM

Any man who knows his woman knows there are times when she's attracted and times when it's duty.

Uhhh. No.

This post is about maximizing the attracted sex and bringing it to the next level.

Uhh. No.

It's about how you still, despite all your achievements and work - still haven't passed the epic test. Granted, you are further along to passing it than most but you still lack the mental model to be your own Mental Point of Origin. Hence, 100% in her frame.

This post and the words you use betray you, despite what you want to argue.

lefty929[S] • 1 point • 30 March, 2020 09:50 PM

So with the duty sex part, I have messaged with other MRP mods that would disagree with you there. Can you elaborate why you think there's never duty sex?

And re frame. I absolutely agree mental point of origin is ground zero for frame. But it seems like you're saying because I'm considering her viewpoint that automatically means I'm not in my mental point of origin. Is that what you're communicating or am I misunderstanding it?

BostonBrakeJob • 3 points • 30 March, 2020 11:29 PM

But it seems like you're saying because I'm considering her viewpoint that automatically means I'm not in my mental point of origin.

Look at it this way, you can load the kids up in the car and drive them to the park....then sit on the bench and hope they enjoy themselves.

Or, you can load the little shits in the car, morph into some crazy monster on the way there, and chase them around the park for hours on end.

On the bench, you're sitting with your thumb up your ass hoping they have a good time. As the monster, **you** are having fun chasing them around and it just so happens that they are having fun too.

Kind of a weird example, seeing as how it's about fucking your wife n all, but get what I'm sayin here?

HornsOfApathy • 1 point • 30 March, 2020 11:04 PM\*

Look dude, I can read through your bullshit. And you're full of ego. Just read your other comments back to yourself here where you've lost frame multiple times arguing.

because I'm considering her viewpoint that automatically means I'm not in my mental point of origin.

No, because you consider it doesn't make you a "faggot", but the simple fact that you've come to askmrp, posted a question to get advice from internet strangers literally means that you cant figure this out for yourself and you are not your own mental point of origin. Therefore - it's not a stretch to imagine that all this hamstering you're doing about sex and enthusiasm is clearly not within your own mental span of control.

That makes it evident to anyone with half a brain here about this stuff that you're clearly in her frame when you ask these questions.

Otherwise, you'd already have the answer without asking (and then debating!) internet retards about how to improve the quality of your dick wetness.

I mean, fuck. Don't you get that?

There's a reason most vets here just call people faggots and retards at askmrp. They are simply by proxy of asking the sub.

other MRP mods that would disagree with you there.

Ok? Do you want me to give you a fucking cookie for being right? How about an enthusiastic blowjob that you only get 50% of the time?

**Why do you care?**

I don't get duty sex. **I give duty sex.**

Can you see that mental model? If so, we don't disagree.

Frame is everything. See that?

Any man worth a whole fuck (literally - in this case) knows this. And you have clearly accepted you are worth half a fuck.

Tyred\_Biggums • 1 point • 30 March, 2020 09:11 PM

Run hamster run!

lefty929[S] • 1 point • 30 March, 2020 09:30 PM

Reeeeeeeeeee!

SBIII • 1 point • 30 March, 2020 01:58 PM

Do you know how to do that?

You lift, you read the sidebar, you put in the work and you don't waste your time - as you do - playing fucking video games all day.

That's how you maximise your attraction and that's how you get women to desire you.

If you haven't reached that level it's because you are a lazy fucking cunt who wants the keys to the cheat codes.

Well princess, so does every other pussy who walks through these doors. You're no different, mate. You just think you're a fucking snowflake.

lefty929[S] • 1 point • 30 March, 2020 02:47 PM\*

See, that's an elaboration that is actually slightly more fleshed out and helpful.

It still reads of a man who thinks he's hot shit because he must include insults. This is the trait of an insecure man. But there is a nugget of helpfulness nonetheless.

Normally I would just take what is useful and go, but you seem particularly attached to your bigshot anonymous online persona I had to call you out on it.

Your previous one line of "she isn't attracted to you" was not true, not helpful, and just presumptive. So you're improving at least.

Maybe in future you can learn to help other men without needing insults and figuratively stroking your dick at the same time.

hack3ge • 5 points • 30 March, 2020 06:44 PM

Actually his previous line was the truth and you are just butt hurt because deep down you know it's the truth. It's exactly what you needed to hear.

It's funny us vets have been there - I know exactly where you are at and I can sense the frustration and entitlement. You still think you deserve it because of all your hard work. Guess what faggot you don't? You still are a dancing monkey and until that changes you will continue to get drip fed duty sex.

The best part is when you get there it won't even matter anymore. My wife could be drip feeding me sex multiple times a day, the touching herself, begging to be fucked, telling me she loves swallowing my cum, spreading her ass as for me - it could all be an act but that shit doesn't matter and you still don't understand why.

lefty929[S] • 1 point • 30 March, 2020 09:59 PM\*

I'm interested what you mean by your last paragraph. Another commenter here said something similar. Do you mean, the very fact that I want it is what is preventing me from getting it? Thanks

hack3ge • 3 points • 31 March, 2020 05:46 PM

I don't spoon feed faggots usually but you actually were able to recognize the issue.

You give far too many fucks about your wife still - not just for sex but I suspect in general.

I fuck my wife how I want, when I want - don't really give a shit if she is enjoying it. Making it about her puts pressure on her and also puts you in her frame where as you want her working to please you. My wife was masturbating while blowing me the other day and orgasmed when I came in her mouth. She gets off on me enjoying myself which is how you have to train her.

You are also getting validation from her enjoyment of sex with you which also is more pressure on her and it means she can't enjoy sex how she wants either. I highly doubt my wife cums every time we fuck but when she isn't getting off and she wants to she will start touching herself or put a finger in her ass or grab a toy which in turn makes me getting into it more and choke her or slap her and that gets her off too.

Everything changes once I started giving zero fucks - if she wasn't into it I would flip her over and fuck hard from behind and if she's was really not into it I'd stop and say you aren't into it so we can do this another time.

As usual it comes down to what you are willing to settle for in life - right now you are communicating that shitty sex on demand is acceptable. It either is or it isn't - that's for you to decide.

AlohaMaui808 • 2 points • 31 March, 2020 06:03 AM

the very fact that I want it is what is preventing me from getting it?

No.

More along the lines of

*you can't seem to understand why it isn't already happening*

Even though you *think* you're doing all the right things.

And even though multiple vets here have explained it to you, in multiple different ways, you still don't get the difference. Best I can do for you at this level of "not getting it" is recommend that you go read the links on Frame that I'm going to post as a reply to this comment.

Because as of now, your ego is mind-fucking you into stupidity. It won't let you process the concept they are trying to tell you, because it would require admitting to yourself that despite everything you've done, you still haven't really developed Frame where it matters the most for the issue you're having.

Also because you're lying to yourself (and probably others) about your level of actual progress.

I'm sure you really are leaps and bounds better than how you started, but it's definitely not living just past your edge.

ImNotSlash • 1 point • 30 March, 2020 11:28 AM

Simply, you're adjusting based on her actions. Which Johnny and Horns called you out on. Not sure how else to phrase it.

lefty929[S] • 1 point • 30 March, 2020 01:12 PM

How am I adjusting based on her actions?

RoccoPinkman • 1 point • 30 March, 2020 02:11 PM

This confuses me about my own situation, I never had a problem getting sex, never get a hard no and rarely a soft no. Even when I was a complete faggot.

In fact sometimes she wants sex more than I do and the quality has improved. We don't live together that's the only reason I can think for this.

lefty929[S] • -1 points • 30 March, 2020 06:20 AM\*

Out of curiosity, why do you want to improve this ratio

Sex is better when its enthusiastic compliance vs just compliance.

I would wager most men get satisfaction knowing she is horny as fuck and excited, rather than just going through the motions.

Don't you? Are you then dependent on her emotions, validation and living in her frame? Just because you care that she enjoys your sex?

wkndatbernardus • 7 points • 30 March, 2020 05:41 PM

It may seem counterintuitive but, the less you care about her emotions, desires, experience etc, the more she'll care about yours. She loses attraction for you when it becomes about her needs/wants because that signals to her that you have low confidence in yourself and your mission. Focus on what you want to do and everything will fall into place, assuming what you want to do isn't crossdressing or sitting around being lazy.

hack3ge • 3 points • 30 March, 2020 06:51 PM

The short answer is yes - you are living in her frame and you are a codependent faggot.

[deleted] 30 March, 2020 06:24 PM\*

[deleted]

lefty929[S] • 1 point • 30 March, 2020 10:11 PM

Thanks, this was a helpful read. Maybe I need to reframe the question in a way that addresses changing myself

markpf73 • 3 points • 30 March, 2020 12:55 PM

Focusing on this will not end well for you.

You're using sex as an emotional tampon to hold back all the feelings you have inside. The feeling of "i suck", "I'm lost", "I have no mission", "I'm a loser".

Let all those honest feelings out and get back to the process outlined for you in the sidebar. You'll find your mission.

lefty929[S] • 3 points • 30 March, 2020 01:29 PM

Thanks, I think there's truth to this.

Also as a side note, I find comments like this underrated in here. I appreciate that you just gave your advice



and kept to the point.

About half the comments here are shitty one line boiler plate lines or posts that essentially boil down to 5 paragraph insults, all from men trying to get a power high from calling other men faggots because they are seeking advice.

Posting here makes you appreciate the men who actually have substance to say and can say it without trying to sound cool. It's worth it to wade through the shit comments for the helpful ones.

nobsyoga • 5 points • 30 March, 2020 02:12 PM

The point where you will not be called names here is the point where you will either not need this forum anymore, or choose to post advice.

cdogg75 • 1 point • 2 April, 2020 01:57 AM

So what good is it here if you get insults for answers....kinda takes away the word ask in askMRP

nobsyoga • 1 point • 2 April, 2020 02:47 PM

This isn't the place to come if you want to be rocked to sleep.

cdogg75 • 0 points • 2 April, 2020 04:49 PM

even if you're kissing my neck too?

lefty929[S] • 1 point • 30 March, 2020 03:01 PM

Insults and put downs have their place. There is no substitute for calling out faggoty behaviour when someone is being a faggot.

My comment was geared toward the guys who respond on these forums with only insults and little-to-no advice. Those guys are engaging in public ego masturbation, not advice-giving.

You read enough of those comments and it makes you appreciate the good ones.

coachdad8 • 3 points • 30 March, 2020 05:47 PM

Had similar issues a couple years ago. I wrote a post about my mission and how it made the quality of my sex life skyrocket. In my opinion, there's nothing more low-value than being without a mission and there's nothing more high-value than having a solid mission.

lefty929[S] • 2 points • 30 March, 2020 10:17 PM

I'm envious of religious people for reasons outlined in your post. I almost wish I had faith in a god, I feel like it must give real depth to life for those who are deeply religious. As someone non religious, finding my mission is definitely my greatest struggle in life right now. Thanks for your comment.

SBIH • 3 points • 31 March, 2020 08:20 AM

The reason why you lack depth in your life has nothing to do with a lack of religious belief. Though the fact that this appeals to you as an easy route out doesn't surprise me one bit.

wkndatbernardus • 3 points • 30 March, 2020 05:55 PM

If she's isn't enthusiastic, it's probably your fault for not being attractive enough, from a physical/game and/or confidence/mission perspective. I would focus in those aspects of your person rather than trying to assess what is going on in her headspace (you'll never really know anyway).

My other thought is that this whole "wanting her to be psyched in bed" goal isn't a worthy one. Even if she becomes a complete tomcat in the sack, will that really help you to fulfill your purpose on this planet?

SBIII • 4 points • 30 March, 2020 08:14 AM

No mission, no goals, no mention of your stats and you waste your days playing video games like a fucking teenager.

Then you come here looking for 'visualisation strategies' to help you 'manifest' less duty sex.

Tell you what, I'll finish reading the sidebar for you, I'll spend my free time working out your goals, I'll go and lift for you and increase all your PRs while you stay at home in your underpants playing Doom.

FoxShitNasty83 • 3 points • 30 March, 2020 09:18 AM

increase all your PRs while you stay at home in your underpants

A squat rack in the garage makes this a new reality!

SBIII • -2 points • 30 March, 2020 10:59 AM

The only thing I miss about the gym is the gym bunnies.

lefty929[S] • -1 points • 30 March, 2020 01:34 PM

Lol. Shit like this gets so boring after a while. Man comes in looking for advice. Other man pulls some full metal jacket shit because, well, he feels cool doing it.

Do you feel superior? It's what you wanted from writing this right? Good for you brother.

There's a line between giving advice and being condescending and it's obvious where you are on that line.

I appreciate the intention but if you truly care about helping other men you must realize your delivery is brutal.

SBIII • 1 point • 30 March, 2020 02:04 PM

I'm not here to help you. I'm too busy laughing at you, darling.

lefty929[S] • -1 points • 30 March, 2020 02:53 PM

You are like the bouncer in the club who thinks he's hot shit because he's a bouncer, but at the end of the day he's still just a bouncer.

Flair doesn't make you smart. If the shit you say is useless; then it's useless. Parrots get cookies too sometimes brother.

Anyways, are you done jerking yourself off on your insults, revelling in your sweet sweet power for the entire sub to see?

Maybe when you're finished you can dole out advice or STFU. Because those are really the only two options you should be considering here. Anything else is a waste of our time.

This may surprise you. But none of us care about your desire to feel badass by insulting someone in a condescending way.

[deleted] 30 March, 2020 04:21 PM\*

[deleted]

lefty929[S] • -1 points • 30 March, 2020 05:07 PM

I agree that men with frame hold to their narrative, thoughts, and ultimately their truth, above all else.

I'll gladly lay my ego on the floor for advice from men who are smarter and wiser than myself which is why I posted here.

I also won't hesitate to call out men who's posts are a power trip designed to scratch their *own* itch for feeling like a big shot instead of helping their fellow man.

SBIH • 6 points • 30 March, 2020 06:25 PM

You've been given all the answers you need. The only thing preventing you from seeing this is your ego.

cdogg75 • 1 point • 2 April, 2020 02:10 AM

And sifting past your useless posts clogging up the good posts

SBIH • 1 point • 2 April, 2020 07:05 AM

That's the price you pay when you sift through another man's thrash.

cdogg75 • 1 point • 2 April, 2020 11:16 AM

Ha! True shit right there.

BostonBrakeJob • 2 points • 30 March, 2020 11:11 PM

My problem is about 50% of the time **I can sense she's** in "duty sex" mode. It is compliance but not enthusiastic compliance.

Your answer is in bold.

Imagine the possibilities if you'd quit using your faggy-senses to figure out what's going on in **her** head, and started using your aLpHa-senses to **tell** her to do all the nasty shit going on in **your** head instead.

Or yeah, find a mission and follow it with reckless abandon. Maybe that covert contract will get you the sex you're too scared to command out of her.

Faggot.

BobbyPeru • 2 points • 29 March, 2020 11:22 PM

Make the sex better, and it won't be duty sex anymore.

But if she's initiating, you probably have some dread going on... so that's a positive

BootySlayer911 • -6 points • 30 March, 2020 01:16 AM

Get several girl-friends and flirt with all of them but nothing sexual - unless you feel like it of course. Preselection will raise her enthusiasm.

hack3ge • 9 points • 30 March, 2020 06:53 PM

And just like that you are a faggot living in a woman's frame....