

I seriously hate crying

62 upvotes | 16 October, 2013 | by Archwinger

So I wake up every morning at 5:AM to leave the apartment and drive to the gym, missing traffic and getting my workout in before work. I'm tough to get along with if I don't get my workout in. But last night, the weather was bad, and it's still raining this morning. There she is next to me, asking me to please not leave because she's worried about me. It's so dark outside, she says, and I'm going to drive into high water and die; there was a story about someone who did that on the news last night.

A normal guy would probably give into that, but my early morning waking up and working out has been a longstanding issue of hers. She's been trying to get me to spend less time at the gym since the day we met and secretly hopes I'll give up working out entirely, partly because she's kind of heavy and has esteem issues and I probably make her feel guilty, partly because my waking up early makes her "too tired" at work and definitely too tired to work out herself, partly because it's a power and control thing.

So I tell her that I'll be fine and proceed to pack my stuff to leave. That's when the tears start. Shaming and guiltig me didn't work, so she moved on to the manipulation. I don't care about her any more, she says. I don't care about her feelings. I'm selfish and can't skip one workout, for her. I, of course, mention that I can think of one really great way she could keep me around for another hour, and that just makes her cry more because I'm "joking" about her feelings. I was serious, but okay.

So screw it, I get my stuff, tell her once more that there's nothing to worry about – I commute to and from work in bad weather all the time -- and head out, leaving her crying on the bed. Then, fuck all, it's cold and rainy out, and I can't get that nagging picture of her crying into the pillow out of my head, so I go back inside. Amateur mistake, letting crying work.

I could see it visibly. All of the attraction and all of the respect she had for me just draining out of her face as soon as she saw me back in the bedroom. It was too late. There was no fixing this.

She's not happy to see me. She's still crying. She's not grateful, of course, because her precious feelings are so terribly hurt and I'm still so terribly selfish and she never should have even had to ask me to stay. If I were a better man, she wouldn't have had to ask me!

The whole time I'm home, she keeps accusing me of being mad at her. I'm fine. I'm eating breakfast. I'm great. It's her that's mad, but she can't quite put her finger on why. She got exactly what she wanted, but she's so filled with subconscious contempt and disrespect, and doesn't understand what she's feeling or why, so she assumes that she's picking up on me being angry and accuses me of being pissy.

It's pretty clear where I screwed this one up, but maybe someone out there can learn from the above. How do the rest of you guys deal with crying? (besides just kicking the girl to the curb)

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Comments

GayLubeOil • 20 points • 17 October, 2013 02:12 AM

Why the fuck do you want a fat crying woman holding you back and slowly steering you toward mediocrity. If she starts crying tell her that you have a stressful job and that she has the potential to put you into a bad mood before work. The whole point of having her around is to improve your well being, if she cant do that then she can get the fuck out. Two way street your emotional well being is important too.

themoor • 57 points • 16 October, 2013 08:34 PM **[recovered]**

Yeah dude, serious failure here.

Shit-test failed.

Stepped out of your frame and into hers.

Caved to manipulation.

Lost respect not being your own man.

Looking weak and malleable to her machination.

She might not even have been doing this consciously. Sometimes this girly shit just kicks in. Remember, they don't always know they are shit-testing you, but they always know when you fail.

[deleted] • 55 points • 16 October, 2013 10:52 PM

Remember, they don't always know they are shit-testing you, but they always know when you fail

Fuck this truth hits hard.

KissTheBridesmaid • 4 points • 17 October, 2013 09:07 AM

Yup. This is why you coming back didn't fix it. It made it worse. She was testing your strength and you failed. She didn't want to win, she wanted you to win.

QualityControlled • 16 points • 17 October, 2013 12:32 AM

I grow a pair and push through it.

Tears dry. Gains foregone may never be recovered.

[deleted] • 14 points • 16 October, 2013 08:30 PM

[permanently deleted]

[deleted] • 5 points • 17 October, 2013 04:20 AM

Someone needs to tell some women that mind reading isn't real.

I dated two girls back to back who pulled shit like that with me.

b_dubya • 35 points • 16 October, 2013 08:19 PM

Manipulation. She's crying 'Don't maintain your SMV, while mine is decreasing cause I don't want to do anything about it. I don't want you to have options and be attractive to others, while my SMV drops.'

She wanted you not to leave at all, you made it out the door. Her control of you is not as good as she wanted it to

be.

Tell her to mature. You're a big boy. You can take care of yourself. If she wants to have any future with you, she needs to mature, get past the games and act like she's worth being with.

Keep on with maintaining your frame, your options. Ask yourself - do you see a future with her, or are you just idling - passing the time - with her. Is she worth your time?

Polishrifle • 16 points • 16 October, 2013 08:34 PM

So much this. As Beige Philip says "never let a bitch define you!" She got with you because of who you are and going to the gym is a part of your identity. Don't let a bitch fuck up who you are!

[deleted] • 24 points • 16 October, 2013 08:00 PM

Then, fuck all, it's cold and rainy out, and I can't get that nagging picture of her crying into the pillow out of my head, so I go back inside. Amateur mistake, letting crying work.

It happens to the best of us.

I know you don't want to start with just kicking the girl to the curb, but here's the best argument for that -- look at what she was crying about, the thing that she was using to manipulate you, the "reason" for her crying. She doesn't want you to go out in "bad weather?" It's one thing to cry because she doesn't want you to go out into the middle of a hurricane, it's very much another thing for her to lose her shit because it's raining outside and you've got stuff to do. If she gets the message that she can manipulate you over something this mundane, the future looks bleak.

For one thing, you're going to have to never fall for the crying trick ever again. There are things that should make a normal, well-adjusted, empathetic person (i.e., not a sociopath) cry -- death of a loved one, for example. "I don't want my adult boyfriend to drive in the rain because he might drive into standing water and drown" is not in any way rational. I have a hunch that the next time she tries to play the crying card, it will be about something just as irrational as this. And you're going to have to stay strong and do what you need to do.

GayLubeOil • 19 points • 17 October, 2013 02:14 AM

Women dont cry over slipper roads. Women cry when they feel that they lost control over their boyfriends.

[deleted] • 8 points • 16 October, 2013 10:43 PM

I know you don't want to start with just kicking the girl to the curb, but here's the best argument for that - look at what she was crying about, the thing that she was using to manipulate you, the "reason" for her crying. She doesn't want you to go out in "bad weather?"

Agree 100% with you. In my experience it's a HUGE red flag if a girl starts sobbing about a normal male desire to go the gym and stay in shape despite a bit of rain.

YouDislikeMyOpinion • 1 point • 17 October, 2013 05:17 PM

I'm glad this is higher up than I thought it would be. I agree here. She already doesn't care enough.

She will cry again, its a matter of human nature, and time.

In my personal opinion which could be very wrong (I had a similar situation where I stuck it out and tried to make it work):

You have to do everything to maintain your original frame. You cannot secede any ground. That means that all of the ground that you have so far withdrawn from you have to take back.

You may think that this is a gross over reaction, but you will never have the same opportunity to be yourself again. You will always be the guy who gave ground that you will not be able to take back later without having a very serious chance of breaking up.

[deleted] • 12 points • 16 October, 2013 08:39 PM

If you prove to her that the consequences of crying are worse than the consequences of being a fucking grownup human being, then one of two things will happen: either she will stop crying or she will prove that she is untrainable and useless.

As long as you tolerate her manipulation without consequences, it will continue and increase.

otisofro • 1 point • 17 October, 2013 06:52 AM

How would one prove it? Honest question

rebuildingMyself • 2 points • 17 October, 2013 08:51 AM

Just by not falling for it again. Does she continue to try with the manipulation or does she stop trying to fuck up your frame.

YouDislikeMyOpinion • 2 points • 17 October, 2013 05:23 PM

Do you want a real answer to your question? Wait a couple of days or weeks until it's clear that crying and stepping all over you is ok. Then wait a couple more weeks until it's clear that you don't keep to your word or stick to your lines, and watch as she dismantles you and crosses all of your lines until you are a faint memory of who you once were.

otisofro • 1 point • 17 October, 2013 05:27 PM

Well.... Fuck me that was dark... You should write books

frequentlywrong • 9 points • 16 October, 2013 07:51 PM

No amount of game or TRP is going to help you overcome crazy. You should think hard if she is worth your time.

anonymsaurus • 10 points • 16 October, 2013 08:41 PM

If she really cared about you, she would encourage you to succeed in hobbies and goals. Stand your ground, always be yourself... if you are a loving caring dude.. be that dude on your terms. Never let anyone control you.

[deleted] • 8 points • 17 October, 2013 12:03 AM

[permanently deleted]

anonymsaurus • 5 points • 17 October, 2013 01:26 PM

Disclaimer: I'm not sure If Im fully red pill. I had my views before I found this sub. There is alot of good info, but I also believe there is a lot of crap here. It seems like there alot if young dudes extremely desperate to get into a womans pants posting garbage and field reports. I think a lot of this shit belongs in seddit.

I believe a lot of the information here can help you become a better man, be stronger and make smarter decusions. By becoming a better man, you naturally gain confidence and become more alpha. I think a lot of dudes dont understand it works this way, they jump straight in and just act like assholes. Im not in this to get laid... but I will say that getting laid much more often has been a nice side effect.

madstatistician • 7 points • 16 October, 2013 11:45 PM*

Dude, this chick is no good. I speak from bitter experience. Every girl shit tests but a certain segment of the female population has no other move than to go nuclear every time. People like this don't change. This isn't going to get better. There are no "red pill" moves here except to get away from her, permanently. This is beyond red pill / blue pill. Your mental health and basic self-respect is at stake.

[deleted] • 3 points • 17 October, 2013 04:24 PM

I agree with this man's prognosis for the following reason: A woman throwing out nuclear level shit-tests is desperate to see you fail, because she has emotional issues which prevent her from feeling comfortable around an alpha.

This woman needs to do two things: begin a self-improvement regimen and go to a therapist who will tell her things she doesn't want to hear. Unfortunately, she has no reason to change if you don't get rid of her, so it's time to pack her bags.

Talkshitgethit • 8 points • 17 October, 2013 01:57 AM

Women crying=they want attention/are feeling bad/annoyed/frustrated

Men crying=Some serious shit went down.

Don't confuse men crying with women crying. They are not one in the same.

[deleted] • 23 points • 16 October, 2013 09:33 PM

Haha holy fuck, this is what men get for being in dedicated relationships?

I for one don't want mental gymnastics before going to the gym, one workout is enough.

[deleted] • 3 points • 16 October, 2013 10:46 PM

Yup.

My ex-fiance used to get all pissy if I dared spend a few hours of the weekend on running and lifting.

UnpluggedMaestro • 4 points • 17 October, 2013 08:33 AM

Nexting this bitch is a good idea. My GF and I expect each other to keep fit and attractive at all times. There's nothing more attractive to a girl knowing that her guy can pull other bitches with his bod, while there's nothing more hot than... A hot girl. Lol.

salami_inferno • 2 points • 17 October, 2013 10:20 AM

And if you stop she'll claim she isn't having sex with you as often because you've let yourself go.

[deleted] • 2 points • 17 October, 2013 02:41 PM

Yup, and on top of that, she is NEVER under any obligation to keep in shape for the sake of her partner's attraction.

[deleted] • 8 points • 16 October, 2013 11:45 PM

I had a very similar issue with this with my ex. I couldn't sleep right for her. She wanted me to spoon her every single night until she fell asleep, regardless of how uncomfortable it made me. Her hair would be in my face and I couldn't fall asleep spooning her. I gave her all sorts of reasons why I wouldn't do it. She just said "fine!"

After a few nights of not spooning her, she began sobbing into her pillow. I asked what was wrong and she went

into how she doesn't feel loved anymore, how I don't find her attractive, how she's not asking me for much blah blah blah. I restated all the reasons why it was selfish of her to expect this of me, how she didn't want to consider my side at all and that she just wanted what she wanted regardless of the cost from me.

These late night arguments occurred more and more often until I leapt out of bed when she started sobbing and I went to sleep on the couch. But, that was unacceptable!! She stormed after me, ripped the pillow and blanket from me and began yelling about how I'm such an asshole, and so on.

Needless to say, these fights were a big reason why I tossed her out. Don't let these overgrown children push you around with their irrational bullshit.

monsieurhire2 • 6 points • 16 October, 2013 09:42 PM

I just had a similar conversation with my GF last night.

She kept saying she doesn't have time enough to work out. I say "Bullshit!" She just got out of her routine of going to hot yoga, and now she doesn't want to lead herself through the poses. In all fairness, she is very busy lately, but there is ALWAYS time to work out. It's like saying, "Oh, I'm so busy, I don't have time to eat." It's bullshit. The person is not managing their time correctly.

As for lack of energy, that's also bullshit. Working out gives you MORE energy. It also improves your mood too.

She's just making excuses because she doesn't want to go through a little bit of pain (mostly psychic) that comes with change. She probably doesn't know to start working out incrementally, doing a little bit more each time.

Tell her she's to start working out immediately or you're going to kick her ass to the curb. Otherwise, you'll be caregiver to a fat diabetic depressed pig in a few years.

no_game_player • 4 points • 17 October, 2013 12:50 AM

(besides just kicking the girl to the curb)

Why rule out the best option?

[deleted] • 2 points • 17 October, 2013 04:28 PM

People who want their significant others to change without resorting to this option are like people who bitch about their wages without seeking out better jobs. The economic reality is that if you want quality, you need to take advantage of competition in the market, and not expect it to be handed to you.

Petrarch1603 • 6 points • 17 October, 2013 02:16 AM

Remember this AFC bros, as bad as it seems to be single, there are millions of men locked in cold and miserable marriages

rebuildingMyself • 5 points • 17 October, 2013 08:48 AM

I ignore all crying when there's no physical pain. I had to sit my gf down and correct some really shitty behavior on her part. This was after ignoring her texts and phonecalls for a day. She knew I was mad but didn't know why.

So I start calmly discussing what Pissed me off. The tears immediately start. I disclosed that the relationship is not over because of this unless it continues but the tears kept flowing. Didn't let it mess up my frame one bit. After it was over, she pulled my pants down and gave me a bj (no suggestion from me at all) . I fucked her good and hard after.

narcissus88 • 15 points • 16 October, 2013 10:05 PM

Why are you with a girl who is kind of heavy? While you work out every day. Doesn't compute.

hashtagpound2point2 • 6 points • 17 October, 2013 04:03 AM

Big ass, big titties I assume.

salami_inferno • 5 points • 17 October, 2013 10:18 AM

I don't think I've ever seen a fat shit with big "perky" tits. They are always like a fried egg. Big tits on a fat girl are like abs on a extremely skinny guy. As a guy I could get a big chest by gaining weight but it would be the wrong kind of big chest.

hashtagpound2point2 • 1 point • 17 October, 2013 01:08 PM

On the contrary, the nicest pair I've ever had in my hands were owned by a bigger girl. Granted, we were both 20 and it seemed like all the excess weight was in her ass and tits.

otisofro • 2 points • 17 October, 2013 06:49 AM

Make sense

[deleted] • 7 points • 17 October, 2013 04:33 AM

He didn't say she was obese. Some women look good with a little bit extra. At least based on my experience with Brazilian porn.

[deleted] • 12 points • 16 October, 2013 10:08 PM

Her: *crying*

You: What's wrong?

Her: Something neither horrible nor personal.

You: I'm going to go workout while you pull yourself together. Have food ready when I get back to make it up to me for having to deal with you being crazy.

hashtagpound2point2 • 3 points • 17 October, 2013 04:06 AM

I probably would skip the last sentence entirely, but it might have worked in OP's situation. This guy works out every day and is dating a 'heavier' girl? The amount of power he could have in this relationship is limitless.

[deleted] • 5 points • 17 October, 2013 02:18 AM

The last portion there doesn't seem realistic at all.

MockingDead • 4 points • 17 October, 2013 04:04 AM

Geez, to I have to do your job. It's also *racist*. :D

TRPsubmitter • 3 points • 17 October, 2013 05:32 AM

Who owns the house? Kick that bitch out man...That's ridiculous.

The crazy thing is you probably would have had the best sex of your relationship when you got home from work that evening. She'd had realized how crappy she behaved and would want to make it up to you. Always hold frame and portray your reality and they will come around.

mordanus • 5 points • 17 October, 2013 04:17 AM

The way I dealt with my wife on this one was absolute bluntness. I told her that her crying like this was a form of manipulation. The same stuff that a child does when it can't have its way. I told her that if she behaves like a child I will treat her like a child. It took a while for her to realize I was serious (her dad is a true beta and does anything her mom wants) but it was worth it. She is pretty wonderful to be around most of the time. But the shit you are going through is like weathering a storm. Just ride it out and do your best.

Chicago-JSO • 3 points • 17 October, 2013 01:02 PM

Ok, I'm sorry, this isn't a shit test, this just sounds like a totally crazy bitch. Find a different woman unless it's too late and your already married. Shit tests in healthy women are important but they should be playful fun and flirtations. What you describe is not! It's controlling manipulative on her part.

This is one think I strongly disagree with about game guys. Contrary to what some blogs might say, some women are just plain nuts. It doesn't matter how much game you have, how smooth you are, how many shit tests you "pass" she's still fucking nuts. With game your relationship might last longer sure but it will still end. And because she's nuts the fun will get sucked out of it.

Get out of it, leave this is not a good relationship if she's crying over something petty like you going to the gym, that's not good!

EleriumAvenger • 4 points • 17 October, 2013 01:43 PM

Worst thing is once a woman find the chink in your armor they will play the same trick again and again.

[deleted] • 6 points • 16 October, 2013 10:24 PM

Happens to all of us bro, shrug it off. Good thing is that one small fuckup won't hurt you all that much in the long run, bad thing is now you have to make up some lost ground.

I think the worst part about it is now you rewarded her for crying, and you should NEVER do that if you don't like crying. She's going to start using that for other shit now, mark my words.

kudosxv • 3 points • 17 October, 2013 03:39 AM

The reason she doesn't want you to work out is because she knows the better you look the more competition she will have. Women are not used to having a man that looks better than them. It goes against everything they know for the most part.

[deleted] • 3 points • 17 October, 2013 04:30 AM*

I just go on about my business and never make it an issue. As time passes a day or few days, however your relationship works, if it was that serious of an issue the topic will come up and that's when you have to make your call (call meaning is she shit testing or does she really have an issue with what happened). On the flip side, in my experience, just walking away or going about your day chances are *she* will come to *you* apologizing.

Sometimes women have been in the right about getting pissy with me and just because I don't make an issue of it they *still* apologize. It's amazing.

Back in the day, I'd always ask shit like "Are you OK?", "What's a matter?", "But (logic, reason, logic)" and it **always** blew up in my face, had me feeling like I was in a bukkake video surrounded censored dicks.

She sounds off to be honest, any women **not** wanting you in the gym or doing anything productive/healthy for that matter is not someone I'd recommend waking up with every morning.

_whistler • 2 points • 17 October, 2013 12:23 PM

Stare. Stare as if you can't believe what's happening in front of you.

"Grow the fuck up." Walk out.

Does crying disgust you? Communicate that, clearly. A woman will do almost anything to avoid being disgusting.

JohnPeel • 2 points • 17 October, 2013 03:47 PM

You have to first understand why they're crying. I sort of have a feel for when it's "I'm genuinely upset because I'm depressed/lonely/my granny died" or "I'm upset because I suck at manipulating men". You want to be able to figure this out first.

The latter scenario makes sense because for a lot of women their self esteem is based on their ability to control men as subtly as possible. This is why she is upset. A real woman would've got you to stay by virtue of being sexy, attractive etc. So she feels unattractive basically.

Unfortunately some will keep cranking up the pressure from a verbal assault, to emotional blackmail, until they finally resort to physical violence. You might want to re-consider what position this woman plays in your life, as I get the feeling it won't end well.

TL:DR - She needs to lose some weight. Probably dump her.

test_ost • 3 points • 17 October, 2013 04:28 AM

1) NEVER COHABITATE

Reasons are obvious.

2) DON'T DATE FAT CHICKS

They hate their own fatness and will use you as a lightning rod or as an emotional tampon for their self-hatred issues. It doesn't matter how much YOU love them or aren't bothered by it or even if you LIKE it, as a chubby-chaser. As long as they hate themselves, they can never be happy.

Note she wasn't worried about YOUR happiness in this entire situation. She was only worried about losing her meal ticket and free rent, because she knows at her weight she won't be able to catch another sucker to pin down.

She will rule your life and crush your balls until you make her move out or move out yourself. If she doesn't "officially" live with you, you have to revoke her overnight privileges.

They need to know that if they interfere with your needs, they are no longer welcome in your life. NO EXCEPTIONS.

It only seems "mean" or "cruel" because you are used to capitulating like the bleu-cheese-eating surrender monkey she has trained you to be.

Until you are 100% strong in setting and enforcing boundaries, they will keep exploiting your every weakness.

You can only serve ONE master: Your own goals, or supplicating *her* every "feels" and whim.

When a girl is trying to give me ANY kind of shit, after I clearly explained how things go, I cut her off from my time and attention immediately, for a day or two days or whatever I require. She either learns or she refuses to, in which case she's out of my life.

Your home is your castle and you should NEVER wake up to bitchy behavior or come home to it, and the only way to ensure that is to *never let them live with you*.

And whenever they ARE around you, they need to know what is expected of them, and that you will kick them out with no regrets if they are ill-behaved.

They complain at first but then they become happier and more secure, it's the same as the Dog Whisperer.

Remember, caring about them is *not equal* to doing whatever they want when they're upset. Just like if you were raising kids, giving into them when they have temper tantrums is *not* caring.

x7CR7x • 3 points • 16 October, 2013 07:55 PM

You didn't do anything wrong.

She's just batty.

GrantNexus • 0 points • 16 October, 2013 08:43 PM

And/or PMSing.

puaSenator • 1 point • 17 October, 2013 02:00 AM

I dunno man. Sometimes I disagree with some people around here (shocker!) but maybe she genuinely needs your support and she feels truly hurt. While women do use crying as a tool, it doesn't mean it's always a tool.

Reading your story, there is no way for me to indiferente that. Only you can.

[deleted] • 2 points • 17 October, 2013 04:45 PM

Could you explain your reasoning a little further?

puaSenator • 1 point • 17 October, 2013 07:37 PM

Sometimes women cry to get their way. They know that by displaying extreme emotions it can shake the man, and he'll give in. When she's doing this to get something, and the man gives he's abandoning his role as the emotional anchor. And she will resent him for it, for abandoning his masculine. At the time she wont, because women live in the moment. But you will start looking weaker in her eyes over the long term.

So in often, a lot of guys think, "Okay, then that means never giving into her crying." Could you imagine that as a woman? Her man completely is ignoring her most vulnerable emotions? How do you connect with someone that *never* is there for this?

For instance, say she starts crying because her man is leaving to work for the day. It could be for two reasons. One being that she wants to cry in hopes that he'll stay. Or the other is that she feels neglected and wants to be reminded that he isn't leaving her emotionally. Because, again, women live in the moment. Even though every time in the past he's left, he has returned, none of that matters, because right now in this very moment, she feels abandoned.

If it's the latter, then she needs to be reminded that he's not abandoning her. Ignoring her cries are only going to tell her, she can't rely on you to protect her.

So, I can't tell in OPs post which of the two crying types it is. Is it because she wants to get him to skip work so she can selfishly have him all day, or is it because she feels abandoned?

[deleted] • 1 point • 17 October, 2013 05:46 PM

What I would have done in this situation is take 2-3 minutes, let her know I'll be extra careful so she doesn't have to worry, give her a kiss and then bolt - off to my mission. Maybe I'd have thrown a joke in there that if she's a good girl I'll reward her later ;)

Of course, the old me would've done the same thing you did. But that's a different story.

[deleted] • 1 point • 1 November, 2013 07:35 PM

First of all, yes, it's a shit-test failed, but you can basically completely redeem yourself by telling her that you do

not like her manipulating you like that and that the incident you describe in your original post will be the last time you will allow it to happen. Her bizarre need for you to not go to the gym is obviously a symptom of some bigger problem with her (or you) that needs a resolution, but the resolution is not her indulging her emotions at your expense.