

The Simple but Power Effects of Small Red Pill Behavior Adjustments

June 11, 2021 | 144 upvotes | by [Mr_KenSpeckle](#)

One Friday night several years ago, not long after I first encountered the various Red Pill forums and had been devouring their content, the wife and kids decided they wanted to go to P.F. Chang. The closest P.F. Chang is in an area I used to work in about 15 years before, but I wasn't very familiar with current dining options in the area. But, by chance, about a week before, an old colleague had invited me to lunch at a newly-opened, hip Asian fusion restaurant in the area.

The family and I went to P.F. Chang but upon arrival we discovered that there was an unacceptably long wait. Everybody was starving. I thought of the Asian fusion restaurant nearby that my former colleague had taken me to.

At this point, a set of impulses welled up inside of me: I had the impulse to tell my wife all about how I knew of this other restaurant because my former colleague had taken me there; I had the impulse to describe the restaurant for her in detail--where it is, what kind of food they have, what the decor is like, etc.; I had the impulse to conclude by asking her "So do you want to go there?" The old me would have done so.

But influenced by my recent RP readings, I repressed those impulses. Instead, I had the following exchange with her:

Me: "So you guys are in the mood for Asian fusion, huh?"

Her: "Yeah."

Me: "I know a place. Follow me."

Without even waiting for a reaction, I just started walking towards the car. My wife let out this audible response that I can only describe as an approving quasi-orgasmic cooing sound. I didn't let on that I noticed her reaction, but it actually made quite an impression. This was the first occasion that I actually tried to implement in real life some of the theory I had been reading about. Things had gotten pretty stale and platonic and here she is just melting and cooing based on one small adjustment in my behavior. I remember thinking: "Wow, this is powerful shit." We had a great time.

Lead. Be decisive. Tell, don't ask. Take the burden off of her. Reserve some mystery.

There was no point in telling her I knew of this restaurant because of my former colleague. This would only serve to cause her to think, on a subconscious level, "oh, my husband doesn't know any cool places; his colleague does." By not mentioning it, she marvels: "How does my husband know about this cool place?" "My husband is the kind of guy who knows about new, hip places."

If I had ticked off all of the characteristics of the restaurant, I would not only be implicitly seeking her approval, thereby recognizing her as the true authority figure in the relationship and communicating that my own judgment is not to be trusted, I also would be depriving her of the opportunity to be surprised and delighted. If I vomited out all of the details (A, B, C and D) about the restaurant, one of two things would happen:

- (1) She might show up and agree: "yeah, sure enough, A, B, C and D." Not a terrible outcome but not very exciting that, yes, everything was exactly as expected; or
- (2) She might show up and think: "yes, A, B and C; but this place isn't D." She feels let down. She feels like I promised something that I didn't deliver. Her opinion of my judgment is diminished.

Instead, tantalized by my confidence and decisiveness, but intrigued by the lack of details, her imagination can percolate. Just putting her in this positive and playful frame of mind increases the likelihood of a positive outcome. And you won't fail to deliver, because you haven't promised anything specific.

One of the reasons that this situation made such an impression on me was because of how utterly mundane it was, and what a minor adjustment I made. Yet, the impact was outsized. Now, any one experience like this, on its own, isn't going to turn everything around for you. But if you start layering experiences like this, one after another, it can have a big impact.

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Comments

Blarg_Risen • 33 points • 12 June, 2021 04:14 AM

I remember small "wins" like this. Good noob progress. The rabbit hole goes much deeper. Carry on.

RStonePT • 16 points • 13 June, 2021 03:13 AM

Take the burden off of her.

Why specifically did you phrase it like this?

BigBoiBahmani • 11 points • 17 June, 2021 10:54 AM

His mental point of origin is still his wife.

Dvdmatsunaga • 25 points • 11 June, 2021 09:46 PM

I don't get it but it makes me seriously fucking cringe when I see a family walk out to the patio and the wife goes "it's kind of hot, we should go back inside" everyone else (kids/husband) want to eat out there but the husband goes "um I mean hurr durr yeah whatever you want to do sweetie." FFS ☐♂☐

JangB • 1 point • 29 July, 2021 08:03 AM

So one member of your team is uncomfortable? what is the right call then?

LuckyLuke23 • 13 points • 12 June, 2021 08:18 AM

quasi-orgasmic cooing sound.

this made me laugh more than it should have

[deleted] • 11 points • 17 June, 2021 05:37 PM

OP is married to a pigeon

UnkutThaLyrikal • 1 point • 13 August, 2021 03:35 AM*

It didn't make me laugh b/c I'm familiar with the sound & the phenomenon he's describing. It's good, men should be leaders. Women are socially pressured to demand otherwise but deep down I think many are relieved and contented when a man takes charge and that's what that sound indicates.

pln8 • 3 points • 16 June, 2021 11:30 PM

Holy Shit! that made a ton of sense.. thanks

AlohaMaui808 • 26 points • 11 June, 2021 08:20 PM

Your entire post can be summed up as the basic rule to STFU.

Get back to work you fucking monkey, because she's not going to be impressed for long and you'll need some new dance moves soon.

Impossible-Dark-5566 • 3 points • 12 July, 2021 04:06 AM

Get back to work you fucking monkey, **because** she's not going to be impressed for long and you'll need some new dance moves soon.

Why is there so much emphasis here on whether a woman will be impressed or not and fuck you??

This seems like betas acting alpha af in hopes of getting approval from a woman.

AlohaMaui808 • 4 points • 12 July, 2021 07:35 AM

That was the point of my sarcastic comment. Instead of not gaf and improving himself, he's focused on how she responds. It completely misses the entire goal in favor of a new version of the same shit that gets most men here in the first place

Impossible-Dark-5566 • 1 point • 12 July, 2021 07:55 AM

Gotcha.

Mr_KenSpeckle[S] • 15 points • 11 June, 2021 09:42 PM

It's more than just STFU. You have to lead. You have to stoke her imagination.

"Get back to work you fucking monkey, because she's not going to be impressed for long". Well, like I said, that was a few years ago, so I understand the ongoing dynamics. There's no such thing as permanent success. And like I said, no one thing is going to transform the situation. It is the accumulation of behaviors.

AlohaMaui808 • 5 points • 11 June, 2021 10:18 PM

Go (re)read the posts on STFU. The rule to STFU is not just about shutting your mouth.

As long as you continue to measure your ongoing success by her responses, you're a monkey, looking for his next banana split.

Mr_KenSpeckle[S] • 33 points • 12 June, 2021 12:20 AM

Go (re)read Married Man Sex Life Primer from the sidebar. He spends a shit-ton of time talking about various behaviors and how women react to them. Look, I get it. You don't want to make a woman's reaction the center of your universe. But pretending like it is completely irrelevant is just silly.

AlohaMaui808 • 8 points • 12 June, 2021 03:58 AM

There's a good reason why MMSLP is a beginner/basic book. It's meant to start you on the path and be a step in your transition, not be your ending mental model.

Get back to work. The End

Tyred_Biggums • 7 points • 12 June, 2021 01:40 AM

But pretending like it is completely irrelevant is just silly.

And yet her reaction and indeed anyone else's in your life is irrelevant.

You're thinking "happy wife, happy life. Look how pleased she is with me. Hooray! I'm winning".

What you're missing is there is no scoreboard.

Dayscorpion • 3 points • 29 June, 2021 05:47 PM

my problem with this thinking is you chose her to be your wife cause she is your partner your equal. Her reaction is important because she is probably one of the only people you care about making happy beyond children. you're right that there is no scoreboard, but both partners should be striving to make the other happy whether that be by being more of a leader in

certain situations or simply listening and responding to your partners feelings.

AlohaMaui808 • 7 points • 12 July, 2021 08:25 AM*

you chose her to be your wife cause she is your partner your equal.

Wrong yet again.

Most of us who end up here chose the (ex?)wife because we believed in the Disney fairytale you're still pedaling with this comment.

You say you should lead, then say she's an equal partner. No. At most she is a capable First Mate. Remember that. You're the fucking Captain. There is no Co-Captain on a tightly run ship. She may be an equal human being, but the relationship dynamic should be crystal to both of you. It's your ship, she's along for the ride and best earn her keep before someone else comes along who will.

If you had to start over - say she died tomorrow, what would "finding your next partner" look like? This is what it looks like for most of us, if we ever settle into a LTR again at all: She's the least annoying woman to come out the other side of years of plating multiple women continuously, who has stayed on your program and anticipated your needs/wants/"things you didn't even know would help you" the best, while testing you in a feminine way that serves as a never ending reminder that life is an infinite game that you can never quit playing.

You don't really actively choose her, she's the last plate standing because you enjoy spending time with her the most and she brings peace and value into your home. Over time she earns her place in your household, and asks for that place... and you give it to her if you want to, or start the process of plating all over again if you don't. For some men this will mean deep love, maybe marriage, maybe (more) kids, with the knowledge that they could replace her if they needed to, for others just a LTR she worries about maintaining and consistently drained balls.

We all want and need different things.

You can care about making her happy, as long as that never comes before moving towards fulfilling your life's purpose.

You should strive to make her happy when it doesn't cost you anything important to do so. Like... say... your mental point of origin

PigeonMilk55 • 2 points • 19 June, 2021 04:19 AM

Well said.

pln8 • 1 point • 16 June, 2021 11:31 PM

lol

[deleted] • 12 points • 11 June, 2021 07:42 PM

Rule 9.

The core of the dancing monkey attraction program. The what might be the same, the why is completely different.

johneyapocalypse • 4 points • 12 June, 2021 02:42 AM

The way he writes is awful, too.

Tyred_Biggums • 21 points • 12 June, 2021 02:59 AM

Instead, tantalized by my confidence and decisiveness, but intrigued by the lack of details, her imagination can percolate

My favorite part.

InChargeMan • 2 points • 14 June, 2021 04:09 PM

mmm, so hot

AlohaMaui808 • 2 points • 16 June, 2021 11:54 PM

I don't think all the lurkers realized why this is your fav

ilove702 • 8 points • 11 June, 2021 11:50 PM*

My wifes favorite mexican restaurant was super busy long wait, I decided to go try a new one down the street that had 1/2 the wait because I didnt want to wait forever at the first place. She chose to come with me. Its just more efficient to never ask a women her opinion on where to eat unless you get off on self inflicted shit test, just pick what you want to eat.

BigBoiBahmani • 2 points • 17 June, 2021 11:15 AM

<https://therationalmale.com/2014/11/14/mental-point-of-origin/>

<https://therationalmale.com/2011/11/21/kill-the-beta-2/>

Read these. In this order.

BigBoiBahmani • 2 points • 17 June, 2021 11:27 AM

<https://therationalmale.com/2011/09/22/dream-girls-and-children-with-dynamite/>

And this

JasonPaul17 • 7 points • 11 June, 2021 07:33 PM

Great post. Gonna apply some of this.

Tyred_Biggums • 7 points • 12 June, 2021 03:01 AM

So tonight I went out to dinner with the LTR.

“Let’s go to Mexican” i said because I wanted Mexican.

We did a couple of things beforehand and then I changed my mind and said “let’s go to the crab place”. We had crab. I was happy.

re0st92mg • 8 points • 11 June, 2021 09:49 PM

Imagine switching restaurants being such an emotional roller coaster.

Can't even eat dinner without it turning into some scheme to get your wife to like you.

Mr_KenSpeckle[S] • 20 points • 11 June, 2021 09:56 PM

Is that what I said? Is that what you took from it? I think that interpretation says more about you than it says

about the situation in the post.

re0st92mg • 6 points • 11 June, 2021 09:58 PM

Your entire post is about what your wife thinks of your actions.

Mr_KenSpeckle[S] • 24 points • 11 June, 2021 10:03 PM

It is intended as an example of a practical application of theories discussed on MARRIED Red Pill. It's kind of hard to discuss strategies for applying Red Pill within marriage without discussing wives and how they react.

[deleted] • 6 points • 12 June, 2021 03:28 AM

Wrong. We literally do this every single week.

re0st92mg • 4 points • 11 June, 2021 11:35 PM*

Let me rephrase this...

Your entire **focus** is on what she thinks of your actions.

You are still in her frame, not yours.

That's why the whole section explaining your rationale is based on *what you think* she'll think of you.

I can't tell her my friend told me about this place because I'm afraid that she'll think I don't know any cool places

I can't tell her any details about the restaurant because I'm afraid that if they don't line up, she'll have a negative opinion of me

Even when you're talking about what a "positive outcome" looks like, you're putting it in terms of whether or not she approves of you.

I know this is intended as an example for why we should lead and be decisive. But we shouldn't be doing this for approval from wives or anyone else, we should be doing it for ourselves.

As others have already pointed out... the action is sound, but the reasoning behind it is dancing monkey.

Mr_KenSpeckle[S] • 9 points • 12 June, 2021 02:37 AM

You are mistaking after the fact analysis for the sake of discussion here for in the moment deliberation.

re0st92mg • 4 points • 12 June, 2021 05:36 PM

The *when* doesn't matter either... it's your mindset.

Wife-centric.

AlexKingstonsGigolo • 1 point • 22 June, 2021 08:25 AM

I get what you are saying. I understand what the critics are saying but I do get what you are saying. Congratulations on the realization. It's a weird feeling, isn't it?

[deleted] • 1 point • 12 June, 2021 12:48 AM

I get what he's saying and I disagree with you because feedback is how we know we are on

the right track. He isn't doing it for the feedback, but he knows he's doing it right because of the positive feedback.

[deleted] • 4 points • 12 June, 2021 03:26 AM

wrong.

Mr_KenSpeckle[S] • 4 points • 12 June, 2021 02:33 AM

This.

[deleted] • 5 points • 12 June, 2021 03:27 AM

This.

you're missing the point.

someone mentioned stfu up there. gonna let you give it a try instead of deering.

WeightsNCheatDates • 1 point • 12 June, 2021 03:54 AM

Usually when there's a long wait, I pull an audible for me- not because I want to impress my wife.

[deleted] • 1 point • 12 July, 2021 07:15 PM

I'm getting back into MRP after years away and the more I read it just seems like "shoot first and then don't ask questions later" is going to be both my biggest challenge and my biggest opportunity for success.

I'm just so used to *talking* about how my wife *feels* about decisions and then putting all of the onus on her.

I've been trying to get her opinion on tubs and boxes for our storage and I just decided today I'm going to Target and fucking buying some.

Starting small but gotta start somewhere.

Zundopolis • 1 point • 18 July, 2021 11:13 AM

By about the third minor change my wife and I had gone from a nearly dead bedroom to going at it like rabbits. Feels like we're in love again. We've been married fourteen years, but it only took two weeks to begin a major shift in my marriage. I can't believe how clueless I've been for most of my life.

bradwbowman • 1 point • 3 February, 2022 09:15 PM

What were the 3 minor changes?

Zundopolis • 1 point • 3 February, 2022 11:24 PM

Lifting, controlling the frame in my interactions with her, gaming her.

ketojammin • 1 point • 4 February, 2022 04:13 AM

Could you expand upon gaming her or link a good article please? Thanks

Zundopolis • 1 point • 4 February, 2022 05:16 AM

Read "Married Man Sex Life Primer" by Athol Kay and also "Saving a Low Sex Marriage: A Man's Guide to Dread, Seduction and the Long Game" by The Bluepill Professor. I don't endorse everything in either book but the basic mechanics of game and attraction are in those. Just explore the whole side bar and your questions will be answered.

