

A close-up photograph of a woman's midsection. She is wearing a red lace corset with black lace detailing at the bottom. Below it, a black leather corset with silver buckles is visible. A single red rose is tucked into the waistband of the black corset. Her arms are visible on either side, and she is wearing a black leather wristband with silver buckles and a thin gold chain bracelet on her left wrist.

How To Deal With A Negative Spouse

Action Checklist + Bonus Content

This is an official Shogun Method publication. For more information on Shogun Method, go to <https://shogunmethod.com>

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Enslavement, Not Seduction.

Derek Rake



IMPORTANT

This Action Checklist is based on the guide published on Derek Rake's blog:

<https://derekrake.com/blog/moody-negative-wife>

For the full article, click on the above.

Action Checklist

Signs you're married to a negative wife:

- She makes everything about her
- She often drags the mood down
- She's pessimistic about everything
- She discourages you from chasing your goals and dreams
- She can be an asshole at times
- She never supports you in anything you do
- She seems to be angry about everything, all the time
- She keeps ranting about her exes
- She never becomes intimate first - it's always you
- She's insecure just about everything
- She has lots of emotional damage from her previous relationships
- She always needs saving
- She doesn't trust you much
- She wants both of you to be the "perfect couple," but hates that you're not the "perfect husband" in her mind
- She almost never apologizes for her mistakes even when it's obvious that it's her fault
- She blames you for bad things that happen to her

Action Checklist

Signs of a positive wife:

- You come home to a happy household every single time
 - You never worry about emotional swings from her
 - She can take care of herself and not rely on you that much
 - She's "low-maintenance" and easy to deal with
 - She supports you and the household wholeheartedly
 - When she does have her dramatic moments, she's more than manageable
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Action Checklist

What every husband MUST understand about the female mind:

- It's not about what you do - it's about how she FEELS about what you do
 - Deep inside, she wants you to be the stronger, more dominant partner in the marriage. When you give your power away to her, this drives her mad
 - If she sees you as weak, then this makes her feel frustrated. It's this frustration that leads to all the negativity
 - All women are drama queens inside, because they need drama without even knowing it
 - If there isn't enough drama in their marriages, they will automatically create it
 - You must stop making the mistake of always trying to make her happy
 - You must start creating drama in your marriage by putting her on emotional rollercoasters. Fractionation is the fastest, easiest, and safest way to do this (See the last section of this Guide)
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Bonus Content

The "Gaslighting" Technique

The best "cure" for a negative wife is always "prevention" - and that prevention comes in the form of Fractionation. And yet when the drama in your marriage is pushing you to your limit, you need to use a more drastic and more immediate solution. And that's where Gaslighting comes in.

Gaslighting is a technique that makes your wife doubt her own perception of reality. This is a very powerful and very dangerous technique - which is why I urge you to use it correctly and responsibly, or not at all.

Here's how Gaslighting works.

First, you **plant the seeds of inadequacy in your wife.** For instance, you can accuse her of being ungrateful or disrespectful. Naturally, she'll deny this or try to turn the tables on you.

Secondly, you **double down on your accusation.** Here, you give heavy, irrefutable proof of what you accused her of. For instance, you cite several instances of her being ungrateful or disrespectful. You don't let up until she realizes you're right, apologizes, or breaks down emotionally.

(Turn the page.)

Bonus Content (continued)

The "Gaslighting Technique"

Thirdly, you **entice her back** by giving her the exact opposite of the emotion you inflicted in the first two steps. If you embarrassed her, you must comfort her and make her feel safe. If you made her feel guilty, you must forgive her. You get the idea.

And lastly, you **stabilize** by imposing your authority and power in your marriage. You can say, "Don't ever do that to me again, am I clear?", to which she'll agree.

Congratulations - you've successfully restored the balance in your marriage. Now, **Fractionation** can take it from here.

What Next?



The techniques I've shared with you are just the tip of the iceberg when it comes to Mind Control Enslavement.

This guide will get you off to a flying start, but to do well, you'll need a full suite of Mind Control tactics to control and dominate a woman completely.

After all, you don't really want to "attract" or "seduce" her...

... instead, you want to **ENSLAVE** her emotionally to you. You want to keep her for as long as you want **WITHOUT** the usual headaches and frustration.

And this is what Shogun Method can do for you.

To discover how you can acquire the "superpowers" to enslave any woman and put her under your ultimate dominance with Mind Control, go to this website -

<https://shogunmethod.com>

Be a Shogun. Join us today in the worldwide Shogun Method movement.



Be A Shogun.

Enslave any woman emotionally and make her willingly submit to your ultimate authority.

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